



Insect Precautions

Travelers visiting the tropics are exposed to significant illnesses that are transmitted by mosquitoes and other insects. A few of those diseases are malaria, dengue fever, chikungunya fever, yellow fever and Japanese encephalitis. Along with vaccinations and preventative medication (where applicable), travelers should use protective measures to avoid being bitten.

How Can I Prevent Insect Bites?

- Cover exposed skin by wearing long sleeved shirts and long pants
- Avoid dark colours and heavily scented toiletries (perfume, cologne, shampoos)
- Apply an insect repellent containing the insecticide DEET (30%) available in Canada
- Apply Picaridin with 20% concentration Natrapel and Picaridin Insect Repellent. (Picaridin is also known as Icaridin in some countries, available in the US on line).
- Apply the repellent to all exposed non sensitive areas of the body. Follow product instructions.
- Treat outer clothing, tents, and sleeping bag liners with Permethrin when travelling in an area of high risk for malaria or other mosquito-borne or tick-borne diseases. Do NOT use Permethrin directly on skin.
- Buy or treat clothing and gear with Permethrin. Follow product instructions.
- If not sleeping in a sealed or air-conditioned room, use a Permethrin-impregnated bed net and tuck in around the bed at all times.
- Ensure all open windows have insect screens.
- Use an aerosol insecticide before going to bed.
- In areas where tick-borne disease is a risk, a daily full body check is important

Tips for Using Insect Repellents:

- The most effective repellents contain DEET (N, N diethylmeta-toluamide) or Picaridin/Icaridin

| RECOMMENDED CONCENTRATIONS BY HEALTH CANADA: | |
|---|---|
| CHILDREN > 2-12 years: 10% DEET 3 x daily, 20% Picaridin/Icaridin | ADULTS: 30% DEET, 20% Picaridin/Icaridin |

- Insect repellents are available in spray and lotions. Avoid spraying repellent near face, eyes and food. Wash hands after applying repellent and when not at risk.
- If using sunscreen, apply insect repellent 15-20 minutes after sun protection to allow sun protection to be absorbed. Avoid products that contain insect repellent and sunscreen.
- Botanical repellents containing eucalyptus, citronella, soybean oil, geranium oil and castor oil are available but insufficient evidence is available to prove their effectiveness.
- Pregnant and Breastfeeding: DEET and Picaridin can be used but should not be applied directly to abdomen or nipple area.