

Catching a flight? Avoid the bite.

Mosquito bites aren't just annoying and itchy. When mosquitoes bite, they can spread harmful viruses and parasites that cause diseases like chikungunya, dengue, Japanese encephalitis, malaria, West Nile, yellow fever, and Zika.



Mosquitoes carry viruses that infect up to
700 million people
and kill almost a million annually, making
mosquitoes the world's deadliest animal



Every year, more than
60 million Americans
travel to countries where viruses spread
by mosquitoes are prevalent



In a survey,
only 30% of those traveling to high-risk regions, and 14% overall, obtained a pretravel health consultation before their trip



SWAT can help you remember the things you need to do to prepare for and protect yourself against deadly viruses spread by mosquitoes.

When traveling, be vigilant and remember to SWAT...



S

See a travel health specialist

- See a healthcare provider familiar with travel medicine, ideally 4 to 6 weeks before your trip



W

Wear long-sleeved shirts and long pants

- Avoid bites by covering up with long-sleeved shirts and long pants
- Mosquitoes may bite through thin clothing. For extra protection, treat your clothes and gear (such as boots, pants, socks, and tents) with permethrin or another Environmental Protection Agency (EPA)-registered insect repellent
- Use a mosquito net if you are sleeping outside or if your room is not screened



A

Apply insect repellent

- When used as directed, EPA-registered insect repellents are proven safe and effective
- Use an EPA-registered insect repellent with one of the following active ingredients:
 - DEET
 - Picaridin
 - IR3535
 - Oil of lemon eucalyptus (OLE)
 - Para-menthane-diol (PMD)
 - 2-undecanone



T

Take medication and vaccines if appropriate

- There are no vaccines or medicines available for many diseases spread by mosquitoes. However, there are vaccines for dengue, Japanese encephalitis, and yellow fever, as well as medication to prevent malaria
- Travelers visiting areas of risk should ask travel health specialists about vaccines and preventive medication