

INSECT PROTECTION

...the most important thing to do as a first-line defense against insect-borne disease!!!

Diseases that can be transmitted by insects include malaria, dengue fever, encephalitis, leishmaniasis, Chagas, and many others...

AVOIDANCE of getting bitten is key!!!

*Avoid exposure at appropriate times...Mosquitoes are especially active at certain times of day: the mosquito that carries malaria is active from dusk to dawn, whereas the skeeter that carries Dengue fever bites from dawn to dusk. Avoid being outside at times of greatest risk if at all possible.

*Wear protective clothing.....long-sleeved shirts, long pants; consider tight pant cuffs

*Wear light-colored clothing...insects and arthropods are attracted to dark clothing

*ALWAYS WEAR SHOES AND SOCKS!!! No matter how hot it is, it's worth it!!! Those little buggers (and the bigger ones too, like snakes and large spiders) will get you if they can!

*Avoid perfumes, scented oils, etc...these also attract critters

*DEET...highly effective and widely considered safe; use on skin, impregnate clothing with it. Consider extended-release products.

*Permethrin...effective for use to impregnate clothing, mosquito netting, etc.

*Mosquito netting, screens...make your living and sleeping areas as bug-free as possible

*Mosquito coils, vapor mats, citronella candles...consider using these in your living/sleeping areas