

## Prevent Mosquito Bites

Cover exposed skin by wearing long-sleeved shirts and long pants. Use an insect repellent with any of the following active ingredients:

- DEET
- Picaridin (also known as KBR 3023, Bayrepel, and icaridin)
- Oil of lemon eucalyptus (OLE) or PMD (also known as para-menthane-3,8-diol)
- IR3535 (Avon Skin So Soft Bug Guard Plus)

Higher percentages of active ingredient provide longer protection. Always use insect repellent as directed. If you are also using sunscreen, apply sunscreen first and insect repellent second. Reapply as directed.



You can buy products containing permethrin to put on clothing and gear (tents, sleeping bags) to repel mosquitoes. Protection from permethrin will last through several washings. Do not use permethrin directly on skin.

Stay and sleep in screened or air-conditioned rooms. Consider sleeping under a bed net, especially if the area where you are sleeping is exposed to the outdoors.

## If You Think You Have Dengue

Talk to your doctor as soon as possible if you get sick with a fever within 2 weeks of being in a dengue risk area. Get lots of rest and drink plenty of liquids. Take acetaminophen (Tylenol or Panadol) as needed for fever and pain. Do not take aspirin, ibuprofen (Advil), or naproxen (Aleve), since these may increase bleeding.

## Protect Yourself from Dengue When You Travel

- ✓ Use an insect repellent with an approved active ingredient.
- ✓ Treat clothing and gear with permethrin for additional protection.
- ✓ Cover exposed skin with long sleeves and pants.
- ✓ Stay in a screened or air-conditioned room.
- ✓ Consider sleeping under a bed net.
- ✓ Use area repellents if there are mosquitoes in your room.
- ✓ Empty standing water to keep mosquitoes from laying eggs.
- ✓ Get medical care if you get sick with fever within two weeks of returning from the tropics or subtropics.

Learn more about dengue at [www.cdc.gov/dengue](http://www.cdc.gov/dengue) and [www.cdc.gov/travel](http://www.cdc.gov/travel).

For more information, please call 1-800-CDC-INFO (800-232-4636) or visit [www.cdc.gov/info](http://www.cdc.gov/info).



# Travelers Can Prevent Dengue





## What Is Dengue?

Dengue is a viral illness spread through mosquito bites. Though most infected people don't get sick or have mild symptoms, dengue can also be a severe and sometimes fatal illness. Symptoms can take up to 2 weeks to develop. Mild dengue symptoms include fever, headache, pain in the eyes, muscle and joint pain, nausea and vomiting, or rash.

Some people develop severe dengue just as they think they are getting better. Severe dengue symptoms may include intense stomach pain, repeated vomiting, abnormal bleeding from the nose or gums, vomiting blood or blood in the stool, drowsiness or irritability, clammy skin, or difficulty breathing. If you develop any of these warning signs, go to the emergency room right away. Severe dengue generally requires hospitalization.



### Who Is at Risk?

Anyone who travels to an area where there is dengue is at risk. The mosquitoes that spread dengue live in tropical and subtropical regions and live inside or around homes or hotels. They can bite during the day as well as at night. You can get dengue more than one time.

## You Can Prevent Dengue

There is no vaccine or medicine to prevent dengue. Protect yourself from dengue by preventing mosquito bites.



Areas where dengue is a risk are highlighted. Travelers to these areas should take steps to prevent mosquito bites.

## Protect Your Children

If you are traveling with a baby, dress him or her in loose clothing that covers arms and legs. Cover crib, stroller, and baby carrier with mosquito netting.

Do not use insect repellent on babies younger than 2 months. Always follow package directions when using repellent on older children.



## Protect the Area Where You Are Staying

Use insecticides or area repellents, such as mosquito coils or candles, containing the active ingredients metofluthrin or allethrin indoors if there are mosquitoes.

If you will be staying longer than a week in an area where there is a risk of dengue, prevent mosquitoes from laying eggs by emptying any containers of standing water, such as flower vases, rain barrels, or discarded tires.

