



UK Health
Security
Agency



Look out for mosquitoes

How to stop bugs biting you





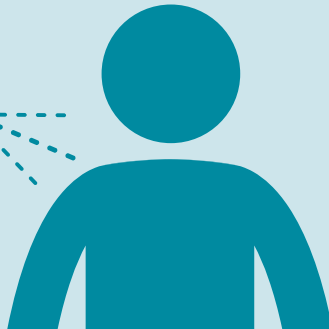
Some bugs – like mosquitoes – can make you ill if they bite you



If you are going abroad, check if you need to take care when you get there

There are three ways to stop mosquitoes biting you

1



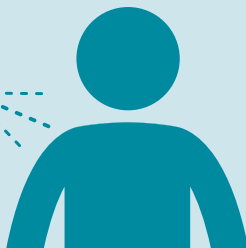
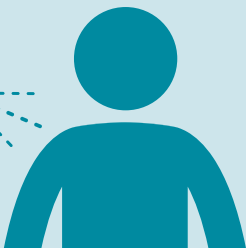
Apply insect repellent*
to your skin

*insect repellent is a spray,
lotion, cream or wipes that keeps
mosquitoes and bugs away

How
to use



Read the label so
you know how to
use it



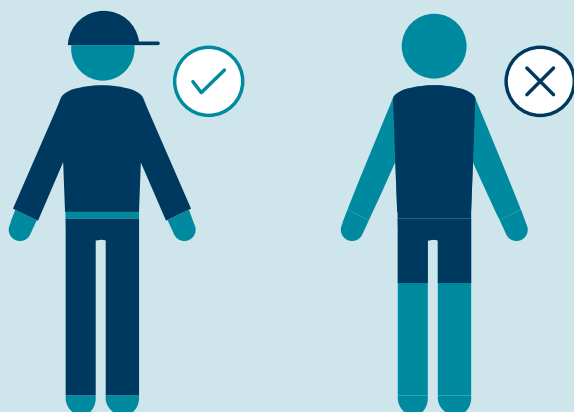
Use it day
and night



Use it when you go
out and as needed
when indoors

There are three ways to stop mosquitoes biting you:

2



Cover your skin with clothing



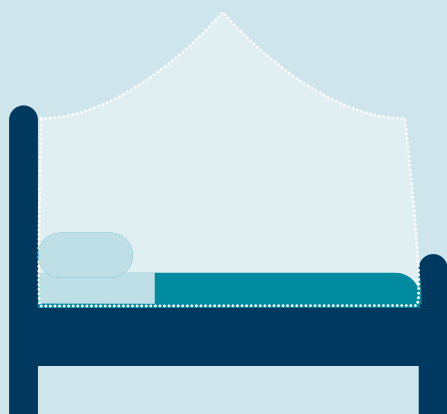
Try to wear clothes that cover your arms and legs



Wear socks and shoes if you can

There are three ways to stop mosquitoes biting you

3



Sleep under a bed net that has been treated with insecticide



Make sure it is not torn

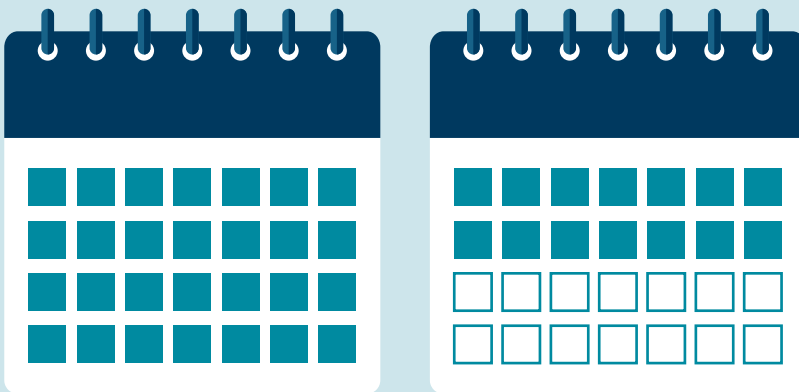


Tuck the ends under your mattress

What to do before you go



Talk to your practice nurse or visit a travel clinic and get travel health insurance for your trip



Try and do this 4-6 weeks before you go

If not, some clinics may be able to see you just before you go

What if you feel ill?



If you have a fever or feel like you have the flu – see a doctor as soon as you can



Don't wait to come home to see a doctor

Find out more



Talk to your GP,
a nurse or travel
clinic to get advice.



For further
information visit
travelhealthpro.org.uk



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