



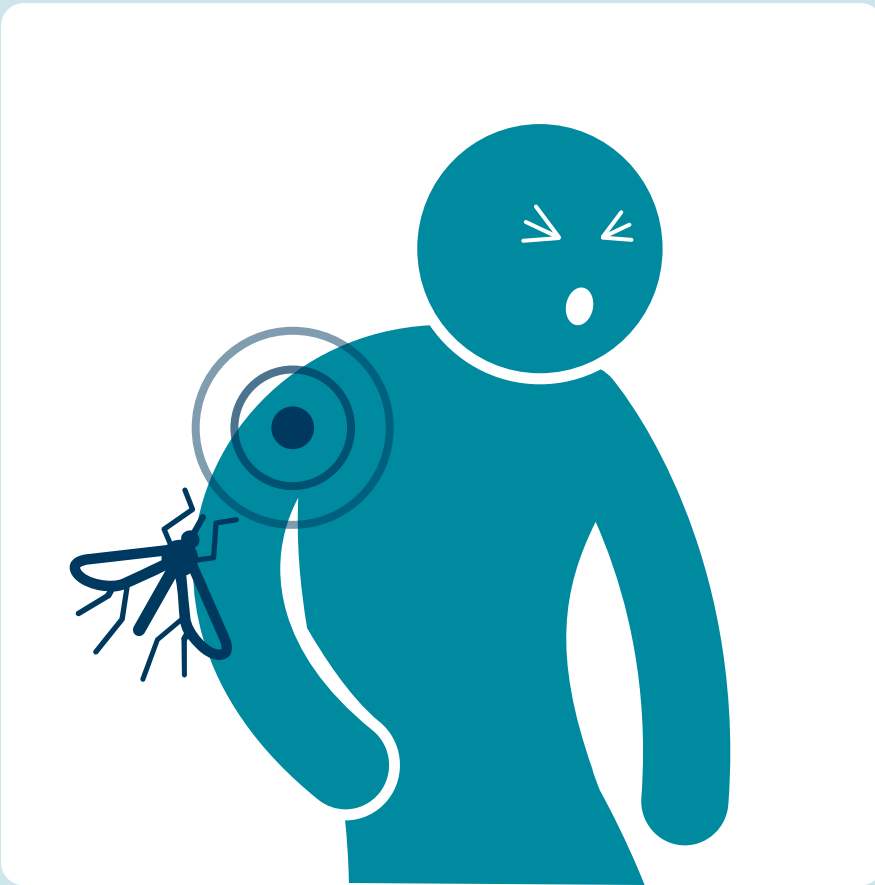
UK Health  
Security  
Agency



# Look out for mosquitoes

How to stop bugs biting you





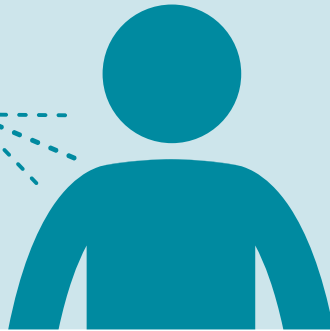
Some bugs – like mosquitoes – can make you ill if they bite you



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



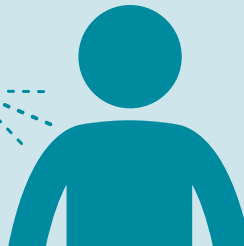
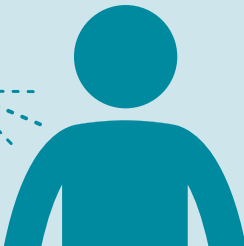
Apply insect repellent\*  
to your skin

\*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



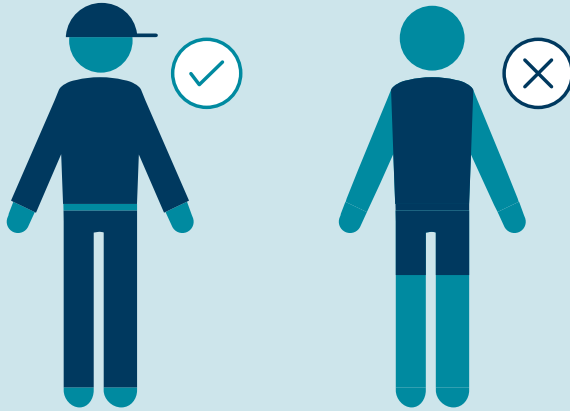
Use it day  
and night



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



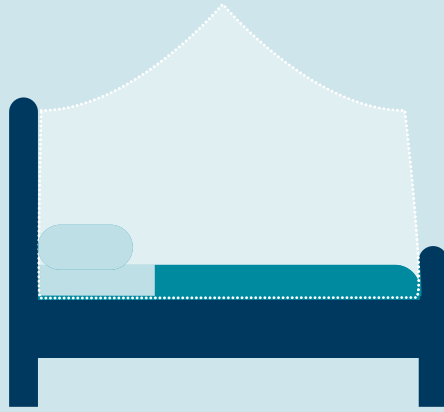
Try to wear clothes  
that cover your  
arms and legs



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

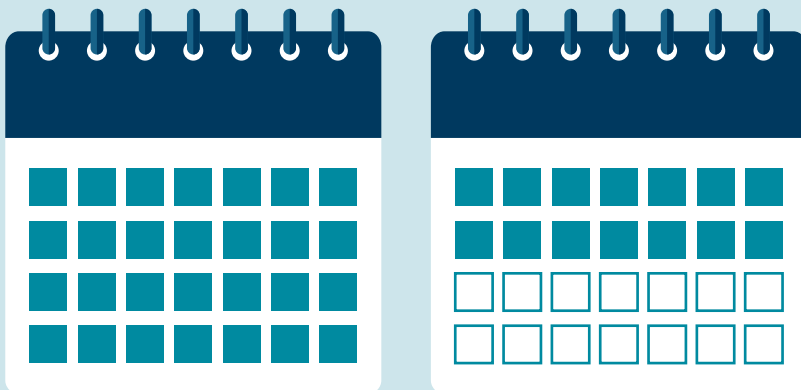


Tuck the ends under your mattress

## 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](https://travelhealthpro.org.uk)



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