



What Are Insect-Borne Diseases?

- Insect-borne diseases are transmitted through the bite of an infected insect, such as a mosquito, tick, or fly.
- Examples of insect-borne diseases include, malaria, dengue, yellow fever, Lyme disease, tickborne typhus, tickborne encephalitis, and leishmaniasis.



How to Prevent Insect-Borne Diseases

- Use an EPA-registered insect repellent, such as DEET, picaridin, or Oil of Lemon Eucalyptus (OLE).
- Apply sunscreen first and insect repellent second.
- Reapply insect repellent as directed, especially after sweating.
- Treat clothing and gear with permethrin.
- Wear clothes that cover your arms and legs and wear closed shoes.
- Avoid walking in tall grass; if unavoidable, tuck your pants into your socks, and wear closed shoes.
- Check your clothing, gear, and body for ticks and shower soon after being outdoors.
- Bring tweezers to remove ticks that become attached to your skin.
- Sleep with a mosquito net in non-air conditioned settings.
- Talk to your healthcare provider about taking medication to prevent malaria.



Contact your healthcare provider if you get sick during or after travel, especially if you develop a fever.