

INSECT-BORNE DISEASES

WHAT ARE INSECT-BORNE DISEASES?

Insect-borne diseases are usually transmitted through the bite of an infected insect.



Examples of Mosquito-Borne Diseases:

- Malaria
- Dengue
- Zika Virus
- Yellow Fever
- West Nile Virus
- Chikungunya Virus



Examples of Tickborne Diseases:

- Lyme Disease
- Anaplasmosis
- Tickborne Typhus
- Tickborne Encephalitis
- Tickborne Spotted Fevers
- Crimean-Congo Hemorrhagic Fever

PREVENT BITES TO AVOID 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.

Treat clothing and gear with permethrin.

Wear clothes that cover your arms and legs.

Sleep with a mosquito net in non-air conditioned settings.

Check your clothing, gear, and body for ticks and shower soon after being outdoors.

Talk to your healthcare provider about taking medication to prevent malaria.

CONTACT YOUR HEALTHCARE PROVIDER IF YOU GET SICK DURING OR SOON AFTER TRAVEL.