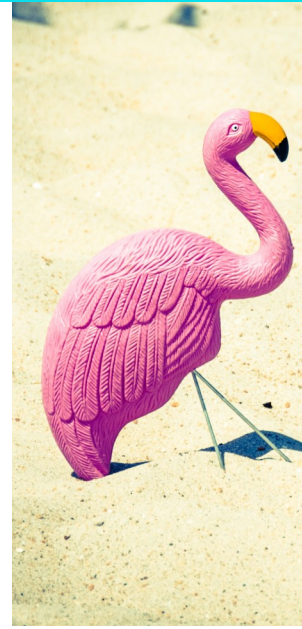


PLANNING TO GET AWAY?



Travelers to warmer destinations should take steps to protect themselves against diseases spread by **mosquitoes**.



Check if the area you are traveling to is an area where there are high rates of diseases spread by mosquitoes:

<https://wwwnc.cdc.gov/travel/destinations/list>



Use a bed net. If traveling to a remote area, use a bed net for sleeping.



Use insect repellent. Pack and use insect repellent spray that contains the ingredients DEET, Picardin, IR3535, OLE, or PMD.



Use screens. Make sure there are screens on doors and windows to keep mosquitoes out.



Wear clothing that covers exposed skin. When possible, treat clothing with an insecticide (for example, permethrin).



If you feel sick after getting bit by a mosquito, see a doctor. If you have a fever, headache, joint pain, or rash when you get home, contact your doctor right away.



Put sunscreen on first. Then do not forget to apply insect repellent.



If you are pregnant or planning to become pregnant, DO NOT travel to an area where there is a high rate of illnesses spread by mosquitoes.

