



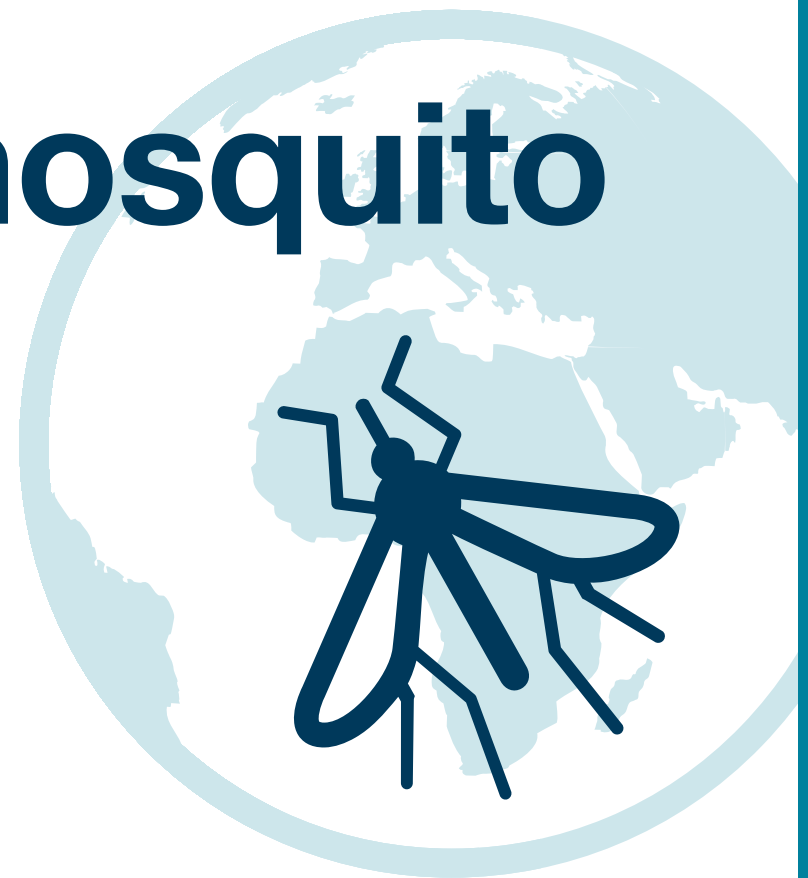
UK Health
Security
Agency



How to avoid mosquito bites abroad

Advice for travellers

Mosquito bites can spread diseases like, malaria, chikungunya, dengue, Japanese encephalitis, West Nile virus, yellow fever, and Zika. They can result in serious, or even fatal, illness.



Three ways to avoid mosquito bites



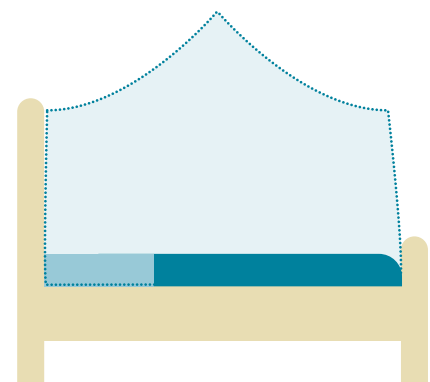
1. Use repellents

day and night, indoors and outdoors, on any exposed skin.



2. Cover up

Wear clothing and shoes which cover your arms and legs to stop mosquitoes biting your skin.



3. Sleep under bed nets

Make sure all edges are tucked under your mattress and repair any tears immediately.



It's never too late to get travel health advice

Get advice from your GP surgery, pharmacy or travel clinic and visit the National Travel Health Network and Centre (NaTHNaC) website at: www.travelhealthpro.org.uk