

HOW TO PREVENT BUG-BORNE ILLNESSES

Bugs such as mosquitoes, ticks, and some flies can spread diseases like Zika, dengue, and Lyme disease. Pregnant women and women who are breastfeeding should specially prevent mosquito bites that may carry the Zika virus. Use these tips to prevent bug bites this summer.



Wear Protective clothes. Consider using clothing such as long sleeve shirts, long pants socks, and a hat to prevent bites



Dump or turn over all yard items that may contain **standing water**



Consider putting **windows and door screens** around your home



Use a **mosquito net** when you sleep.

PREVENT BUG BITES



REPELLENTS*

Use EPA-registered insect repellents that have at least 20% DEET to protect against mosquitoes, ticks, and fleas.

YOU CAN ALSO USE:

- Picaridin (also known as KBR 3023, Bayrepel, and icaridin)
- Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)**
- IR3535
- 2-undecanone (methyl nonyl ketone)

If you are using sunscreen, apply it first, let it dry, and then apply the repellent.

Do not use products that contain both sunscreen and repellent.



IMPORTANT: Do not use insect repellents on babies younger than 2 months old. Do not use products containing OLE or PMD on children younger than 3 years old.



To learn more, visit www.health.mil/Bugs

#BugWeek2019



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