

Insect Precautions

Although the risk varies by geographic area, the most common **mosquito-transmitted** diseases that you need to protect yourself from in tropical and subtropical climates are the following:

- Malaria
- Dengue fever

Less common mosquito-transmitted diseases include the following:

- Yellow fever
- Filariasis
- Viral encephalitis (e.g. Japanese encephalitis)
- Miscellaneous viral illnesses (e.g. Rift Valley fever, West Nile fever, Chikungunya fever and others)

The same personal protection measures that you use against mosquitos will also protect you against **ticks, biting flies and others**. Some diseases transmitted by these other insects include:

- Lyme disease
- Tick-borne encephalitis
- Typhus
- Leishmaniasis
- Onchocerciasis
- Trypanosomiasis (Chagas Disease or Sleeping Sickness)

What Can You Do To Protect Yourself?

- **Become informed** about your risks of insect-borne illness in the areas you will be traveling
- Wear a good **insect repellent containing DEET** (15-30% concentration), applied to exposed skin.
 - Although CDC is now recommending Picardin or Lemon Eucalyptus Oil for protection against West Nile virus, **DEET is still the most reliable and long-lasting protection for travel to the tropics**
 - DEET may decrease the effectiveness of sunscreen. **Apply sunscreen before insect repellent if using both together.** Avoid use of combination sunscreen/repellent products
- **Treat clothing** with PERMETHRIN (at least one set long pants/long-sleeve shirt)
- Use **bed nets** (treated with PERMETHRIN) and/or sleep in a well-screened room
- **Limit outdoor activities** at times of higher exposure (e.g. risk of malaria is greatest dusk to dawn)
- Take your **anti-malaria medication** exactly as directed
- Wear **protective footwear** (slip on a pair of sandals or “flip-flops”, even on the beach) and **avoid direct contact with sand or soil** (sit on a towel or blanket)

Food and Water Risks for Travelers

Although traveler's diarrhea, can usually be treated easily, and is by far the most common ailment from food and water, other illness one can get include: hepatitis A, typhoid fever, cholera, giardia, amoebas (and other parasitic diseases).

What is safe??

CARBONATED BEVERAGES
(bottled or canned)

TEA and COFFEE

BEER and WINE

FOOD THAT IS COOKED WELL
and **SERVED HOT**

Things to avoid:

TAP WATER, even for brushing your teeth

ICE CUBES

SALADS or **UNCOOKED VEGETABLES/FRUIT**

UNPASTEURIZED MILK
and milk products

UNDERCOOKED AND RAW MEAT, EGGS, FISH and SHELLFISH

A traveler without
knowledge is like a
bird without wings

Mushariff Ud-Din
Sufi Poet
1000 AD

KAISER PERMANENTE.  thrive