

Although vaccines or tablets are available against important insect borne disease such as Yellow Fever, Malaria and Japanese Encephalitis, they are not 100% protective. And there are no vaccines for most other mosquito-borne diseases such as Dengue Fever. General protective measures and insect repellents are essential when travelling.

General Protective Measures

- Most insect-borne diseases are seasonal. Changing the itinerary if possible may reduce the risk.
- Avoid outdoor activities during twilight periods at dawn and dusk as the mosquitoes and insects are most active. If outside, use repellents and mosquito coils.
- Repellents – Permethrin-containing repellents are recommended for use on clothing, shoes, bed-nets and camping gear. Permethrin treated clothing repels and kills ticks and mosquitoes and other insects for up to 5 washes. There appears to be little potential for toxicity.
- Wear light coloured long-sleeved shirt, long pants and hats to minimise exposed skin.
- Avoid perfumes, after-shave and scented body lotions as these attract mosquito and insects.
- For possible exposure to tick and mites, pants should be tucked into socks and boots should be worn. Not sandals. Inspect body and clothes for ticks after a day of outdoor activities.
- Use mosquito nets when staying in accommodations that are not air-conditioned or adequately screened. These need to be treated with permethrin for adequate protection.
- Aerosol insecticides are to be used to clear the rooms of mosquitoes and other insects before going to bed at night.

DEET (Diethyltoluamide) is a commonly recommended insect repellent for the body. Apply to exposed areas of face, hands and legs. Avoid eyes, mouth, and parts of children's hands that are likely to have contact with mouth. They are safe and effective. Wash off on going indoors at night. Bushmans Gel is 80% DEET and lasts up to 12 hours after application. Rid is 20% DEET and needs to be applied every 2-3 hours. Note: avoid concentrations > 20% in children.

Repellents are available at Travel Vaccination Health Care.

For more detailed information see our Travel Vaccination Health Care Book

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