

# PLANNING A TRIP?

Do your homework to protect yourself from mosquito-borne illnesses.



## BEFORE TRAVELING:

Make a check list of everything you'll need for an enjoyable vacation and consider the following to be prepared:

- ✓ Pack a travel health kit. Remember insect repellent and use it to prevent mosquito bites
- ✓ Learn about destination-specific health risks and recommendations by visiting the CDC Travelers' Health website - <http://wwwnc.cdc.gov/travel>
- ✓ See a health care provider familiar with travel medicine, ideally four to six weeks before your trip

## WHILE TRAVELING:

Prevent Mosquito and Other Bug Bites:

- ✓ Use insect repellent on exposed skin
- ✓ Wear long pants and long-sleeved shirts
- ✓ Stay in air conditioned or screened-in rooms
- ✓ Use bed nets while sleeping if your room doesn't have screens or air conditioning

## AFTER TRAVELING:

Visit your health care provider right away if you develop a fever, headache, rash, muscle or joint pain

- ✓ Tell your doctor about any recent international travel



To learn more, visit [www.health.mil/Bugs](http://www.health.mil/Bugs)  
#BugWeek2019



MILITARY HEALTH SYSTEM