

# Prevent Mosquito Bites



- Apply insect repellent to skin. Apply repellent on top of sunscreen or makeup.
- The best repellents you can buy in the US have DEET or picaridin as the active ingredient on the label.
- Sleep in rooms with screens on the windows or air conditioning if possible.
- You can also sleep under a bed net (mosquito netting). Bed nets sprayed with permethrin, which kills mosquitoes, are best.
- Mosquitoes can bite any time, but are especially active at night and in the early morning.
- Prevent mosquito bites by staying indoors during this time.
- If outside, wear a long-sleeved shirt, long pants, and a hat.

**I am planning  
a trip overseas.**



*What should  
I do to protect my family?*

# Visit Your Doctor or a Travel Clinic



*Visit the doctor*



*Fill the prescription*



*Take the medicine*

Medicines to protect you against malaria (called antimalarial drugs) are available by prescription only. Visit your doctor 4–6 weeks before travel to get medicine to prevent malaria. Even last-minute travelers should go to their doctor before traveling, since some medicines can be started the day before travel.

You can visit your regular doctor, or ask your doctor if there is a travel clinic in your health insurance network.

There is more than one medication available to prevent malaria. Ask your doctor or nurse which medication is best for you and your children.

Follow the instructions on your medicine bottle: start taking the medicine before you go, continue while you are there, and keep taking the medicine after you leave the malaria area. Remember that you must finish all the pills, so you might be taking medicine for up to a month after leaving the malaria area. Make sure you understand how to take the medicine before leaving your doctor's office.

Buy your medicine from a pharmacy in the US. Drugs you buy in other countries might not protect you from malaria.

All medicines may have side effects. If you have side effects such as nausea, occasional vomiting, or diarrhea, you can usually keep taking the antimalarial drug. Call your doctor if you have side effects. Other antimalarial medicines are available.



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