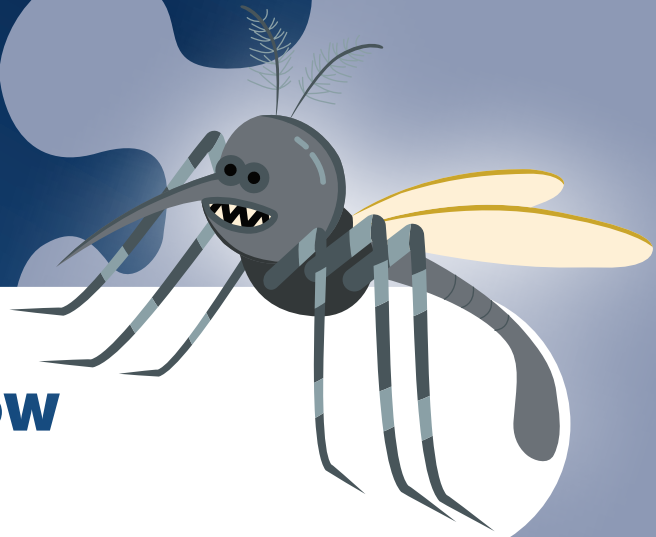


MOSQUITO MYTHS AND TRAVEL TIPS

Diseases carried by mosquitoes are estimated to **kill more than one million people globally** each year¹

- There are nearly 80 different types of human diseases that are spread by mosquitoes²
- These include malaria, dengue, West Nile virus, Zika, chikungunya and Japanese encephalitis^{2,3}



**Do you know
the facts?**

MOSQUITO MYTH-BUSTING

Myths

✗ **Mosquitoes that spread disease in humans are only found in Africa and Asia. You're not at risk in Europe**

✗ **Mosquitoes like my blood type**

✗ **I don't get bitten by mosquitoes**

✗ **Insect repellents containing DEET are not effective**

✗ **Taking vitamin B repels mosquitoes**

Tonic water and Marmite® stop you from being bitten

✗ **Mosquitoes only bite at night and in rural areas**

✗ **Mosquitoes can't bite through clothing**

Facts

✓ **Mosquitoes that carry human diseases can be found in regions other than Africa and Asia.**
In fact, climate change is improving conditions for mosquitoes to spread into previously unaffected areas across Europe^{4,5}

✓ There is no clear evidence to suggest that mosquitoes prefer certain blood types⁶

✓ Some people react mildly to a bite. Others may react more strongly, and a large area of swelling, soreness and redness can occur⁷

✓

- Insect repellents containing DEET (50%) are recommended for all travellers over the age of two months old
- They are considered the most effective type of insect repellent currently available
- The risk of side effects are low
- Insect repellents containing picaridin (20%) or highest strength formulation of eucalyptus oil are also recommended^{8,9}

✓ There is no clear evidence to suggest that vitamin B1 or B12, yeast extract (such as Marmite®) or tonic water prevent mosquito bites⁸

✓

- Different species of mosquito are active at different times of day. Some are more active during the day, while others are more active at night
- Mosquitoes are also found in urban areas, and can bite both indoors and outdoors^{8,10-12}

✓ Mosquitoes may bite through thin and/or tight-fitting clothing. Loose-fitting, long-sleeved shirts and trousers are recommended. You can also use mosquito nets for additional protection.^{9,13}

WHY SHOULD I CARE ABOUT MOSQUITO-BORNE DISEASES?



Some mosquito-borne disease can cause serious illness – for example, although many dengue fever infections are asymptomatic or mild, the virus can occasionally cause severe illness or even death¹⁴



No cure exists for many mosquito-borne diseases – conditions such as chikungunya, dengue fever and Japanese encephalitis can only be managed with supportive care, there's currently no specific treatment once you're infected¹⁴⁻¹⁶



You could bring illness home – infected travellers can unknowingly carry viruses back to their home countries¹⁷



You may not feel ill right away – some mosquito-borne diseases have incubation periods of several days, so symptoms may appear after you return home, making diagnosis and treatment difficult¹⁴⁻¹⁶

DID YOU KNOW?

Insect repellent is only partially effective, and only when applied correctly^{18,19}

Research shows that around 98% of people may not apply the recommended protective dose²⁰

As well as using the recommended amount of repellent, other protective measures include mosquito nets and the wearing of long-sleeved clothing²⁰



There are over 3500 different species of mosquito worldwide²¹
They are found on every continent except Antarctica



Fewer than 10% of all mosquito species can spread disease to humans²
Most of these disease-carrying mosquitoes belong to three main types: *Aedes*, *Anopheles*, and *Culex*

Approximately 700 million people are infected globally each year¹

HOW CAN YOU REDUCE THE RISK OF BEING BITTEN?



Talk to your healthcare professional about a full travel health risk assessment before travelling⁹



Be aware that mosquitoes can bite **both during the day and at night⁹**



Use a recommended insect repellent containing DEET (50%) as first choice. Picaridin (20%) or highest strength formulation of eucalyptus oil are recommended as second choice⁹



Wear appropriate clothing (e.g. long-sleeved shirt, trousers) to minimise exposed skin and **use mosquito nets** for additional protection⁹



Use our **clinic finder tool** to find a local healthcare professional who can assist with a travel health consultation

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