

Simple suggestions for Personal Protection AGAINST MOSQUITOES include:

- wear light coloured clothing to cover arms and legs, especially in the evenings (light, loose, long)
- avoidance of outdoor activities, especially between dusk and dawn and near the water
- visiting malaria prone areas only during the day
- using insect repellents, especially those containing DEET, and apply every 2 hours rather than 4 hours but be cautious of over-exposure with long-term use
- if needing to use combination sunscreen and DEET during the day, protection times have been shown to be much less due to the interaction between the 2 products; we recommend using <20% DEET concentration to minimise any risk of over-exposure to DEET
- using insecticide-impregnated bed nets, usually using commercially available permethrin
- stay in screened, modern "tight" buildings, preferably which are airconditioned
- avoidance of the use of perfumes, after-shaves and aromatic soaps which attract mosquitoes
- spray the room with insect spray prior to sleeping
- consider using the mosquito coils, candles and other spatial repellents
- use fans to blow away the mosquitoes when sleeping

It should be remembered that mosquitoes can still bite through thin clothing and bed nets which are in contact with your skin.

Despite being very effective, compliance with personal protection measures among travellers to malaria-endemic regions is poor. The pre-travel consult serves a significant role for vector-borne disease prevention. We strongly recommend you take advantage of the funded visit with our Practice Nurses to better understand your risk, and ensure you are aware of all the options that exist for personal protection. ATM stocks various mosquito products, such as personal sprays, and mosquito netting if camping/trekking.