

# Help yourself - avoid getting bitten

## In Malaria areas

### Repellent:

- ° use insect repellent containing at least 30% DEET (20% for children) on all exposed skin
- ° it is important to reapply your repellent frequently, even during the day and particularly in a humid climate
- ° read the instructions on individual products to ensure personal suitability

### Clothing:

- ° wear long sleeved clothing, trousers and socks after sunset, or if outside at dawn
- ° treat clothing with 100% DEET or permethrin to make repellent to mosquitoes

### Accommodation:

- ° air-conditioned accommodation means the mosquitoes are unlikely to enter the room, as long as the air conditioning is working and you do not open the windows
- ° if the room has screened windows and doors, make sure you close the room early in the evening and spray the room at dusk to kill any mosquitoes which may have entered during the day
- ° use plug-in vaporisers when indoors. If outside, burn mosquito coils
- ° if sleeping outside, in a tent or in a room without air-conditioning, ensure you have a mosquito net treated with permethrin (a widely available insecticide). If using a net on a bed, tuck into the mattress to prevent other insects climbing up the net and getting into the bed
- ° only air-conditioning precludes the need for a mosquito net