

Mosquito and Tick Bite Avoidance



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مركز الأمراض الإنتقالية
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عضو في مؤسسة حمد الطبية
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Mosquito and Tick Bite Avoidance

Introduction

Avoidance of mosquito bites is the first line of defense against malaria and other mosquito-borne infections. The mosquitoes that spread malaria tend to bite between dusk until dawn. Peak biting activity occurs around midnight.

Mosquitoes are also responsible for diseases spread during the hours of daylight e.g. yellow fever, dengue fever and Zika virus, so preventive measures are advisable at all times in high-risk destinations.

Insect Repellants

- There are many insect repellents available but DEET-based insect repellents are highly recommended. If DEET is not available or cannot be used then alternative preparations can be used.
- DEET is available in different concentrations ranging from 20% up to 100% (Recommended concentrations between 30 and 50%). The duration of protection varies depending on the concentration chosen. 20% DEET will give protection for one to three hours, 30% DEET can last up to six hours and 50% can last up to 12 hours.
- DEET is safe to be used during pregnancy and breast-feeding (concentration of 50% is recommended).
- Icaridin (Picaridin) is available in various concentrations. A preparation of at least 20% is recommended.
- Lemon eucalyptus gives about the same protection as 15 percent DEET but it is reported to provide a shorter period of protection than DEET.
- When sunscreen (use SPF 30-50) and repellent are used together, apply repellent after sunscreen..

- Insect repellants are safe to be used in pregnant women, lactating women and children above the age of two months.

Clothing

After dusk, high necked, light colored clothing, long sleeves and shirts, trousers or long skirts are advised. Cover exposed areas of skin with an insect repellent.

For added protection, impregnate or spray clothing with an insecticide.

It is important not to frequently wash impregnated clothing, as that reduces the effectiveness.

Mosquito Nets

- The protection afforded by mosquito nets is enhanced by using a net already impregnated or retreated using an insecticide.
- Nets should be tucked under mattresses or ground sheets.
- Do not to sleep against the net as mosquitoes can still bite through it.
- Inspect mosquito nets for holes prior to using them.

Room Protection

Check windows and door screens or shutters for holes.

Remember to close all screens and shutters from dusk to dawn to avoid insect entry into rooms.

Air-conditioned rooms are considered sealed, making insect entry into rooms less likely.