

Brief Guide to bite avoidance products for travellers

Advising travellers on the measures to avoid bites from arthropods, particularly mosquitoes, is one of the most important risk management strategies for travellers to countries where a variety of arthropod borne diseases are endemic. This brief guide will focus on strategies to avoid mosquito bites but mention will also be made regarding others such as ticks. As well as employing a variety of products there are a number of other important measures that the traveller can employ, which includes wearing long sleeves and trousers when mosquitoes are feeding and tucking trousers into socks when ticks may be present in the undergrowth.

This guide will be examining the various products and devices that may be obtained by the traveller, which essentially fall into three types:

- Repellents applied to the skin
- Area repellents in which a vapour of an insecticide or other substance is released into the air
- Fabric impregnation

All travellers to areas where arthropod-borne diseases are present should be advised to obtain products covering the first two strategies. Depending on the circumstances fabric impregnated products may be desirable such as in malaria endemic areas where the type of accommodation indicates that an insecticide treated bed net should be used.