

Updated version (28/06/2018 – UM) see: www.travelhealth.be

MOSQUITO-REPELLENT MEASURES

Take the following measures correctly and the chance of mosquito bites is very low:

- Wear clothing that covers arms, legs and feet. If necessary, wear insecticidal (permethrin) impregnated clothing, for example from Nosi Life® or Colombia Bug Shield®
- Smear all non-covered parts of the body with an [insect repellent](#) agent but avoid contact with mucous membranes (eyes, mouth), wounds, or eczema. Make sure you don't forget any spots and wash your hands after use. Wash off the product if you are in a mosquito-free room (especially useful for pregnant women and young children).
- Provide mosquito-free rooms:
 - mosquito netting for windows, ventilation holes
 - use of insecticide spray or electrically heated plates: either in a well-sealed room while you are not staying there or with good ventilation during the stay
 - air conditioning; a low temperature in a confined space reduces the chance of mosquito bites, but doesn't work sufficiently enough so that the other measures are equally necessary
- Sleep under a mosquito net that is impregnated with insecticide (permethrin or deltamethrin). Hang the mosquito net above the bed and tuck the edges under the mattress. For young children mosquito nets with stiff bars or "iglo" are safer.