



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™



Avoid Bug Bites When Traveling Internationally

Bugs in other countries, including mosquitoes, ticks, fleas, and some flies, can spread diseases such as malaria, yellow fever, Zika, dengue, chikungunya, and Lyme, all of which have risk of severe and lasting consequences. Several diseases spread by bug bites cannot be prevented or treated with vaccines or medicine, such as Zika, dengue, and Lyme. Reduce your risk of getting these diseases by taking steps to prevent bug bites.

What You Should Know Before You Go

- Check your destination for health risks
- Use insect repellent
- Treat clothing and gear with 0.5% permethrin
- Cover exposed skin
- Avoid bugs where you are staying

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