

# MOSQUITOES & TRAVELING

Know how to protect yourself when traveling to an area with Malaria, Dengue, and other mosquito-borne illnesses.



## PLAN FOR TRAVEL

### Before Your Travel

- Your destination and activities may determine what steps you need to take to protect yourself from mosquito bites. Check [CDC Destinations](#) to see what vaccines or medicines you may need and what diseases or health risks are a concern at your destination.
- Visit your healthcare provider for pre-travel medical care and to see if your provider recommends malaria prevention medications.
- Pack an Environmental Protection Agency (EPA)-registered insect repellent.
- Pack acetaminophen (also known as paracetamol outside of the United States) in your first aid kit. These medications can be used to manage fever and body pain in case you get dengue.



**A higher-than-expected number of Dengue cases has been identified among US travelers, including in New Jersey. For more resources visit:**

(As of June 28, 2024)

[Mosquito-Borne Diseases | NJDOH](#)  
[Traveler's Health | Bug Bites | CDC](#)  
[Preventing Malaria | CDC](#)  
[Preventing Dengue | CDC](#)

### During Your Trip

- Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#) with one of the active ingredients: DEET, Picaridin, IR3535, Oil of lemon eucalyptus (OLE), Para-menthane-diol (PMD), 2-undecanone.
  - Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old. Cover strollers and baby carriers with mosquito netting.
- Wear long-sleeved shirts and long pants.
  - Use 0.5% permethrin to treat clothing and gear (such as boots, pants, socks, and tents) or buy permethrin-treated clothing and gear.
- Keep mosquitoes out of your hotel room or lodging.
  - Choose a hotel or lodging with air conditioning or window and door screens.
  - Use a mosquito net if you are unable to stay in a place with air conditioning or window and door screens or if you are sleeping outside. It is recommended to buy a mosquito net before traveling.

### After Your Travel

- If you traveled and feel sick, particularly if you have a fever, talk to a healthcare provider and tell them about any areas you recently traveled to.
- Even if you do not feel sick, travelers returning from an [area with risk of dengue](#) should take steps to prevent mosquito bites for 3 weeks so they do not spread dengue to mosquitoes that could spread the virus to other people.

