

Vectors such as mosquitoes, sandflies and ticks can transmit serious infectious diseases both in the **WHO European Region** and globally. Many of these vectors are blood sucking and transfer diseases to human beings through their bites.

Avoid being bitten by a mosquito, sandfly or tick.

Be prepared.



HOW TO AVOID VECTOR-BORNE DISEASES – TOP TIPS

Take simple measures to protect yourself and your family.

1. **Before you travel, be vaccinated against diseases prevalent at your destination. Vaccines exist for yellow fever, Japanese encephalitis and tick-borne encephalitis.**
2. **Consult your doctor, 4–6 weeks before departure if possible, to discuss how you can protect yourself (for example, what antimalarial medicines you should take if malaria is endemic at your destination).**
3. **Wear light-coloured, long-sleeved shirts and long trousers, tucked into socks or boots, and use insect repellent on exposed skin and clothing to protect yourself from being bitten by mosquitoes, sandflies or ticks. Temperature, humidity and the time of day affect the likelihood of being bitten, so know when you need extra protective clothing and insect repellent.**
4. **Use window screens, if available, to keep mosquitoes outside the place where you are staying.**
5. **Sleep under an insecticide-treated bed net, requesting one if necessary, if you are staying in an area with malaria risk.**
6. **Check your body regularly for ticks. If you find one, remove it with tweezers and apply a skin disinfectant. In tick-infested areas, examine your clothing, luggage and other belongings thoroughly before entering the place where you are staying.**
7. **Avoid contact with blood, secretions, organs or other bodily fluids of infected people or animals.**
8. **Make sure you keep strict hygiene control of food, and avoid unpasteurized dairy products in areas where tick-borne encephalitis can be transmitted.**
9. **If you are bitten and receive care abroad, remember to complete your course of treatment at home.**
10. **If you become ill upon your return, tell your doctor where you have been, as you may have brought a disease back with you.**

More detailed information on travel and health: <http://www.who.int/ith>
and on vector-borne diseases: <http://www.euro.who.int/whd2014>



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HOW TO AVOID VECTOR-BORNE DISEASES – TOP TIPS

Take simple measures to protect yourself and your family.

1. **Ensure your vaccinations are up to date for diseases prevalent in the area.**
2. **Wear light-coloured, long-sleeved shirts and long trousers, tucked into socks or boots, and use insect repellent on exposed skin and clothing to protect yourself from being bitten by mosquitoes, sandflies or ticks.**
3. **Install window screens in your home or workplace to keep mosquitoes outside.**
4. **Sleep under an insecticide-treated bed net if you live in an area with a risk of malaria.**
5. **Use indoor residual spraying with long-lasting insecticides on internal walls, eaves and ceilings to reduce biting. WHO lists recommended insecticides for indoor spraying against malaria vectors (http://www.who.int/whopes/Insecticides_IRS_Malaria_25_Oct_2013.pdf).**
6. **Get rid of stagnant water (for example, in containers, flower pots and used tyres) in areas where mosquitoes breed.**
7. **Check your body regularly for ticks. If you find one, remove it with tweezers and apply a skin disinfectant. In tick-infested areas, examine your clothing, luggage and other belongings thoroughly before entering your home.**
8. **Avoid contact with blood, secretions, organs or other bodily fluids of infected people or animals.**
9. **Make sure you keep strict hygiene control of food, and avoid unpasteurized dairy products in areas where tick-borne encephalitis can be transmitted.**

Further information: <http://www.euro.who.int/whd2014>

