

BITE SIZED FACTS



You should apply repellent evenly over exposed skin

In high risk tropical areas you should use insect repellents containing 20-50% of the active ingredient DEET



Protect yourself against bites especially if you are travelling to countries with diseases spread by insects, even if you think mosquitoes will not bite you



Alternative repellents contain PMD, Picaridin and IR3535

Repellents wear off so need to be reapplied, especially in warmer climates

Eating marmite, garlic or taking vitamins will not prevent bites



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INSECT REPELLENT AWARENESS DAY



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