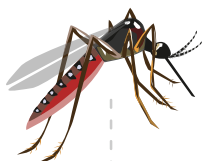


TRAVELLING ABROAD?



You should know that many diseases are spread by the bites of infected insects such as mosquitoes, ticks, fleas and flies.

Protect yourself and your family from infected insects found in other countries by planning ahead. Be sure to pack:

- ✓ Insect repellent (bug spray)
- ✓ Light-coloured, loose clothes made of tightly woven materials such as nylon or polyester
- ✓ Long pants and long-sleeved shirts
- ✓ Closed-toe shoes or boots and a hat
- ✓ Permethrin-treated clothing (for adults)
- ✓ Mosquito netting (if sleeping outdoors or in a building that is not fully enclosed or to cover playpens and strollers)



Find ways to prevent and reduce mosquito bites, visit:
Canada.ca/insect-bite-prevention



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada