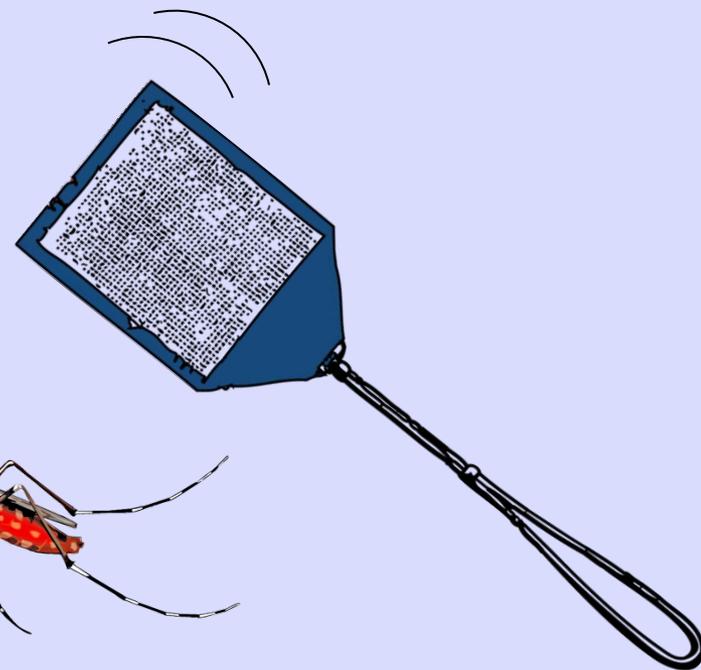




TRICARE TIPS
FOR HEALTHY LIVING
IN SUPPORT OF

OPERATION
★ Live Well ★

TRICARE Presents: Tips to **Avoid** Mosquito Bites this summer



Tip 1: Dress Appropriately

- When weather permits, wear long-sleeved shirts and pants



Tip 2: Wear Insect Repellent

- When used as directed, insect repellent is the BEST way to protect yourself from mosquito bites. Look for these ingredients:
 - DEET
 - Picaridin
 - Oil of lemon eucalyptus (OLE)
 - IR3535



Tip 3: Keep Mosquitoes Outside

- Use air conditioning or make sure that you repair and use window/door screens. If possible, sleep under a mosquito bed net.



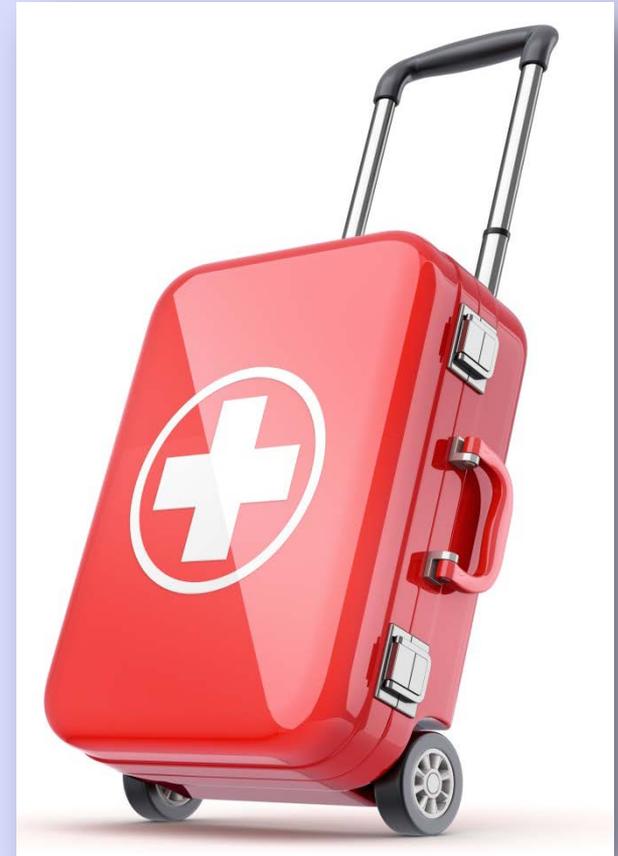
Tip 4: Remove Standing Water

- Regularly empty and scrub, turn over, cover, or throw out any items that hold water like tires, buckets, planters, toys, pools, birdbaths, flowerpot saucers, or trash containers. Mosquitoes lay eggs near water.



Tip 5: Pack a Health Travel Kit

- If you're traveling, remember insect repellent and use it to prevent mosquito bites. Also remember to pack long sleeves and pants.



Tip 6: Feel Sick? See Your Provider



- See your health care provider right away if you've recently traveled and develop a fever, headache, rash, muscle or joint pain.



Resources

Learn about destination-specific health risks and recommendations by visiting the CDC [Travelers' Health](#) website

Mosquito-borne illness is a significant public health concern, both to the Department of Defense (DoD) and to the broader national and international public health community. Visit the Military Health System's [Mosquito-Borne Illnesses](#) page to learn more.

