

- Use insect repellent on exposed skin. Of the insect repellents registered in Canada, those containing DEET are the most effective. Use as directed by the manufacturer. When using sunscreen, apply the sunscreen first and then the repellent. Repellent should be washed off at the end of the day, before going to bed.
- Inspect your body and clothing for ticks during outdoor activity and at the end of the day. Wear light-coloured or white clothing so that ticks can be more easily seen.
- Apply a permethrin insecticide (similar to the natural pyrethrins) to your outerwear and shoes, and to tents and bed nets for greater protection. Use only products manufactured for clothing and gear, and don't use them directly on skin. Permethrin-treated clothing is effective for up to two weeks or six washings. Although permethrin isn't available in Canada, travel health clinics can advise you how to purchase permethrin and pre-treated gear before or during your trip.

Comprehensive information on protective measures against insects can be found on the Travel Health website at www.travelhealth.gc.ca.

As she crawled into bed after a long day, Carla thought, "I've got the bed net tucked in and the air conditioning on. I've closed the windows, so I'm safe from mosquitoes. No malaria bites tonight!" But the doors and windows had been open throughout the day. By evening, mosquitoes had collected around her room and were even under the bed net. To be safe, Carla should have checked the room thoroughly and shaken out her bed net before retiring for the night.

If you're going to travel to areas where malaria exists, consult your health care provider or travel health clinic for individualized advice. Be sure to take anti-malarial medication as prescribed, and don't stop taking it until you finish the full course. If you have a reaction or illness when taking the medication, see a health care