

# PREVENT MOSQUITO BITES

## They can make you sick!

Cruise line employees should take steps to prevent mosquito bites while working.



### MOSQUITOES...

- Spread diseases like Zika, malaria, West Nile, dengue, chikungunya, and yellow fever.
- May bite during the day or at night.

### MOSQUITO-BORNE DISEASES

- People can be more sick, or sick for a longer time, depending on the type of disease.
- Symptoms may include fever, rash, or muscle/joint pain.
- Infected people may or may not become sick.
- Some diseases can be deadly.



### PROTECT YOURSELF!

- Discuss all travel plans with your doctor.
- Use repellent containing DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol on exposed skin and clothing.
- Use permethrin on clothing and gear. Do not apply directly to skin.
- Take extra repellent with you when leaving the ship.
- Follow these steps when applying sunscreen and repellent: (1) apply sunscreen, (2) let it dry, and (3) apply repellent.
- Wear long-sleeved shirts and long pants.

### PREGNANT OR PLAN TO BECOME PREGNANT?

- Talk to your supervisor about outdoor work assignments.
- Discuss all travel plans and repellent usage with your doctor.



### ZIKA AFFECTED AREAS

- Infected men can pass Zika to their partners during vaginal, anal, and oral sex.
- Use a condom when in or having been to a Zika affected area.
- Talk to your supervisor about outdoor work assignments.

### GOT SYMPTOMS? SEE A DOCTOR!

- If you develop symptoms (fever, rash, or muscle/joint pain) of a mosquito-borne disease, report promptly to your supervisor and get medical attention.



### FOR MORE INFORMATION

Centers for Disease Control and Prevention, [www.cdc.gov/zika](http://www.cdc.gov/zika) and [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel)  
National Institute for Occupational Safety and Health, [www.cdc.gov/niosh/topics/outdoor/mosquito-borne](http://www.cdc.gov/niosh/topics/outdoor/mosquito-borne)