

Prevent mosquito bites



Thailand is a tropical country where mosquitoes can spread a number of diseases, such as malaria, dengue, filariasis, and Japanese encephalitis. There is no malaria in the cities but it is quite common in rural, forested areas that border Myanmar, Cambodia, and Laos. Taking prescription medicine to prevent malaria may be possible but drug resistance to chloroquine and mefloquine is documented. Besides, dengue and filariasis cannot be prevented with a vaccine or medicine, therefore, you should reduce your risk of illnesses by preventing mosquito bites. Followings are recommended measures for personal protection:

- Sleep under a bed net or stay and sleep in screened rooms.
- Wear long-sleeved shirts, long pants, and hats to cover exposed skin. Loose and light-colored outfits are preferably.
- Use an appropriate insect repellent such as a product contains 20% DEET that lasts up to several hours, Children under 4 years old should use a repellent contains less than 10% DEET. In addition, products with one of these active ingredients, oil of lemon eucalyptus, IR3535 and picaridin, can help prevent mosquito bites. Always use repellents as directed.

Japanese encephalitis is endemic countrywide but mostly in the northern provinces. Transmission occurs year-round with seasonal peaks from May to October. Travelers may need JE vaccine if their trip last more than a month, depending on traveling time of year and places. However, they may consider this vaccine for trips shorter than a month but spending a lot of time outdoors in rural areas. Contact your doctor for more information.