

Are Mosquito-Borne Viruses Preventing You From Traveling?



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Are you postponing a vacation because of concern about viruses (Zika, chikungunya and dengue) carried by mosquitoes, ticks or other organisms capable of causing harm to humans? That is not a bad idea until you become informed about the risks you are being exposed to depending on where you plan to travel. The Center for Disease Control (CDC) has an excellent website that provides travel notices that are designed to inform travelers and clinicians about current health issues related to specific destinations (<http://wwwnc.cdc.gov/travel/notices>).

The CDC also provides information about how to prevent insect bites with clothing, bed netting, and insect repellents (www.cdc.gov/zika/prevention). The Environmental Protection Agency (EPA) has approved repellents consisting of DEET (synthetic chemical), picaridin (synthetic version of piperine), and IR3535 (biopesticide based on amino acid alanine). Just do a search for "EPA approved repellents".

If you prefer to protect yourself with chemical-free products, there are many natural products available. Natural oils, also referred to as essential oils, provide as good or better protection than those with chemical additives. There are over 30 essential oils that are exempted from EPA registration because they were determined minimum-risk pesticides that performed demonstrably safe for the intended use.

[Lita's No-See-Um No More®](#) is an example of a natural bug spray that is proven effective in preventing bites from chiggers, gnats, horse flies, mosquitoes, noseemms, sand fleas and tsetse flies. **[Lita's No-See-Um No More®](#)** consists of essential oils and customers report it is effective in preventing bites from the local insects in Africa, Australia, the Caribbean, Mexico, New Zealand, North America, the South Pacific (Palau), and throughout the USA (including Alaska and Hawaii). Customers' testimonials are available at www.NoSeeUmNoMore.com. Product reviews can be read at www.dtmag.com or www.LookIntoHawaii.com; just search for "No-See-Um No More".

So don't be afraid of venturing out. There is a wealth of information available for traveling to destinations around the world, preventions you can take, and the availability of products to protect you. Do your research and enjoy your vacation. *Bon Voyage!*