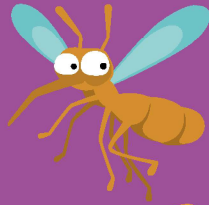


TRAVELLING THIS YEAR?



LET **BUG OFF!** HELP YOU ON YOUR WAY.

PLAN!

GET TRAVEL ADVICE

FROM A GP

OR TRAVEL CLINIC

4-6 WEEKS

BEFORE YOU

Travel

IN HIGH RISK

tropical areas

YOU SHOULD USE INSECT REPELLENTS

CONTAINING 20-50%

OF THE ACTIVE INGREDIENT

DEET OR PMD

ICARIDIN OR IR3535

MAKE SURE YOUR

VACCINES

ARE

UP TO DATE



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