

POCKET TRAVEL HEALTH CHECKLIST



PREPARE & PROTECT

1

Visit NHS Fit for Travel website

2

Book your travel health appointment

3

Buy, wear and reapply your insect repellent

4

Pack and sleep under a bednet each night

5

Visit a doctor if you feel unwell

**More info available at
www.Bug-Off.org**

IN HIGH RISK

tropical areas

YOU SHOULD USE INSECT REPELLENTS

CONTAINING 20-50%

OF THE ACTIVE INGREDIENT

DEET OR PMD

ICARIDIN OR IR3535



Research your destinations to understand the risks. You can enjoy yourself more, when you know you're protected.

**Follow the Bug Off
campaign for up to date
travel advice, guidance
and fun facts!**

@BugOff_official

#BugBodyReady

#FreedomToExplore

www.Bug-Off.org

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