

## AFPMB Bulletin



# Fight the Bite – Personal Protection



Mosquitoes, ticks and other biting arthropods can transmit pathogens that cause vector-borne diseases such as West Nile virus and Lyme disease. The first step in reducing disease risk and bites from nuisance arthropods is using effective personal protective measures. For Service members, the DoD Arthropod Repellent System provides maximum protection. The system includes permethrin treated, properly worn uniforms and an effective, long-lasting skin repellent.

[DoD arthropod repellent system guidance](#)

[New AFPMB uniform retreatment guidance](#)

**But what about our DoD civilians, family members and off-duty Service members?** The Armed Forces Pest Management Board (AFPMB) recommends following the Centers for Disease Control's (CDC) personal protection guidelines to include wearing 0.5% permethrin treated clothing (factory treated, pump/aerosol cans) and a choice of EPA-registered repellents containing DEET, Picaridin, IR3535, Oil of lemon eucalyptus (OLE), Para-menthane-diol (PMD), or 2-undecanone. See: <https://www.cdc.gov/ncezid/dvbd/about/prevent-bites.html>. For all products, please follow label instructions for safety and efficacy. And note that dry-cleaning permethrin-treated clothing will remove the permethrin, eliminating the protective properties.

In addition to repellents, it is important to choose and wear appropriate clothing properly to maximize protection. Long-sleeved shirts and trousers act as a physical barrier against insects, ticks and other biting and nuisance pests when worn properly. This includes shirt sleeves rolled down, pant legs tucked into boots, and undershirt tucked into pants. Also, remember to wear your clothing loosely as mosquitoes can bite through fabric pulled tight against the skin.

**Following these simple guidelines will keep you protected!** If you have any questions concerning personal protection, please contact us at [osd.pentagon.ousd-atl.mbx.afpmb@mail.mil](mailto:osd.pentagon.ousd-atl.mbx.afpmb@mail.mil). Additionally, for the latest pest management information, please see our website at <https://www.acq.osd.mil/eie/afpmb/> or follow us on Facebook (<https://www.facebook.com/afpmb/>) or Twitter (<https://twitter.com/afpmb>).