

AFPMB Bulletin



Fight the Bite – Personal Protection



While COVID-19 has received a considerable amount of attention over the past few months, we cannot forget about nuisance biting and disease transmitting arthropods, particularly mosquitoes and ticks, at this time of year. The first step in reducing risk is using effective personal protective measures. For our military members in uniform, the DoD Arthropod Repellent System provides maximum protection. The system consists of permethrin treated, properly worn uniforms and an approved dermal repellent to treat exposed skin.

[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. 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>).