

Prevention of Bug-Borne Illnesses

Warmer temperatures in the summer months mean more bugs—and bites and potential illnesses. Beware and learn more about [bug-borne illnesses](#) and how to keep your family safe this season.

Vector-Borne Illnesses

Everyone—in the United States and around the world—is vulnerable to diseases spread by infected insects like mosquitoes, ticks and fleas, also called vectors. Vector-borne diseases are human illnesses caused by parasites, viruses and bacteria that are transmitted by vectors. Increasing global travel and urbanization are contributing to [vector-borne disease](#) outbreaks in new regions and countries. This list is not all inclusive.

- Mosquito
- Blackflies
- Fleas
- Lice
- Sandflies
- Ticks
- Triatome (Kissing) bugs
- Tsetse flies

What Can You Do to Protect Yourself?

Did you encounter a tick? Submit the tick to the [MilTICK page](#) for free identification and testing.

Other protective measures:

- Use an Environmental Protection Agency-registered insect repellent.
- Wear long-sleeved shirts and long pants.
- Treat items, such as boots, pants, socks, and tents, with permethrin or buy permethrin-treated clothing and gear.
- Take steps to control ticks and fleas on pets.
- Find and remove ticks daily from family and pets.
- Take steps to control mosquitoes, ticks, and fleas inside and outside your home.

For More Information

To learn more about keeping your family safe year-round, including prevention, travel guidance, and published materials, visit [Health.mil](#).