

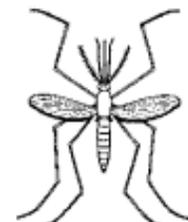
DEFEND YOURSELF AGAINST INSECTS AND TICKS IN CENTRAL ASIA

MOSQUITOES, SAND FLIES, AND TICKS TRANSMIT DEADLY DISEASES IN AFGHANISTAN, PAKISTAN, AND THE OTHER COUNTRIES OF CENTRAL ASIA

Sand Flies



Leishmaniasis



Mosquitoes

Malaria



Ticks

Crimean-Congo
Hemorrhagic Fever

- Take malaria prophylaxis pills
- Use the DOD Insect Repellent System
- Sleep under a permethrin-treated bed net



U.S. Army Center for Health Promotion and Preventive Medicine

(800) 222-9698/ DSN 584-4375/(410) 436-4375

<http://chppm-www.apgea.army.mil>

DOD INSECT REPELLENT SYSTEM



- ① Treat uniform with **permethrin**. Use Spray Can (NSN 6840-01-278-1336) OR Impregnation Kit (NSN 6840-01-345-0237).
- ② Apply **DEET** lotion to exposed skin. Use NSN 6840-01-284-3982.
- ③ Wear uniform properly: roll sleeves down, tuck pants into boots, tuck undershirt into pants.