

Protect yourself
against
Sand Flies

Sand Flies are tiny; only $\frac{1}{3}$ the size of a mosquito. These silent, night-biters transmit several parasites including those responsible for multiple forms of leishmaniasis. Their bites usually produce small, round, reddish bumps that itching hours or days later.

DISEASES TRANSMITTED BY SAND FLIES

Sandfly Fever is a viral disease that causes flu-like symptoms, sometimes brain infection; symptoms can be severe, but rarely fatal.

Leishmaniasis is found in about 90 countries, including Africa, South and Central America, South and Central Asia, the Mediterranean, Middle East, as well as parts of Texas and Oklahoma in the United States.

- Symptoms of leishmaniasis may not show up for weeks or months.
- **Cutaneous leishmaniasis** is the most common and is characterized by a potentially disfiguring skin ulcer at the bite site that may persist for months before healing on its own.
- **Visceral leishmaniasis** is the most severe and is usually fatal if left untreated. The parasite affects the internal organs of the body, including the spleen, liver, and bone marrow.

*Seek immediate medical care if you develop a fever that will not go away or a large sore or ulcer.
There is no vaccine or preventive drug for sand fly transmitted diseases.*



Protect yourself
against

Sand Flies

with the DOD

Insect Repellent System



Wear a factory-treated Army Combat Uniform (ACU Permethrin). Check the tag in your uniform to confirm it is factory-treated.*



Properly wear your uniform:
tuck trousers into boots
and undershirt into
trousers, and wear sleeves
down and snugly fastened
at the wrist.



Apply DEET or Picaridin repellent to
exposed skin.

Sleep inside a
permethrin-treated
bed net.



* The Army Physical Fitness Uniform (APFU) is not treated with permethrin. It does not protect Soldiers from insects.

After You Return Home

If you develop a fever, sore, or ulcer that will not go away, **seek immediate medical care** and notify your health care provider that you have been deployed to a region with leishmaniasis. It can take months for symptoms to develop.



U.S. ARMY

FOR MORE INFORMATION CONTACT THE DOD HELPLINE FOR VETERANS AND FAMILY MEMBERS

US Toll Free: 1-800-796-9699 • Local No.: 202-782-782-3577

From Europe Toll Free: 00800-8666-8666 • Outside US DSN: 312-662-3577