

Defend Yourself Against Sand Flies

- *Tiny* — only 1/3 the size of mosquitoes
- Fit through mesh of untreated bed nets
- Most active from dusk to dawn
- Make *no sound*
- Severe nuisance biters
- **Transmit diseases**

Leishmaniasis is a parasitic disease. Symptoms may not show up for weeks or months. The 2 most common forms are:

- Visceral (“kala-azar”) – severest form; causes fever that won’t go away; affects internal organs; causes death if not treated.
- Cutaneous (“oriental sore”) – causes long-lasting skin ulcers that can leave ugly scars.



Cutaneous ulcers

Sand Fly Fever is a viral disease that can cause flu-like symptoms; sometimes brain infection; symptoms can be severe but rarely fatal.

- **Use the DOD Insect Repellent System**
- **Sleep under a permethrin-treated bed net**



U.S. Army Center for Health Promotion & Preventive Medicine
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DOD Insect Repellent System

Protects against sand flies, mosquitoes, ticks & other biting arthropods



1 Treat uniform with permethrin. Use Impregnation Kit (IDA) (NSN 6840-01-345-0237) or Aerosol Spray Can (NSN 6840-01-278-1336). Treat bed net with Aerosol Spray Can.

2 Apply DEET lotion to exposed skin. Use NSN 6840-01-284-3982.

3 Wear uniform properly to cover as much skin as possible and prevent access through openings in the clothing: roll sleeves down, tuck pants into boots, tuck undershirt into pants.