



Protect Yourself Against Biting Insects!

Force Health Protection Task



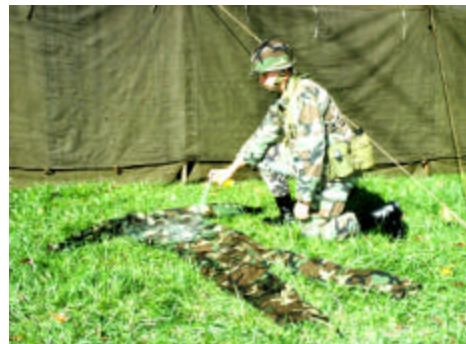
Did you know that whenever nations send troops into battle more troops are taken out of action by disease and non-battle injuries than are injured in combat? Many of the disease injuries result from germs passed by the bites of insects and their relatives. Don't let yourself be pestered by insects, or worse, become a casualty due to a bug-borne disease.

Given both the standard military DEET insect repellent lotion for skin (made by 3M corporation; also sold as Ultrathon®) and the standard military permethrin insect clothing treatment (either in the "shake and bake" treatment kit or aerosol can), use the following personal protective measures to prevent biting insects from making you sick or bothering you in the field.

- Apply a thin coat of long-lasting DEET insect repellent lotion (NSN 6840-01-284-3982) to all EXPOSED skin. Avoid the eyes, lips and any damaged skin. Reapply as necessary in accordance with label directions. One application lasts from 6-12 hours depending on the climate.



- Apply permethrin clothing repellent to your BDU uniform BEFORE putting it on. Use the baggie-type "shake and bake" treatment kit (NSN 6840-01-345-0237, one kit treats one uniform but is effective for the life of the uniform), or the aerosol can method (NSN 6840-01-278-1336, ¾ of a can treats one uniform but is only effective for up to 6 washings). Follow all label directions.



- Wear your uniform properly. Tuck in undershirt at waist and tuck pants inside your boots. Lace boots completely. When insect threat is high, roll sleeves down, button blouse/shirt at the neck and wrist, and wear your headgear.



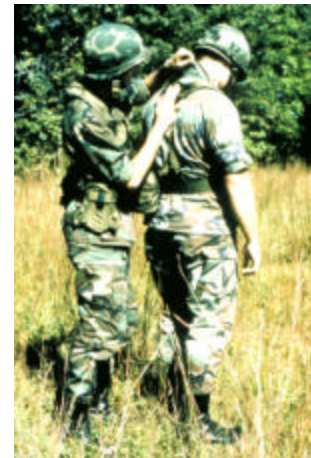


- Do not wear after-shave lotion, cologne or perfume in the field. They may attract insects.

- Use a bed net while sleeping. Lightly spray the outside surface of the net with the permethrin aerosol. When dry, erect the bed net so there are no openings and tuck edges of the net under your cot, mattress pad, or sleeping bag to keep crawling critters out. Don't let the net touch your skin while you sleep or insects will bite you through the netting.



- Wash and inspect your body for insects and bites daily, or as often as the tactical situation permits. Use buddy system to check your clothing routinely for insects. Use an adhesive lint roller or wrap tape around your hand (sticky side out) to remove small, hard to see pests (e.g., ticks) from your clothes. Wash your uniform routinely to remove insects and their eggs.



- Insects and other biting and stinging pests are your enemy just as much as are opposing forces. Practicing good defensive personal protective measures (PPMs) will keep you healthy and more comfortable in the field. As with all your tasks, you should train as you will fight, so be sure to use PPMs whenever you go to the field, whether for training or a deployment.
- Visit the Armed Forces Pest Management Board's contingency information website at <http://www.afpmb.org/coweb/index.htm> to download a copy of this information paper or our complete guidance document on PPMs, Technical Information Memorandum (TIM) No. 36, *Personal Protective Measures Against Insects and Other Arthropods of Military Significance*, and for other contingency related pest management information.



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Task Summary



Given both the standard military DEET insect repellent lotion for skin and the standard military permethrin insect clothing repellent, use the following personal protective measures to prevent biting insects from making you sick or bothering you in the field.

- Apply a thin coat of long-lasting DEET insect repellent lotion (NSN 6840-01-284-3982) to all EXPOSED skin; avoid the eyes, lips and any damaged skin.



- Apply permethrin clothing repellent to your BDU uniform BEFORE putting it on using the baggie-type “shake and bake” treatment kit (NSN 6840-01-345-0237), or the aerosol can method (NSN 6840-01-278-1336). Follow all label directions.



- Wear your uniform properly.
- Do not wear after-shave lotion, cologne or perfume in the field.



- Use a bed net treated with permethrin while sleeping. Tuck edges of net under cot, mattress pad, or sleeping bags.



- Wash and inspect your body for insects and bites daily. Use the buddy system to check for and remove insects from your clothes. Wash your uniform routinely.

