

How Can You Protect Yourself From Serious Mosquito Borne Diseases When You Travel On Vacation?

Contributed by Dorothy Yamich
Tuesday, 24 March 2009

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{bot_wrgoogle}Malaria is the most common of these serious diseases caused by mosquitoes. Well over a million people die from this disease world wide each year.

Just like bed bugs, mosquitoes are attracted by the heat of your body as well as the carbon dioxide that you exhale. The female mosquitoes deposit their eggs into your bloodstream as they feed on your blood. These parasite eggs incubate and mature in your liver and then attack your red blood cells. The first symptoms of malaria usually arise within twenty-four hours. Some of the symptoms are a high fever, shivers and chills, as well as nausea and vomiting. These symptoms are usually followed by a deep sleep and then a flare up occurs. If these symptoms keep repeating themselves every two to three days, you must seek medical attention.

There is an anti-malaria prescription drug that can be taken to help protect you when you are traveling on holidays in mosquito infested tropical climates. But, to receive the maximum protection, this medication has to be taken before, during, and after your trip. However, even when taken properly as prescribed, these pills are not always completely effective.

If you get malaria, there are a number of pharmaceutical drugs such as Chloroquine, Doxycycline, Mefloquine, and Fansidar, can be prescribed to treat malaria, but again, they are not always totally effective. Ask your family doctor or pharmacist more about the dosage and length of time that you should take any of these prescription medications.

You can protect yourself from yellow fever by getting a vaccination from a physician at the local health authority before you travel on your holidays. This vaccination lasts approximately ten years and is very effective.

Japanese encephalitis is a viral infection that is also transmitted by a bite from an infected mosquito. This disease can be prevented by a series of three vaccinations.

Dengue fever is another viral disease that is spread by mosquitoes. There is no vaccination to prevent this disease.

The West Nile Virus is also spread by infected mosquitoes. There is no vaccine available to protect you from this disease either.

Keep in mind that when it comes to all of the serious mosquito borne diseases, prevention is always better than a cure, even if there happens to be one. It is always best to limit the chance of being bitten and infected by mosquitoes in the first place. You should always wear loose fitting, long sleeved shirts and slacks and use a DEET containing insect repellent when mosquitoes become active near dusk. Also, be sure to kill all the mosquitoes in your room before going to sleep, and always use mosquito nets and coils when you are camping or planning on sleeping outdoors.

Dorothy Yamich has a passion for travel. She has lived and traveled extensively throughout Europe as well as traveled in North America, Central America, and the Caribbean. She is a travel consultant and specializes in luxury cruises as well as vacation packages. To quickly find and book cheap holidays, at the best price possible, every time you feel like traveling, visit [Travel Tips Guide](#), for more information.

