## More than a buzz

Dengue is a viral disease spread through mosquito bites, particularly if the mosquito has previously bitten an infected person.

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While Dengue is most commonly found in tropical and subtropical regions worldwide, it can also reach Europe through individuals infected with the virus returning from countries where the disease is prevalent.

## **PROTECT YOURSELF**



- Dress in covering, light-colored clothing
- Apply repellent sprays and products directly to your bare skin
- Limit the use of perfumes, deodorants, creams and aftershave
- Whenever possible, use mosquito nets

## LET'S PREVENT!

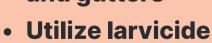


- Eliminate any stagnant water from pots, planters, containers and gutters
- products





- Before your trip, find out more on: viaggiaresicuri.it and fitfortravel.nhs.uk
- Contact the Travel **Medicine clinic** in the different local health companies (ASL) in Puglia
- Ensure you receive the required vaccinations and contemplate getting the suggested ones as well





Read more on: rpu.gl/dengue or scan the QR Code





