



If you are traveling to the Big Island of Hawai'i...

The Hawai'i State Department of Health (DOH) has recently confirmed the presence of dengue fever on Hawai'i Island (the Big Island). The Big Island and the rest of Hawai'i remain safe destinations for visitors and residents, and there are no travel restrictions for any of these locations. Extensive control efforts are currently underway in the affected areas across the island and the investigation is ongoing.

All travel involves at least some risk, but visitors can reduce their risk by protecting themselves against mosquitoes and mosquito bites in the following ways:

- Apply effective mosquito repellent, especially products that contain an EPA-approved repellent (<http://cfpub.epa.gov/oppref/insect/index.cfm>), on exposed skin and clothing when mosquito exposure is unavoidable. Mosquito repellent should be re-applied only as directed by the product labelling. NOTE: *Visitors to the Big Island are encouraged to bring their own mosquito repellent with them, as occasional shortages have been reported on the island.*
- Wear light-colored long-sleeved shirts, long pants, and shoes and socks to limit exposure to mosquitoes.
- Limit the amount of time spent in places where there may be many mosquitoes, such as stream beds, campsites, and areas with heavy vegetation.
- Use air-conditioning in rooms instead of leaving the windows open, especially if no screens are present.
- Use indoor insecticides if mosquitoes are present in your accommodations.

For parents and adults traveling with *keiki* (children)

Children are at no special risk of being infected with the dengue virus, and there is no reason to avoid travel to the Big Island. When traveling with *keiki*, it is important for adults to make sure they are following steps to avoid being bitten.

It is best for adults and children to stay away from areas with high mosquito activity, but wherever you travel, be sure *keiki* are keeping their skin covered and that insect repellent is applied properly.

Children may resist some of these protections, especially if they don't understand that mosquito bites are not just itchy and annoying but can also make them sick, so it is helpful to explain that these precautions are to keep them healthy and active – and able to enjoy their trip!

Guidelines for using repellent on children:

Always follow the recommendations appearing on the product label when using repellent.

- Repellents containing DEET should not be used on infants less than 2 months old, and certain other repellents may not be appropriate for young children (e.g., oil of lemon eucalyptus should not be used with children less than age 3 years).
- When using repellent on a child, apply it to your own hands and then rub them on your child. Avoid children's eyes and mouth and use it sparingly around their ears. After returning indoors, wash treated skin with soap and water.
- Do not apply repellent to children's hands – young children especially may tend to put their hands in their mouths.
- Do not allow very young children to apply insect repellent on themselves; have an adult do it for them.
- Do not apply repellent to cuts, wounds, or irritated skin.
- Do not apply repellent under clothing. If repellent is applied to clothing, wash treated clothing before wearing again. (This recommendation may vary by product; check label for specific instructions.)
- If using sunscreen, sunscreen should be applied first, before the repellent.
- Store repellents out of reach of children.

Follow product instructions carefully – using more won't necessarily provide extra protection.

If you have general questions about dengue fever, please call **Aloha United Way at 2-1-1**, or visit the **DOH website at <http://health.hawaii.gov>** for more detailed information. For a list of frequently asked questions (FAQ), including details about dengue fever symptoms and further contact information, visit this site: <http://health.hawaii.gov/docd/files/2015/12/dengue-faq.pdf>.

Mahalo for your cooperation and enjoy your time on the Big Island – aloha!

