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## EXPERTS OFFER SOLDIERS IN V CORPS' 1ST ARMORED DIVISION HELP FIGHTING RELENTLESS ENEMY: BUGS!

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**BAGHDAD, Iraq** – In the last few days, the surgeon's office for V Corps' 1st Armored Division has heard from Soldiers complaining that no matter what they do, even if they use the best combat tactics of silence, stealthy movement, speed to shelter, and even good hygiene habits, they are losing a battle here.



It is of no use, they say. They cannot win, they lament.

Soldiers are found, attacked and are losing their blood...to the Iraqi mosquito.

As the weather heats up, mosquitoes will be looking for shelter, shade and food.

What better mosquito feeding grounds than Logistical Support Areas, tent cities, guard posts and work areas?

Mosquitoes, like Soldiers, have their favorite feeding hours. The bugs prefer to "dine" during dusk and dawn.

But they really like to be inside tents with troops. If there is someone inside, it's feeding time for the mosquito.

But there are ways Soldiers can help protect themselves.

Tent doors can be kept closed. Soldiers can practice good hygiene. Puddles of water in and outside tents can be eliminated. Garbage can be properly disposed of. Soldiers can stop creating an environment that invites mosquitoes to stay by not shaving, brushing their teeth or emptying water, coffee or drinks near tents. Mosquito nets can be used when sleeping.

Last but not least, troops can wear an insect repellent that works.

The best repellents contain the compound DEET (N-N-diethyl-meta-toluamide), and users should follow the directions on the label. Cream, lotion or stick formulas are available. Higher concentrations of DEET are best.

The New England Journal of Medicine recently reported on a study conducted to test the effectiveness of products containing Botanical Insect Repellants (BIT), DEET, IR3535, Moisturizers and Repellent-Impregnated Wristbands (RIW). The study's results showed that DEET-based products provided complete protection for the longest duration -- 301.5 minutes. BIT offered less than 20 minutes, and RIW offered no protection.

But Soldiers should also know that DEET is not Permethrin. DEET is a topical insect repellent. It's the green tube that troops are issued prior to deployment.

DEET has some drawbacks: it washes out easily, it doesn't smell pretty and it damages items such as plastic glasses frames and watch wristbands.

Permethrin (troops know it as the stuff in the yellow spray can) is a synthetic insecticide that is sprayed on clothes.



The Army recommends using Permethrin to impregnate battledress uniforms and desert camouflage uniforms to kill or repel insects, ticks, and mites.

These products can be used together or separately and are safe if the directions are followed. When used together in accordance with the instructions, these products can provide almost 100 percent protection.

The U.S. Department of Agriculture and U.S. Department of Defense have tested these products' efficacy. The National Research Council has tested their safety.

For more information about protection from mosquitoes and other insect pests, Soldiers should contact their unit medical treatment teams.



cutlines:

bug spray1: Experts say the best insect repellents for skin use the compound known as DEET. (Photo courtesy 1st Armored Division)

bug spray2: The Army recommends using Permethrin to impregnate uniforms and other articles of clothing to kill or repel insects, ticks and mites. (Photo courtesy 1st Armored Division)