

Bite Free, Healthy ME

Tips for Picking a Safe and Effective Insect Repellent



WHY USE INSECT REPELLENT?

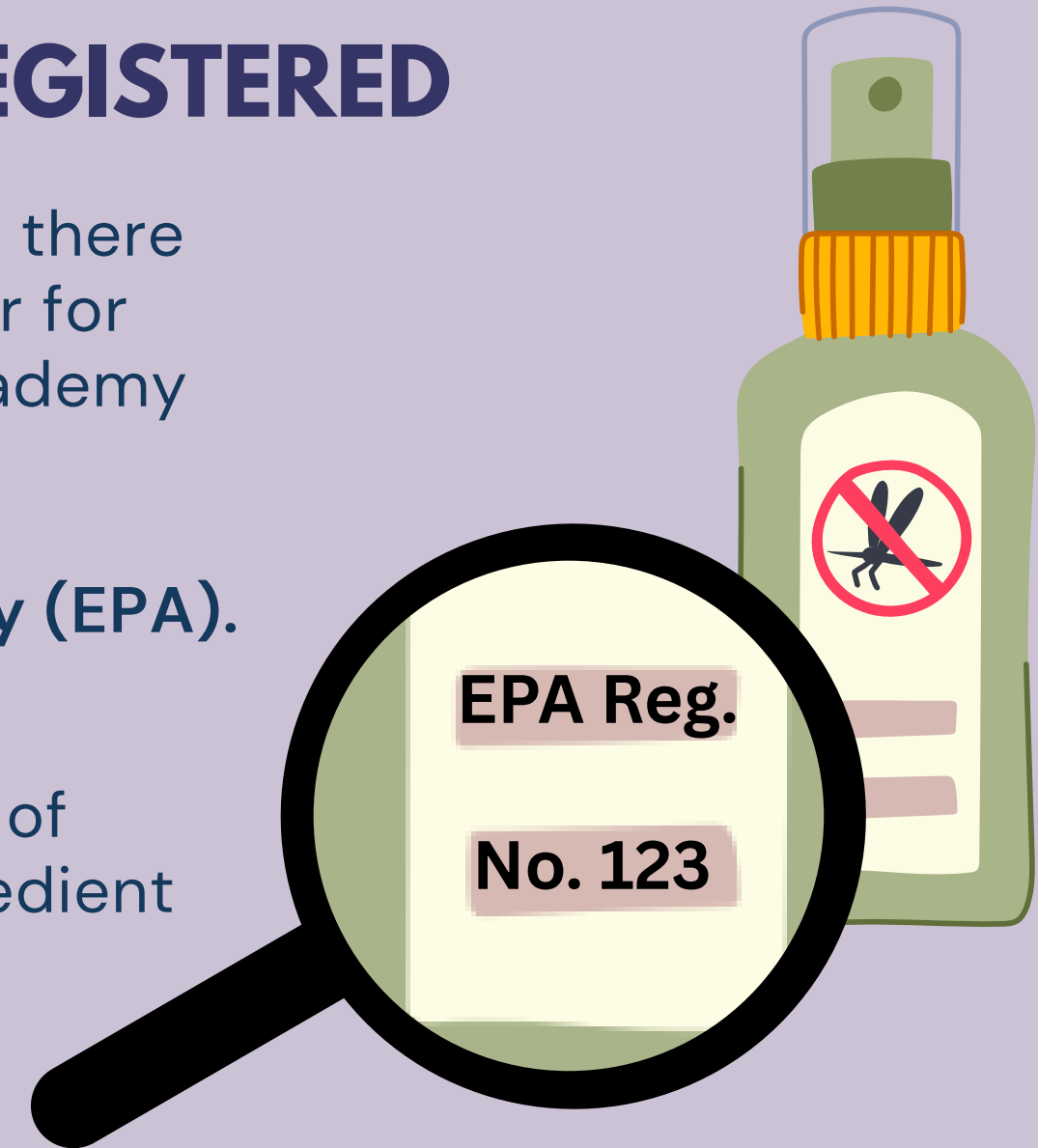
Insect repellent can help repel insects like ticks and mosquitoes which can cause itchy, irritating bites and carry diseases that can make adults and children ill.



MAKE SURE IT'S EPA-REGISTERED

When it comes to insect repellent, there are a ton of options. The US Center for Disease Control and American Academy of Pediatrics **recommend using a repellent registered with the Environmental Protection Agency (EPA).**

EPA-registered products contain ingredients like DEET, picaridin, oil of lemon eucalyptus, or another ingredient registered with the EPA, which are effective at repelling insects.



WHAT'S THE DEAL WITH DEET?

DEET is an active ingredient in many insect repellents. DEET works by making it difficult for biting insects to smell and detect us.

Several products containing DEET are safe and effective at repelling insects. The concentration of DEET in a product determines how long the product will be effective for once applied. Using products with DEET above 30% on children is not recommended.

While rare, DEET products can cause skin rashes. Use caution when applying DEET products to the infants and children under the age of 2 years old.

Products containing DEET should only be applied to clothes or exposed skin, not underneath clothing.

TIPS FOR USING INSECT REPELLENT ON YOUR CHILD

- Choose products in the form of sticks, lotions, or unpressurized sprays that are more difficult to ingest than pressurized sprays.
- Always follow the directions on the label.
- Use just enough repellent to cover clothes and skin – using more doesn't make it more effective.
- Wash your child's skin after spending time outdoors to remove repellent.
- Don't apply repellent to your child's hands, it may end up in their mouth or eyes.
- Apply sprays in open areas to avoid breathing them in.