



## USE OF INSECT REPELLENT IN CHILDREN

Ways to protect your kids from insect bites:

- Keep away from areas where insects nest or congregate: garbage cans, stagnant pools of water, uncovered foods/sweets, orchards, or flowerbeds.
- Dress your child in long pants, a lightweight long-sleeved shirt, socks, and closed shoes when you know your child will be exposed to insects. Mosquito netting may be used over baby carriers or strollers in areas where your baby may be exposed to insects.
- Do not dress your child in bright colors or flowery clothing.
- Do not use perfume, hair spray, or scented body lotions or soaps.
- Keep door and window screens working normally.
- The most effective repellent for ticks is permethrin, which should not be applied to skin but can be applied to your child's clothing or outdoor equipment (sleeping bags, tents).

The U.S. Environmental Protection Agency (EPA) and the American Academy of Pediatrics (AAP) provides the following guidelines when using DEET products:

- Do not apply to infants under 2 months of age.
- Apply only to exposed skin and/or clothing, NOT under clothing. Applying to clothing offers added protection with less potential for exposure, though DEET may damage certain materials: synthetics, leather, plastics, or vinyl car seats.
- Never use over cuts, wounds, sunburned, or irritated skin.
- Do not apply to eyes, mouth, or hands, and use sparingly around eyes. When using sprays, spray on your hands first, then apply to child. Do not spray directly on the face. Wash your hands. Do not allow children to handle the products.
- Do not spray in enclosed areas or near food. Avoid breathing repellent spray.
- Reapply if washed off by sweating or getting wet.
- Use just enough repellent to cover exposed skin and/or clothing: 2-4 tablespoons for an adult; significantly less for children. Heavy application is unnecessary.
- Once indoors, wash treated skin with soap and water or have the child bathe. This is especially important when repellents are used repeatedly in a day, or on consecutive days. Also, wash treated clothing before wearing again.
- Avoid products that contain both sunscreen and repellent because sunscreen generally should be reapplied more often than insect repellent.
- If you suspect a reaction to a repellent, discontinue use, wash skin, and call your local poison control center. If referred to a doctor, take the repellent with you.
- Insect repellent with DEET concentration of 30% are more protective than lower concentrations, but concentrations greater than 30% do not provide better protection and are not recommended for children. A 24% concentration product lasts approximately 5 hours; 10% DEET will protect about 2 hours. The AAP recommends a concentration of 30% as safe for adults and children. Concentrations of 10-15% can be used if parents are concerned about the potential risks of higher amounts for children and/or if the threat of disease-carrying mosquitoes is small.
- Natural insect repellents (citronella, geranium, peppermint, and soybean oil) are safe, however have not been approved for effectiveness.

### SELECT INSECT REPELLENT PRODUCTS

Product	Active Ingredient	Comments
Cutter Insect Repellent	DEET 30%	
Cutter Backwoods	DEET 23-30%	
Off! Insect Repellent/Unscented Repellent	DEET 15%	
Repel Camp Lotion	DEET 10%	
Cutter Outdoorsman Gear Guard	Permethrin 0.5%	Apply to clothing, deck, tent, other gear Not for use on skin