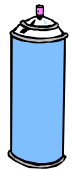


Using Insect Repellents

Insect repellents containing the compounds **DEET** or **permethrin** can be effective at reducing bites from ticks and insects that transmit disease. However, these products have risks if they are not used properly.

Guidelines for insect repellent use

- Always read the entire label before using.
- Keep all insect repellent containers out of the reach of children.
- Do not apply repellents on skin with sunburn, cuts, bruises or other conditions (such as psoriasis).
- Never use repellents on infants.
- Use enough repellent to lightly cover exposed skin and/or clothing. Heavy application is not necessary.
- DO NOT apply repellents in enclosed areas.
- DO NOT apply directly on you face.
- DO NOT apply near eyes, nose or mouth. When using sprays, do not spray directly onto your face – spray on your hands first and then apply to your face.
- DO NOT apply repellents UNDER clothing.
- Avoid inhaling spray repellents.
- Do not use any repellents near food.
- Wash treated skin and clothing after coming indoors.



- If you think someone is having an adverse reaction to a repellent, wash the treated area immediately and call the local poison control center at 1-800-222-1222

DEET repellents come in many different concentrations. In general, the higher the concentration, the higher the protection, but the health risks also increase. Read labels carefully (note: the label may say “N, N-diethyl-m-toluamide”).

- DEET can be applied to clothing or on exposed skin (if done carefully).
- Use products containing 10% DEET for children and 30% DEET for adults
- DO NOT allow children to apply DEET on themselves.
- DO NOT apply DEET directly to children. Apply to your own hands first and then put on the child. Use only small amounts on children.
- Avoid applying DEET to the child’s face and hands.
- Avoid prolonged and excessive use of DEET.
- DEET repellents last only a few hours before another application is needed.
- DEET repellents can reduce the effectiveness of sunscreen. Instead of using two products, it is generally best to use a sunscreen with a built-in insect repellent.
- DEET products will NOT repel stinging insects such as wasps and bees.

Permethrin kills ticks and insects which come in contact with clothing that has been treated.

- Products containing permethrin are for use on **CLOTHING ONLY, NOT ON SKIN.**
- Spray permethrin on the outside of clothing and shoes **BEFORE YOU PUT THEM ON.** Do not apply to clothing while you are wearing it.

- Wash treated clothing separately from other clothing. Do not treat the same items more than once every two weeks. If clothing is not washed after being sprayed, keep it in a separate bag.
- Permethrin products can cause eye irritation. Carefully follow directions on the label.

Other precautions to take

Remember – repellents do not give complete protection against Lyme disease and other tickborne illnesses. To reduce your chances of being bitten by ticks:

- **AVOID TICK-INFESTED AREAS** (wooded or grassy areas) especially in May, June and July.
- **WEAR A LONG-SLEEVED SHIRT and LONG PANTS** to reduce the skin area exposed to ticks. Tuck your pant legs into socks and shirt into pants.
- **WEAR LIGHT-COLORED, TIGHTLY-WOVEN CLOTHES** to spot ticks more easily.
- **DO FREQUENT CHECKS FOR TICKS** after outdoor activities such as gardening, hiking or picnicking. Inspect the entire body (parents should check their children) and remove ticks promptly.
- **REMEMBER TO CHECK YOUR PETS.** Pets can bring ticks indoors and put your family at risk.