



Environmental Health

Mosquito Protection

Tips on How to Avoid Mosquitoes

Avoid Mosquitoes

- Apply insect repellents on exposed skin registered with the U.S. Environmental Protection Agency (EPA). Follow label instructions.
- Wearing clothing treated with permethrin or another EPA- Register insect repellent. Follow label instructions.
- Limit outdoor activities when mosquitoes are most active, dusk and dawn. If outdoors use an insect repellent
- If outside, where protective clothing such as shoes, long pants, and a light colored long sleeved shirt.
- Mosquito netting can also be used over your face and neck or placed over infant strollers or playpens.
- Keep windows and doors sealed tight and maintain window and door screens to prevent mosquitoes from entering the house.



Insect Repellent

Use Environmental Protection Agency (EPA) registered insect repellents with one of the active ingredients below. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women

- DEET
- IR3535
- Oil of lemon eucalyptus (OLE)
- Para-menthane-diol (PMD)2-undecanone entering the house.
- Picaridin (known as KBR 3023 and icaridin outside the US)

EPA has a search tool that can help you find the right insect repellent for you. To try this go to their website:

<https://www.epa.gov/insect-repellents/find-repellent-right-you#search%20tool> .

- Do not apply repellent to cuts, wounds, or irritated skin.
- After returning indoors, wash treated skin with soap and water.
- Do not apply aerosol or pump products directly to the face. Spray your hands and then rub them carefully over the face, avoiding eyes and mouth.
- Wash treated clothing before wearing it again.
- Do not spray aerosol or pump products in enclosed areas; do not breathe in.
- Always follow the product label instructions
- Reapply insect repellent as directed
- If you are also using sunscreen, apply sunscreen first and insect repellent second.



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Insect Repellent *continued*

Tips for babies and children

- When using repellent on a child, apply it to your own hands and then rub them on your child. Avoid the child's eyes and mouth and apply sparingly around the ears.
- Do not apply repellent to children's hands. (Children tend to put their hands in their mouths.)
- Do not allow children under ten years old to apply insect repellent to themselves; have an adult do it for them. **Keep repellents out of reach of children.**
- Protect infants two months of age and under by using a carrier draped with mosquito netting with an elastic edge for a tight fit.
- Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.

Tips clothing

- Use 0.5% permethrin to treat clothing and gear (boots, pants, socks and tents) or buy permethrin-treated clothing and gear.
- Follow product instructions if you are treating items yourself
- Do not use permethrin products directly on skin

DEET and Children

The concentration of DEET in a product indicated how long the product will be effective- higher concentration will work for a longer time. Products with 10% DEET provided protection for around 2 hours, and 30% DEET provided protection for around 5 hours. Products with concentrations more than 50% do not provide added protection. It is best to pick a product with the concentration that correlates with how long you will be spending outside. For example, if you plan to be outside for one hour, you can choose a product with 10% DEET.

When used on children, insect repellents should contain no more than 30% DEET, and repellents are not recommended for children younger than 2 months of age. Ensure you follow all label directions and talk to your child's doctor if you have any questions about protecting your child from insect bites.

References:

1. Center for Disease Control
2. American Academy of Pediatrics

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Statement Revised September 2018.

Spanish: Atención: La asistencia de idiomas esta disponible. Nepali: भाषा सहायता उपलब्ध छ

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