

INSECT REPELLENTS

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There are two main types of insect repellent that can be used on children as well as infants **over 2 months of age**. They are repellents that can be used on the skin (DEET, Picaridin, Oil of Eucalyptus) and repellents that can be put on clothing (Permethrin).

Insect repellent for clothing: Permethrin is an ingredient found in insect repellents that are sprayed onto clothes. Repel Permethrone, Permanone, and Congo Creek Tick Spray, Cutter Outdoorsman are examples of these products. They are good for repelling mosquitoes and ticks. They have an advantage over DEET products because they can be put and left on clothing and continue to provide protection after several washings. Apply it to clothes before putting them on. You can also put it on other outdoor items (shoes, mosquito screen). Do not put permethrin on skin because it quickly loses its effectiveness when put on skin.

Insect repellents for the skin:

DEET is a very effective ingredient used to repel mosquitos, ticks and other bugs. Examples of Deet containing products include: Cutter, Skintastic, Repel and Muskel products. Each comes in different concentrations from 5% to 100%. **The higher the concentration the longer the duration of action.** In general use no more than 30%.

When using a product containing DEET, follow these precautions:

- Do not use products with DEET in children younger than 2 months old.
 - Breast-feeding women may use DEET.
 - Use 5% or 10% DEET if you have concerns about DEET and for infants.
- Use a repellent with 30% DEET for children and teens
 - 30% DEET protects for 6 hours
 - 20% DEET is effective for about 4 hours.
 - 10% DEET is only effective for 2 hours
 - 5% DEET protects for about 1 1/2 hours.
 - Tell older children who apply their own repellent that a total of 3 or 4 drops can protect the whole body.
 - Only put the repellent on exposed areas of skin.
 - Do not put too much repellent on.
- Do not put DEET on the eyes or mouth.
- Don't put DEET on your child's hands if your child sucks his thumb or fingers.
- Don't put any repellent on areas that are sunburned or have rashes because the DEET is more easily absorbed in these areas
- Be careful not to get DEET on clothing.
 - DEET can damage clothing made of synthetic fibers, plastics (for example, eye glasses).

Picaridin: Appears to work as well as DEET and lasts as long as DEET at the same concentrations.

Oil of Eucalyptus(p-menthane or PMD) is a plant based insect repellent that provides protection similar to the low concentrations of DEET.

Remember to wash the repellent off with soap and water when your child returns indoors.