

# What You Need to Know About Insect Repellent

Insect repellent can help to reduce your exposure to mosquito bites that may transmit disease. Whenever you go outdoors (during months when mosquitoes are present), you should use insect repellent, even if you're only going outside for a few minutes. Insect repellent should not be used on young infants.

Always follow the manufacturers instructions when using insect repellent. General information follows on the proper usage of various types of insect repellent:



## 1. Insect repellents which contain DEET:

\*e.g. Skintastic OFF!, Deep Woods OFF!, Muskol, Off!

Concentration of DEET	Protection time (approximate)
30%	6 hours
15%	5 hours
10%	3 hours
5%	2 hours

### Children under 6 months of age:

DO NOT use DEET on infants.

### Children ages 6 months to 2 years:

Use insect repellent with 10% DEET or less; apply only once daily.

### Children between 2 and 12 years of age:

Use insect repellent with 10% DEET or less; apply no more than three times daily.

### Adults and individuals 12 years or older:

Use insect repellent with 30% DEET or less.

## 2. Insect repellents which contain Lemon Eucalyptus Oil:

\*e.g. Off! Botanicals

Concentration of Lemon Eucalyptus Oil	Protection time (approximate)
30%	5 hours
10%	2 hours

### Children under 3 years of age:

DO NOT use Lemon Eucalyptus Oil on young children.

### Adults and individuals 3 years or older:

Use insect repellent with 10-30% Lemon Eucalyptus Oil.

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## 3. Insect repellents which contain Soybean Oil:

\*e.g. Bite Blocker

Concentration of Soybean Oil	Protection time (approximate)
2%	3 hours

Can be used by adults and children of any age.

## 4. Insect repellents which contain Citronella Oil:

\*e.g. Buzz Away, Herbal Armor

Concentration of Citronella Oil	Protection time (approximate)
5%	30 minutes
15%	1 hour

### Children under 3 years of age:

DO NOT use Citronella Oil on young children.

### Adults and individuals 3 years or older:

Use insect repellent with 5-15% Citronella Oil and apply frequently as these insect repellents offer very short protection times.

## General Information About the Use of Insect Repellents:

- ▶ Cover baby carriages and strollers with fine mesh netting to protect infants.
- ▶ All insect repellents should be used sparingly.
- ▶ Prolonged use of insect repellents should be avoided.
- ▶ Wash off repellent when no longer needed.
- ▶ Sunscreen and insect repellent can be used together. However, sunscreen should be applied 15-20 minutes before applying insect repellent. If applied at the same time, DEET can reduce the effectiveness of sunscreen.
- ▶ Both sunscreen and insect repellent should be applied prior to going outdoors.

For more information on insect repellents, please visit:

<http://www.pmr-arla.gc.ca/english/consum/insectrepellents-e.html>

\* The product names listed are not exhaustive and are presented as examples only.



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