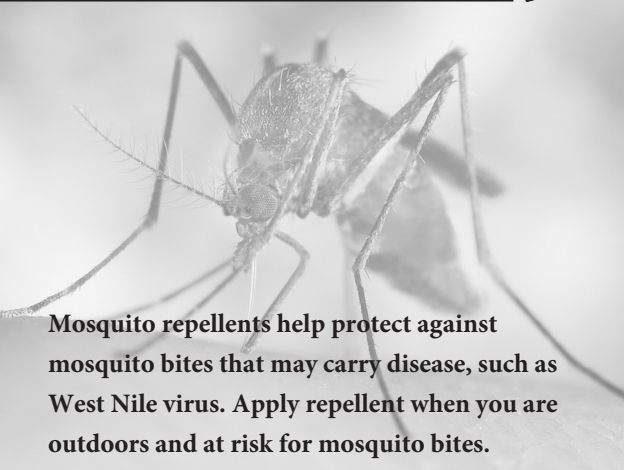


# MOSQUITO REPELLENT

# How to Use It Safely



**Mosquito repellents help protect against mosquito bites that may carry disease, such as West Nile virus. Apply repellent when you are outdoors and at risk for mosquito bites.**

**Not all repellents are the same. The most effective ones contain DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-menthane-diol products. Other repellents may also protect against mosquito bites, but do not last as long.**

## **Choosing Repellents**

**Choose a repellent that offers the best protection for the amount of time you will be outdoors. If you will be outdoors for several hours, use a product that has a higher concentration of the active ingredient. Read the product labels and compare. They often list the amount of time the product will last. Select a repellent that meets your needs.**

**Learn about West Nile Virus  
[www.doh.wa.gov/wnv](http://www.doh.wa.gov/wnv)  
1-866-78VIRUS**

# Using Repellents Safely

**Read the entire label carefully before using, and follow the directions.**

- ❑ **When using repellents with DEET, avoid those with more than 15% DEET for children, and more than 30% DEET for adults.**
- ❑ **Use just enough repellent to cover exposed skin or clothing. Don't apply repellent to skin that is under clothing. Heavy application is not needed.**
- ❑ **Avoid putting repellents on cuts, wounds, or irritated skin.**
- ❑ **Don't apply to eyes and mouth. When using sprays, don't spray directly on your face. Spray on your hands and then rub them carefully over your face.**
- ❑ **Don't allow young children to apply repellents to themselves. Apply the repellent to your own hands, then rub your hands on the child. Avoid the child's eyes, mouth, and hands.**
- ❑ **When you come back indoors, wash treated skin with soap and water.**
- ❑ **Keep repellents out of reach of young children; supervise older children around repellents to prevent misuse.**

**If you think a repellent is causing a bad reaction, stop using it, wash the treated skin, and call your health care provider or Washington Poison Center at 1-800-222-1222.**



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For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).