

General Recommendations

Apply repellent containing DEET when you are going to be outdoors and will be at risk for getting bit by mosquitoes. The mosquitoes that carry the West Nile Virus are especially active around dusk and dawn. If you are outdoors around these times of the day, it is important to apply repellent; however, the safest decision is to apply repellents containing DEET, picardin, and oil of lemon eucalyptus when you are outdoors. Wearing long sleeves and long pants will also help to protect against insect bites.

When using repellents...

- Always follow the recommendations appearing on the product label. Oil of lemon eucalyptus is not recommended for children under the age of three.
- Use enough repellent to cover exposed skin or clothing. Don't apply repellent to skin the is under clothing. Heavy application is not necessary to achieve protection.
- Do not apply repellent to cuts, wounds, or irritated skin.
- After returning indoors, wash treated skin with soap and water.
- Do not spray aerosol or pump sprays in enclosed areas.
- Do not apply aerosol or pump products directly to your face. Spray your hands and then rub them carefully over the face, avoiding eyes and mouth.

Homeowner's Tips

- Empty your small, toddler-size plastic wading pool weekly and store it indoors when not in use.
- Get rid of old tires, cans, bottles, jars, buckets, drums, and other containers. Standing water in clogged household gutters can also breed mosquitoes.
- Repair leaky pipes, outside faucets, and move air conditioner hoses frequently. Eliminate puddles created by lawn watering procedures.
- Change water and scrub vases holding flowers or cuttings twice each week.

Sources: Centers for Disease Control and Nebraska
Mosquito and Vector Control Association

Loup Basin Public Health Department



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Loup Basin Public Health Department



Protect Yourself
& Your Family
Against West Nile
Virus

Fight the Bite!

For Kids...



Parents should choose the type and concentration of repellent to be used by taking into account the amount of time that a child will be outdoors, exposure to mosquitoes, and the risk of mosquito-transmitted diseases in the area. Persons who are concerned about using repellents on children may wish to consult their health care provider for advice. The National Pesticide Information Center (NPIC) can also provide information through a toll-free number, 1-800-858-7378, or npic.orst.edu.

Always follow the recommendations appearing on the product label when using repellents:

- When using repellents on a child, apply it to your own hands and then rub them on your child. Avoid children's eyes and mouth and use it sparingly around their ears. Do not apply repellent to children's hands. (Children may tend to put their hands in their mouths.)
- Once indoors, wash skin with soap and water.
- Do not allow young children to apply insect repellents to themselves; have an adult do it for them. Keep repellents out of reach of children.
- Do not apply repellents to skin under clothing. If repellents are applied to clothing, wash treated clothing before wearing again.

The use of repellents may cause skin reactions in rare cases. If you suspect a reaction to a product, discontinue use, wash the treated skin, and call your local poison control center. There is a new national number to reach a Poison Control Center near you: 1-800-222-1222.

There are no reported adverse events following the use of repellents in pregnant or breastfeeding women.



You can use insect repellent containing DEET and sunscreen at the same time to protect your health. Combination products are not recommended. Follow the instructions on the package for proper application of each product. Apply sunscreen first, followed by repellent containing DEET.



Using repellents on the skin is not the only way to avoid mosquito bites. Children and adults can wear long pants and long sleeves while outdoors. DEET or other repellents such as permethrin, Picardin, and oil of lemon eucalyptus can also be applied to clothing (don't use permethrin on skin), as mosquitoes may bite through thin fabric.

Mosquito netting can be used over infant carriers.



Scientific Research

No definitive studies exist in scientific literature about what concentration of DEET is safe for children. No serious illness has been linked to the use of DEET in children, when used according to the product recommendations. The American Academy of Pediatrics Committee on Environmental Health has recently updated their recommendation for use of DEET products on children, citing: "Insect repellents containing DEET with a concentration of 10% appear to be as safe as products with a concentration of 30% when used according to the directions on the product labels."



The AAP and other experts suggest that it is acceptable to apply repellent with low concentrations of DEET to infants over two months old. Other guidelines cite that it is acceptable to use repellents containing DEET on children over 2 years of age. Oil of lemon eucalyptus should not be used on children under the age of three.



Repellent products that do not contain DEET are not likely to offer the same degree of protection from mosquito bites as products containing DEET. Non-DEET repellents have not been as thoroughly studied as DEET, and may not be safer for use on children.