DEET Insect Repellent Use for Mosquitoes, Flying Insects & Ticks

When mosquitoes or ticks are most active, take the following precautions:

- If outside in an area where there are weeds, tall grass, or bushes, people should wear protective clothing, such as long pants, loose-fitting long-sleeved shirts, and socks, and consider the use of an insect repellent containing DEET.
- Products with a low concentration of DEET may be appropriate for situations where exposure is minimal. Higher concentrations of DEET may be useful in highly infested areas or with species that are more difficult to repel. However, the American Academy of Pediatrics recommends that repellent's used on children should not contain more than 10% DEET. Concentrations of up to 30% DEET have been shown to be acceptable for adults. Where appropriate, consider using non-chemical ways to deter biting insects such as protective clothing, window and door screens, and wearable netting when camping.
- Use DEET according to manufacturer's directions on the label.
- Store DEET out of reach of children.
- Use caution when using repellent's containing DEET on children; follow recommended guidelines.
- Do not apply DEET directly on to children. Apply to your own hands and then put it on the child.
- Do not apply on hands or near eyes and mouth of young children.
- Do not allow children to apply repellent's themselves.
- As with chemical exposure in general, pregnant women should take care to avoid exposures to repellent's when practical.
- Wash all treated skin and clothing with soap and water after returning indoors.
- Never use repellent's over cuts, wounds, or irritated skin.
- Depending on the concentration of DEET in a product, it can be effective for approximately 3-6 hours. Avoid prolonged or excessive use of DEET. Use sparingly to cover exposed skin and clothing.
- Do not apply to skin covered by clothing.
- Note that vitamin B, ultrasonic devices, and incense have not been shown to be effective in preventing mosquito bites.

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