

# HOW DO I CHOOSE AN INSECT REPELLENT?



1- 2 hours



2-4 hours



5 – 8 hours

## ON SKIN

### MOSQUITOES

Protection varies by species of mosquito.

Most mosquitoes that transmit diseases in the US bite from dusk-dawn.

Choose the appropriate repellent for the length of time you'll be outdoors. Reapply according to product instructions

<10% DEET  
<10% picaridin

~15% DEET  
~15% picaridin/KBR 3023  
~30% oil of lemon eucalyptus/PMD

~20%-50% DEET

### TICKS

Other factors affecting efficacy include: individual chemistry, sweat, numbers of bugs. Apply creams and lotions 15 to 20 minutes before going outdoors.

Generally, repellent with 20 – 50% DEET is recommended to protect against tick bites.

In areas where both mosquitoes and ticks are a concern, repellents with 20 – 50% DEET may offer best, well-rounded protection.

The American Academy of Pediatrics has recommended that repellents containing up to 30% DEET can be used on children over 2 months of age.

The repellents shown here meet CDC's standard of having EPA registration and strong performance in peer-reviewed, scientific studies. They reflect products currently available in the U.S.

## ON CLOTHING AND GEAR

### Permethrin



Permethrin treatment of clothing and equipment can provide protection against mosquitoes and ticks through multiple washings. Follow label instructions.