



Insect Repellent



Disclaimer: this is for educational purposes and NOT intended to be used as medical advice or replace the advice from your physician



What age should start using insect repellent?

**Not recommended in babies
less than 2 months old**

**Talk to your doctor before traveling to
high risk places or utilizing insect
repellent on your infant**

Application SAFETY Tips

- **Use a topical gel or lotion instead of a spray**
 - *Aerosol sprays are most likely to be inhaled*
- **Store out of reach of children**
- **Only apply outdoors**
- **Use just enough on EXPOSED skin**
 - **NOT underneath clothes**
- **Do not apply more frequently than indicated based on product % (more to come on this!)**
- **AVOID application to:**
 - Face (especially near eyes or mouth)
 - Hands
 - Underneath clothing OR on top of clothing

Active Ingredients

what's the difference?

Option 1: DEET

- DEET has the most long term safety AND efficacy outcomes data
- Safe for children when used appropriately
- Can damage plastic (i.e. sunglasses)
- DEET duration of action depends on its % concentration

% DEET	Duration of Action
10%	2 hours
20%	5 hours
30%	6-8 hours

- *The AAP lists DEET as first line over picaridin due to lack of long term outcomes data regarding picaridin in children*
- *Regardless of %, most pediatricians will recommend no more than 2 application in a 24 hour period*

Active Ingredients

what's the difference?

Option 2: Picaridin

- A chemical structurally similar to pepper
- Newer agent, became available in early 2000's
 - *As a result, less long-term outcomes day*
- Picaridin < 20% recommended for children & adults
- **20% picaridin lasts ~8-12 hours!**
- Odorless, colorless, & does not leave residue on skin
- CDC recommends as alternative to DEET



my favorite product linked here

lotion formulation decreases inhalation risk
Only need to apply once due to long duration of action!

Active Ingredients

what's the difference?

Option 3. Essential oils from plants

- **Common Agents:**
 - Citronella
 - Cedar
 - Geranium
 - Peppermint
 - Soybean oil
- **These are LESS effective than DEET-containing products**
- **Protection usually lasts < 1-2 hours**
- **Lemon eucalyptus oil products NOT approved or recommended under age of 3**
 - *Lack of data*
 - *Eye irritant*
 - *Toxic if ingested*

My perspective: OK to use if this is your preference, but if going to an area with known mosquito or tick borne illness, use picaridin or DEET

Other Methods to Avoid Bug Bites

- **Wear tall socks & long sleeve clothing to prevent skin exposure**
- **Avoid using scented soaps on yourself or your child**
- **Avoid wearing bright or floral patterns**
- **Avoid playing near stagnant water/puddles**