

HOW TO USE REPELLENTS EFFECTIVELY

Why Use Insect Repellents?

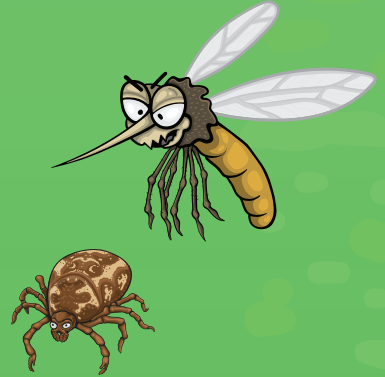
- Mosquitoes and Ticks can carry diseases harmful to humans.
- Examples of these are West Nile Virus and Lyme Disease.

How to Use Insect Repellents

- **Always read the product label before applying a repellent.**
- Follow label directions to find out how long to wait before reapplying.

How to Avoid Misuse of Insect Repellents

- Wash repellent off daily.
- Only apply to exposed skin.
- Do not apply repellents to children's hands.
- Never spray repellent directly on your child's face. Spray a little onto your own hands and rub it on their face.
- When mixing sunscreen and repellent, apply sunscreen, let it dry, then apply repellent.
- Wash clothes that have contacted repellent before wearing them again. (This does not apply to Permethrin treated clothing.)



How to Treat Negative Reactions to Insect Repellents

- Stop using the product immediately and wash skin with soap and water
- Call the Poison Help Line: **(800) 222-1222** and/or
- Contact a physician or pediatrician – if you go to a doctor's office, take the repellent container with you.

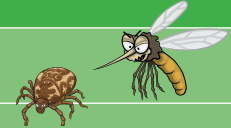


Vector Control
503-988-3464

COMMON INSECT REPELLENTS

Source information below obtained from: CDC, Poison Control, EPA, National Pesticide Information Center, American Academy of Pediatrics

Repellent	Insects	Effectiveness
DEET ^{AC}	Mosquitoes, ticks, biting flies, chiggers, fleas.	Lasts 5-8 hours. Best.
Picaridin ^{AB}	Mosquitoes, ticks, chiggers	Lasts 2-4 hours. Better.
IR3535 ^A	Mosquitoes, black flies, sand flies	Lasts 2-4 hours. Better.
Oil of lemon eucalyptus (OLE) ^{AB} or para-methane (PMD) ^{AB}	Mosquitoes	Requires more frequent application and can cause allergic skin reaction. Good. <i>Pure oil of lemon eucalyptus (the essential oil) is not formulated for use as an insect repellent.</i>
Citronella-Based	Mosquitoes	Not proven to cause noticeable reduction in mosquito bites. Can also cause skin reactions and/or asthma. Poor.
Botanical Blends & Essential Oils	Ticks and Mosquitoes	These don't repel aggressive species. Frequent application is necessary and can cause skin reactions. Poor.
Permethrin ^A	Ticks and Mosquitoes	Applied to clothing/fabric as repellent. Not for use on skin.



^AEPA registered insect repellents.

^BNot recommended for children younger than 2-3 years

^CNot approved for children under 2 months.

Find the right repellent for you.



Multnomah County
Health Department
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