

What Personal Insect Repellent is Right for You?

The four most common and effective EPA approved repellents against mosquitoes and ticks

DEET



Very effective repellent against mosquitoes and ticks. Sold in different concentrations, but up to 30% is considered to be high enough for long lasting protection. DEET is approved for use on children over 2 months old.



Picaridin



Picaridin is as effective as DEET in many studies, but does not have the same strong scent. This is a great alternative for people who don't like DEET.

Permethrin



Permethrin is an excellent repellent for both ticks and mosquitoes. This product is only applied to clothing, never to skin. It lasts for several washes if you apply yourself, or you can purchase pre-treated clothing. Don't forget your socks and shoes!



Oil of Lemon Eucalyptus



OLE is one of the best naturally derived insect repellents, providing the same effectiveness as about 20-30% DEET (though DEET offers longer protection time). OLE is only approved for use on children over 3 years.

Remember to Reapply!

It is important to follow the label directions on whichever insect repellent you choose. And reapply when necessary!

Some things to remember:

- Do not apply to hands or face
- Apply for young children, avoid getting products in the mouth
- Sunscreen/repellent combos are not as effective as using two separate products
- Do not apply underneath clothes, only to exposed skin and clothing
- Avoid over applying and follow the label directions
- Wear loose long sleeves and long pants with socks tucked in to prevent bites

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