

# Insect Repellent

## Which kind should I choose?

Active Ingredient	Brand*	Protects for†
DEET less than 5%	OFF! Skintastic Kids	2 hours
DEET 5–10%	OFF! Skintastic Family lotion	2–3 hours
	OFF! Active lotion	
	OFF! Foam	
DEET 15–30%	OFF! Active insect repellent	5–6 hours
	Muskol insect repellent	
	OFF! Deep Woods pump spray	
	OFF! Deep Woods	
	OFF! Deep Woods towelettes	
OFF! Deep Woods Sportsmen		
Lemon Eucalyptus Oil 10%	OFF! familycare Botanicals Lotion	2 hours
Soybean Oil 2%	Bite Blocker	1–4 hours

Chart adapted from Health Canada – Comparative efficacy of insect repellents.

\*These products are presented as examples only and are not necessarily endorsed by the BC Centre for Disease Control or Health Canada.

† Be sure to read the label and follow directions. Reapply as needed.

### Registered repellents:

DEET and lemon-eucalyptus oil (also known as p-menthane-3,8-diol or PMD) are both registered insect repellents in Canada. Each protects you from mosquitoes and ticks for different amounts of time.

### What about other products?

Soybean oil products can be effective for between 1–4 hours, though they are not yet widely available in Canada. Permethrin treatment for use on clothing is not yet approved for use in Canada.

**For ticks:** In areas where both mosquitoes and ticks are a concern, repellents with 30% DEET offer the best protection. Hats and long sleeved shirts and pants will also provide protection against tick and mosquito bites.

### For more information:

[www.bccdc.ca/westnile](http://www.bccdc.ca/westnile)



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# Insect Repellent for Children

## Use of Registered Insect Repellents\* on Children

<b>Children less than 6 months</b>	<ul style="list-style-type: none"> <li>• Don't use repellents containing DEET.</li> <li>• Use mosquito netting in cribs and strollers.</li> </ul>
<b>Children 6 months – 2 years</b>	<ul style="list-style-type: none"> <li>• Use DEET with a concentration of 10% or less.</li> <li>• Limit use to one application per day.</li> </ul>
<b>Children 2–12 years</b>	<ul style="list-style-type: none"> <li>• Use DEET with a concentration of 10% or less.</li> <li>• Use sparingly (no more than 3 times a day) and avoid their face and hands.</li> <li>• Avoid use over long periods of time.</li> <li>• May use lemon-eucalyptus oil on children over 3 years old.</li> </ul>
<b>Children over 12 and adults</b>	<ul style="list-style-type: none"> <li>• Use DEET with concentrations up to 30%.</li> </ul>

\*Be sure to read the label and follow directions. Reapply as needed.

### Recommendations for DEET

- Do not apply over cuts, wounds, or irritated or sunburned skin. Avoid areas around eyes and mouth.
- Do not spray onto the face - apply with hands.
- Use just enough to cover exposed skin. Avoid using excessive amounts or using excessive numbers of applications.
- Do not apply to a young child's hands (they may rub it into their eyes or mouth).
- Do not allow young children to apply the product themselves.
- Do not apply under clothing.
- Do not use sprays in enclosed areas or near food.
- Reapply if washed off by sweating or by getting wet.
- After returning indoors, wash off with soap and water.
- Products with DEET concentrations of over 30% should not be used

### Sunscreen and DEET

- You can use both sunscreen and insect repellent when you are outdoors—apply sunscreen first, followed by repellent.
- There are some insect repellents which also contain sunscreen. These products were discontinued as of Dec. 31, 2003. It is best to dispose of such sunscreen/DEET combination products. Sunscreen should be applied frequently while insect repellents should be used in small amounts when needed.

### Myths about mosquito repellents

**Myth:** Citronella Oil is safer than DEET  
**Truth:** There has recently been some concern about its safety when used on skin. Also, citronella oil is not as effective as DEET or lemon eucalyptus oil.

**Myth:** DEET kills insects  
**Truth:** DEET doesn't kill insects, it just makes you less attractive to them.

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