

Insect Repellent

Which kind should I choose?

Active Ingredient	Protects for†	Protects against
Icaridin 20%	7-8 hours	Mosquitoes or Ticks
Icaridin 10%	5-6 Hours	Mosquitoes or Ticks
DEET 15-30%	5-6 hours	Mosquitoes or Ticks
DEET 5-10%	2-3 hours	Mosquitoes
DEET less than 5%	2 hours	Mosquitoes
Lemon Eucalyptus Oil 30%	6 hours	Mosquitoes
Lemon Eucalyptus Oil 10%	2 hours	Mosquitoes
Soybean Oil 2%	1-4 hours	Mosquitoes

† Be sure to read the label and follow directions.
For the most up to date list of approved products refer to Health Canada

Sources:
Health Canada, 2014, Insect repellents. http://healthy Canadians.gc.ca/healthy-living-vie-saine/environment-environnement/pesticides/insect_repellents-insectifuges-eng.php
Canadian Pediatric Society, 2014, Preventing mosquito and tick bites: A Canadian update, <http://www.cps.ca/documents/position/preventing-mosquito-and-tick-bites>

Registered repellents Icaridin (Picaridin), DEET, lemon-eucalyptus oil (p-Menthane-3, 8 diol) and soybean oil are registered insect repellents in Canada. Each protects you from mosquitoes and ticks for different amounts of time.

What about other products? Citronella Oil remains on the market although there is a lack of safety data to support continued registration. Citronella products protect from 30 min -2 hours, may have limited reapplication and should not be used on infants and toddlers.

For Ticks: Both DEET and Icaridin repel mosquitoes and ticks with better protection in stronger solutions of product. Hats, long sleeved shirts and pants will also provide protection.

Sunscreen and Repellents
• You can use both sunscreen and insect repellent when you are outdoors—apply sunscreen first, followed by repellent.
• 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.

For more information: www.bccdc.ca
updated May 2015



BC Centre for Disease Control
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Insect Repellent

for Children

Use of Registered Insect Repellents* on Children

Children less than 6 months	<ul style="list-style-type: none"> Do not use repellents Use mosquito netting in cribs and strollers.
Children 6 months – 2 years	<ul style="list-style-type: none"> Use DEET with a concentration of 10% or less (one application per day), Icaridin 20% or less, or soybean oil
Children 2–12 years	<ul style="list-style-type: none"> Use DEET with a concentration of 10% or less (no more than 3 applications per day), Icaridin 20% or less, or soybean oil. May use lemon-eucalyptus oil for children over 3 years old (no more than 2 applications per day).
Children over 12 and adults	<ul style="list-style-type: none"> Use DEET with concentrations up to 30%, Icaridin, Lemon-eucalyptus oil (no more than 2 applications per day) or Soybean oil.

*Be sure to read the label and follow directions. Reapply as needed.
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Sources:
Government of Canada, 2014, Insect repellents. http://healthycanadians.gc.ca/healthy-living-vie-saine/environnement-environnement/pesticides/insect_repellents-insectifuges-eng.php
Canadian Pediatric Society, 2014, Preventing mosquito and tick bites: A Canadian update, <http://www.cps.ca/documents/position/preventing-mosquito-and-tick-bites>

Repellent Recommendations

- Do not apply to a young child's hands (they may rub it into their eyes or mouth).
- Do not spray onto the face, instead, apply to that skin with your hands and avoid areas around eyes and mouth.
- Do not apply over cuts, wounds, or irritated or sunburned skin.
- Use just enough to cover exposed skin.
- Avoid using excessive amounts.
- 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.

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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.
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