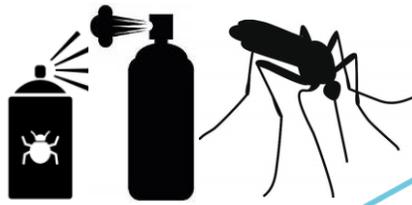


DEET.

How safe is it?



Experts recommend using products that contain DEET to protect you against insect viruses such as mosquitoes carrying West Nile Virus and ticks carrying Tick-borne disease such as Lyme.

Is DEET safe?

Yes, products containing DEET are very safe when used according to the directions. Because DEET is so widely used, a great deal of testing has been done. Very few incidents of toxic reactions to DEET have occurred when the product is used properly. DEET is not recommended for infants under 2 months.

What percentage of DEET do I want in my repellent?

The concentrations of DEET in products may range from 10% - over 30%. The efficacy of DEET plateaus at 30%, which is also the maximum concentration recommended for infants and children. The major difference in the effectiveness of the different percentages relates to the length of time they protect you.

How often should DEET be reapplied?

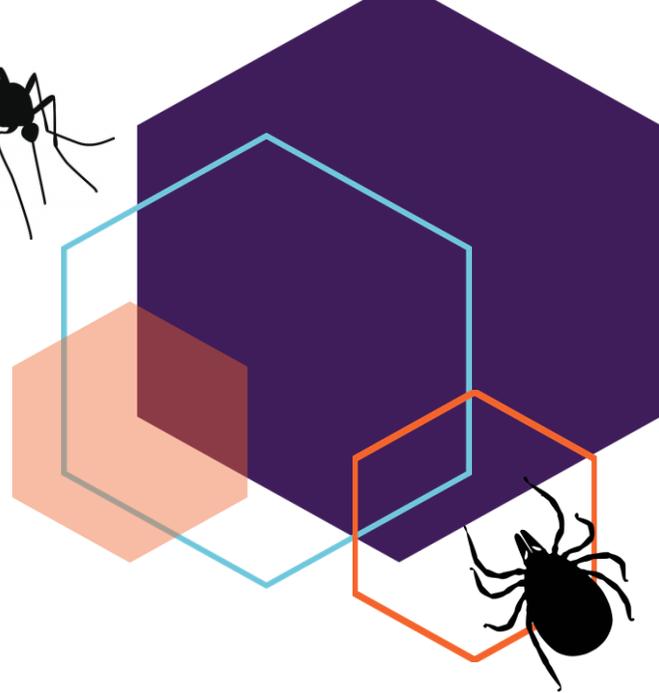
DEET is not water soluble and will last up to 8 hours. Repeated application may increase the potential toxic effects of DEET. DEET should not be used in a product that combines sunscreen with repellent. Sunscreens are to be applied repeatedly because they can be washed off – DEET does not.

Are non-DEET repellents effective (e.g. Skin-So-Soft, plant-based repellents)?

Some non-DEET repellent products, which are intended to be applied directly to the skin, also provide some protection from mosquito bites and ticks. However, studies have suggested that other products do not offer the same level of protection, or that protection does not last as long as products containing DEET.

Special Considerations When Using DEET on Children

- When using repellent on a child, first apply it to your own hands and then rub them on your child. Avoid their eyes, mouth, and use sparingly around their ears.
- Do not apply repellent on their hands
- Do not allow children to apply the repellent themselves
- keep it out of reach of children.



DEET Protection	
% DEET	Hours of Protection
23.8%	5
20%	4
6.65%	Almost 2
4.75%	1 1/2

Using DEET Safely

- Use enough repellent to cover all exposed skin or clothing. Don't apply repellent to skin that is under clothing. Heavy application is not necessary to achieve protection.
- Do not apply repellent to cuts, wounds, or irritated skin.
- After returning indoors, wash treated skin with soap and water.
- Do not spray aerosol or pump products in enclosed areas.
- Do not apply aerosol or pump products directly to your face. Spray your hands and then rub them carefully over the face, avoiding eyes and mouth.

www.lincolncountyhealthdepartment.com

For more information contact Lincoln County Health Department at 715-536-0307

