

# Which Repellent Should I Use?



Personal protection is important to reduce the risk of mosquito and tick bites while enjoying outdoor activities, but what is the best repellent to use?

Insect repellents offer various options, from the ingredients they contain to the time the repellent is effective, here are some options that can help you choose what is best for you.

Follow the directions on product label. Concerns for application to children, consult a healthcare professional. Do not apply directly to face, spray on your hands and carefully apply to face, avoiding eyes and mouth. Do not apply to children's hands. **CHILDREN SHOULD NEVER APPLY PRODUCT TO THEMSELVES.**

**DEET** – Lasts 2 to 12 hours depending on concentration. (Adults should always follow the product label and apply to themselves and children according to label).

**Picaridin** – Lasts 3 to 14 hours depending on concentration. (Adults should always follow the product label and apply to themselves and children according to label).

**IR3535** – Lasts 2 to 8 hours. (Adults should always follow the product label and apply to themselves and children according to label).

**Oil of lemon eucalyptus** – Lasts up to 6 hours. (Adults should always follow the product label and apply to themselves and children according to label).

**p-Menthane-3,8-diol (PMD)** – Lasts up to 2 hours. (Adults should always follow the product label and apply to themselves and children according to label).

**Catnip Oil** – Lasts up to 7 hours. Not EPA registered for ticks. (Adults should always follow the product label and apply to themselves and children according to label).

**For treatment of clothing:**

**Permethrin** – **Only apply to clothing, not directly to skin!** Lasts 5 to 7 washings of clothing.

There are many repellents available to the public and it is recommended to use Environmental Protection Agency (EPA) registered repellents. For more information:

<https://www.epa.gov/insect-repellents/find-repellent-right-you>



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