

## **About DEET Insect Repellent**

- Concentrations vary from less than 10% to over 30%—the higher the concentration, the longer the duration of action.
- Never use > 30% DEET, even in older children. Select the lowest effective concentration based on the amount of time your child will be outdoors.
- Do not use products that combine DEET with sunscreen, as sunscreen needs to be reapplied every 90 minutes.
- Be sure to wash off the DEET with soap and water at the end of the day.
- Picaridin is an alternative to DEET— Concentrations of 5-10% are appropriate for children.
- Both DEET and Picaridin insect repellants are effective in preventing bites by mosquitoes, ticks, fleas, chiggers, and biting flies, but are ineffective in preventing stings.