



BUG SAFETY

- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water (mosquitoes), uncovered foods and gardens where flowers are in bloom (bees), and wooded or grassy areas (ticks).
- Avoid dressing your child in clothing with bright colors or flowery prints.
- To remove a visible stinger from skin, gently back it out by scraping it off horizontally with a credit card or your fingernail
- Use insect repellents containing DEET when needed to prevent insect-related diseases. Ticks can transmit Lyme Disease, and mosquitoes can transmit West Nile Virus and other viruses.
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied. Although no serious illnesses have been linked to the use of DEET-containing insect repellents, repeated application may increase potential toxicity.
- The current AAP and CDC recommendation for children older than 2 months of age is to use 10% to 30% DEET. DEET should not be used on children younger than 2 months of age.
- The concentration of DEET varies significantly from product to product, so read the label of any product you purchase.
- Parents should apply this product to their children, avoiding the hands, eyes, mouth, and the hands of young children. Apply DEET sparingly on exposed skin; do not use under clothing. Do not use DEET over cuts, wounds or irritated skin.
- Children should wash off repellents when they return indoors; wash treated clothing.
- Avoid spraying in enclosed areas; do not use DEET near food.
- The effectiveness is similar for 10% to 30% DEET but the duration of effect varies. Ten percent DEET provides protection for about 2 hours, and 30% protects for about 5 hours. Choose the lowest concentration that will provide the required length of coverage.