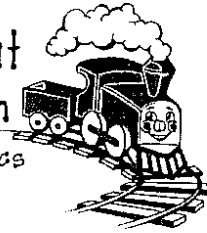




All About Children Pediatrics



Insect Repellent Fact Sheet

Summer time brings sun, fun and BUGS! Many insects do not bother us as we work and play but some bite or sting. Children may be particularly bothered by insects as they spend time playing outdoors and indoors, during the warmer summer months, child care providers must pay close attention to protecting youngsters, preventing insect bites and stings, and using insect repellent.

Preventing Insect Bites or Stings

- Avoid areas where insects breed, nest or gather. Inspect the playground area for pooling or stagnant water (garbage cans, dumpsters, and tire swings). Remove all standing water.
- Long-sleeved shirts, long pants, and socks can protect your skin from possible bites or stings
- Cover sandbox areas when not in use to avoid animal waste contamination.
- Keep all foods and sweets-indoor and outdoor covered
- Avoid playing near flowering plants in orchards and gardens
- Dress children in plain colors. Avoid bright, flowery print because bright colors attract insects.
- Do not use perfumed soaps, lotion, hairspray or other(perfumed) products that attract insects
- Limit the time infants spend outdoors. Closely watch infants to keep insects away
- Keep window screens in good repair
- Avoid areas with a large mosquito population. If you must be in an area where mosquitoes are present, use mosquito netting and mosquito repellent.
- Ultrasonic devices, outdoor bug "zappers", and bate houses are not effective against mosquitoes.
- Avoid spending time outdoors in the early morning and in the evening. Mosquitoes are most active during dawn and dusk.

Insect Repellent Basic Facts

- Read and follow the label directions on the insect repellent. Only use products approved by the Environmental Protection Agency (EPA)
- Most insect repellents are effective for preventing bites by mosquitoes, ticks, fleas, chiggers, and biting flies.
- Insect repellents are generally available without a doctor's prescription. Only use a small amount of repellent on infants and young children. Insect repellent containing DEET (N,N-diethyl-meta-toluamide) have been proven to be the most effective products. For children under 2 years of age, repellents should contain no more than 10% DEET. The chemical is absorbed through the skin and can cause harm in higher concentration of DEET varies greatly from product to product. So, it is very important to read the label carefully of any repellent you purchase.
- Insect repellents containing 10% DEET provide protection, but require reapplication every 1-2 hours to remain effective.
- When using repellent on a child, apply it to your own hands, and then rub them on the child. Do not apply insect repellent to a child's hands, mouth, or eye area. Only use a small amount around the ears. Do not apply to any irritated areas or scraped skin.
- Remove insect repellent by washing with warm water and soap when the child comes indoors and before the child eats.
- If the child care provider suspects a reaction to the use of the insect repellent, contact the Poison Control Center at 1-800-222-1222. If the child goes to the doctor, send the container of insect repellent along for the doctor to read label.

