

COMMON MYTHS ABOUT INSECT REPELLENT



"Any insect repellent will work against all biting ticks and insects."

- **Make sure the insect repellent you purchase is labelled for what you want to avoid!**
- Only EPA-registered products are guaranteed to have the proper testing to prove effectiveness at preventing bites from targeted insects or ticks.
- To be sure your product has been tested for insect and tick bite prevention, look for the EPA Registration Number (EPA Reg. No.) on the label.



"If it's natural, it must be safer!"

- Natural plant oils, like peppermint, lemongrass, geraniol, cedar oil, clove, and thyme oil, can cause skin irritations, especially when in the sun.
- Many natural plant oil repellents have not been properly tested for preventing tick bites, and only prevent mosquito bites for a short amount of time.



"There's no such thing as too much repellent."

- Applying more than the suggested amount of insect repellent can be potentially dangerous and cause health issues!
- Follow the product instructions for safe and effective application and re-application.



"Sunscreen that's also insect repellent... what a great idea!"





- Combination sunscreen/insect repellents combine two products into one, usually as a cream.
- Studies show that repellent ingredients can decrease the effectiveness of the SPF in the sunscreen. These two products also last for different amounts of time.
- For these reasons, you are better off using separate sunscreen and repellents to protect your skin. **Apply your sunscreen first, then put on your insect repellent.**



"Citronella candles and clip-ons are great for keeping mosquitoes away!"

- Citronella candles and clip-ons are not recommended for effective bite prevention.
- Citronella oil evaporates quickly, and candles have only been shown to reduce mosquito biting by 50%.
- Instead, try using a fan to prevent mosquitoes from flying towards you and biting you.

CHOOSING A REPELLENT THAT'S RIGHT FOR YOU

	DEET	Picaridin	IR3535	Oil of lemon eucalyptus	Permethrin
How do I apply it?	<ul style="list-style-type: none"> Follow label instructions for product application and re-application Apply directly to skin or clothes. Do not apply under clothes. Avoid eyes, mouth, and wounded or irritated skin. Spray on hands and then sparingly apply to face, ears and neck. 				Never apply directly to skin! Apply only to clothes, shoes, tents, & other fabrics. Avoid use around pets - toxic to cats!
Can I use it on my kids?	Recommended for use on children 2 months & older. Adults should apply.			Recommended for use on children 3 years and older. Adults should apply.	All ages can wear treated clothes. Follow label instructions.
Is it effective? How long does it last?	Highly effective. Lasts 2 to 8 hours, depending on concentration.	Highly effective. Lasts 3 to 10 hours, depending on concentration.	Moderately effective. Lasts 4 to 6 hours.	Highly effective. Lasts up to 2 hours.	Highly effective repellent & contact insecticide. 0.5% sprays applied to clothing can last for 5 to 7 washes.
What can it repel? 	Mosquitoes, ticks, fleas, black flies, biting midges	Mosquitoes, ticks, fleas, black flies, biting midges	Mosquitoes, ticks, black flies	Mosquitoes, ticks, fleas, black flies, biting midges, gnats	Mosquitoes, ticks, fleas, black flies, human lice, chiggers
Other names for ingredient	N, N-diethyl-meta-toluamide	Icaridin, Piperidine, Propidine, INCI, KBR 3023	Ethyl butyl acetyl aminopropionate	P-methane-3, 8-diol, PMD	  



Products with lower concentrations of these ingredients may not be as effective at repelling ticks. Always look on the product label to see what pests are effectively targeted by the active ingredient. Visit www.epa.gov/insect-repellents/find-repellent-right-you for more product-specific information.