



TIPS

To help protect your family

HOW DO I APPLY PERSONAL REPELLENT?

Applying a personal repellent correctly can help protect you from mosquitoes. Before using a personal repellent, always read the product label first to make sure you are using the product that's right for you and your family. Always follow the manufacturer's instructions on the particular repellent you choose.

Personal repellents come in many forms, including lotions, aerosol sprays and wipes, and can contain active ingredients such as DEET and Picaridin, in addition to others. There are many options, and it's important to find an insect repellent that's right for you and your family.

Each is applied differently, so it's important to read the label of the particular product you are using. Generally, the more DEET a personal repellent contains, the longer it will last. However, a higher concentration of active ingredient does not mean the product will repel mosquitoes. Higher concentrations of DEET work well during activities that involve being outside in mosquito infested areas for an extended period of time, while lower percentages work well for activities that keep you outside for only a few hours.

Personal repellents should be used on exposed skin and clothes to prevent mosquitoes from biting. Be sure to apply repellents only to exposed skin and clothing and never underneath clothing. If you plan to wear sunscreen, apply sunscreen first and then insect repellent over it.

When using personal repellent, avoid contact with the eyes, lips and ears, and never spray or rub the product over cuts, wounds or irritated skin. To use repellent on the face, apply it to your hands first, and then distribute it over the face and neck. If a personal repellent comes in contact with the eyes, wash them with water. After applying it, wash your hands thoroughly with water and soap.

Do not allow children to handle repellents. Either spray or apply cream on your own hands first before putting it on a child. It is also important not to apply repellents in closed rooms or apply in excess – heavy application does not give you better or longer lasting protection.



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Remember that every repellent has specific instructions for application, so always consult the product label before applying.