



## TIPS

To help protect your family

# WHAT IS A PERSONAL REPELLENT AND WHY IS IT IMPORTANT?

Human beings are naturally enticing to mosquitoes – our body heat, the lactic acid we emit when we perspire and even the carbon dioxide we exhale attracts mosquitoes. Personal repellents are substances designed to discourage mosquitoes from landing on, climbing on or biting skin.

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.

Duration of protection can vary substantially. In general, according to the U.S. Centers for Disease Control and Prevention, "higher concentrations of active ingredient provide longer duration of protection, regardless of the active ingredient." However, a higher concentration of active ingredient does not mean the product will better repel mosquitoes.

If traveling, make sure you purchase personal repellents. These products can be found in drug stores, supermarkets and hardware stores or online. When purchasing repellents, always look for the active ingredient concentrations suitable for your activity and apply or use the product as directed by the manufacturer.