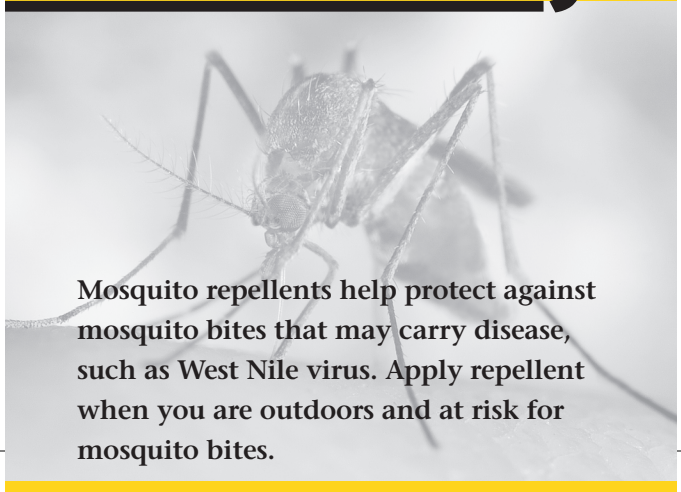
MOSQUITO REPELLENT

How to Use It Safely



Mosquito repellents help protect against mosquito bites that may carry disease, such as West Nile virus. Apply repellent when you are outdoors and at risk for mosquito bites.

Not all repellents are the same. The most effective ones contain DEET (N, N-diethyl-m-toluamide). Other repellents without DEET also protect against mosquito bites, but do not last as long.

Choosing Repellents

Choose a repellent that offers the best protection for the amount of time you will be outdoors. If you will be outdoors for several hours, use a product that has a higher concentration of the active ingredient. Read the product labels and compare. They often list the amount of time the product will last. Select a repellent that meets your needs.

Learn about West Nile Virus
www.doh.wa.gov/wnv
1-866-78VIRUS

Using Repellents Safely

Read the entire label carefully before using, and follow the directions.

- When using repellents with DEET, avoid those with more than 15% DEET for children, and more than 30% DEET for adults.
- Use just enough repellent to cover exposed skin or clothing. Don't apply repellent to skin that is under clothing. Heavy application is not needed.
- Avoid putting repellents on cuts, wounds, or irritated skin.
- Don't apply to eyes and mouth. When using sprays, don't spray directly on your face. Spray on your hands and then rub them carefully over your face.
- Don't allow young children to apply repellents to themselves. Have an adult do it for them. Keep repellents out of the reach of children.
- When putting repellent on a child, apply it to your own hands, then rub your hands on the child. Avoid the child's eyes and mouth.
- Don't put repellent on a child's hands. Children tend to put their hands in their mouths and near their eyes.
- When you come back indoors, wash treated skin with soap and water. Wash treated clothing before wearing it again.

If you think a repellent is causing a bad reaction, stop using it, wash the treated skin, and call your health care provider or Washington Poison Center at 1-800-222-1222.

Washington State Department of Health

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PRINTING SPECIFICATIONS

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