

Mosquito Bite Prevention



Cover Up!

- Wear long-sleeved shirts and long pants.
- Mosquitos may bite through thin clothing. Treat clothes with permethrin or another Environmental Protection Agency (EPA)-registered insecticide for extra protection.

Use only an EPA-registered insect repellent

- When used as directed, EPA-registered insect repellents are proven safe and effective, **even for pregnant and breastfeeding women**. Do not use insect repellents on babies younger than 2 months old.
- Consider bringing insect repellent with you.
- Always follow the product label instructions.
- Reapply insect repellent as directed.
 - Do not spray repellent on the skin under clothing.
 - If you are also using sunscreen, apply it first and insect repellent second.
- The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.
- Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.
- To protect yourself against diseases like chikungunya, dengue, and Zika, CDC and EPA recommend using an EPA-registered insect repellent.
- For more information: www2.epa.gov/insect-repellents

Protect yourself and your family from mosquito bites

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proved safe and effective.

Active ingredient

Higher percentage of active ingredient provides longer protection.

DEET

Picaridin, also known as KBR 3023, Bayrepel, and icaridin

Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)

IR3535

Some brand name examples*

Off!, Cutter, Sawyer, Ultrathon

Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside USA)

Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)

Skin So Soft Guard Plus Expedition, SkinSmart



*Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.