

Avoid mosquito bites by:

- Applying approved insect repellents (CDC approved repellents are listed below)
- Wearing protective clothing, such as long-sleeves, long pants, socks and shoes
- Being aware of peak hours of mosquito activity: dusk and dawn

CDC Approved/EPA Registered Mosquito Repellents:

1. **DEET**
 - The American Academy of Pediatrics recommends that repellents with DEET should not be used on infants less than 2 months old.
 - Repellents that contain up to 30 percent DEET are safe for children.
 - Refer to the Iowa Dept. of Public Health's DEET fact sheet for more information.
2. **Picaridin**
3. **Oil of Lemon Eucalyptus or PMD**
 - Should not to be used on children under the age of three years
4. **IR3535**
5. **Permethrin**
 - Only recommended for use on clothing, shoes, bed nets, and camping gear. Permethrin should not be applied directly on skin.

Mosquito proof your home by:

- At least once or twice a week, empty water from flower pots, pet food and water dishes, birdbaths, swimming pool covers, buckets, barrels, and cans.
- Check for clogged rain gutters and clean them out.
- Remove discarded tires, and other items that could collect water.
- Be sure to check for containers or trash in places that may be hard to see, such as under bushes or under your home.

How often should mosquito repellent be applied?

The label directions on the product being used should always be followed. Length of protection against mosquito bites varies with the amount of the active ingredient, environmental factors such as temperature and humidity, amount of physical activity/perspiration, water exposure, and other factors.

What precautions should be followed when using insect repellents?

- Read and carefully follow product label directions and precautions.
- Apply repellent sparingly on exposed skin and/or clothing.
- Do not apply repellent near eyes, lips, or mouth.
- Never apply repellents over cuts, wounds, or irritated skin.
- Avoid using sprays in enclosed areas.
- Do not use repellents near food.
- Do not apply repellent to the hands of young children.
- Do not allow young children to apply repellent to themselves.
- After returning indoors, wash treated skin with soap and warm water.
- Avoid over application. Heavy application is not necessary to achieve protection.
- Wash treated clothing before wearing again.

Can mosquito repellents be used with sunscreen?

Yes. People can, and should, use both a sunscreen and an insect repellent when they are outdoors. Follow the instructions on the package for proper application of each product. In general, the recommendation is to apply sunscreen first, followed by repellent.