

Bug Bite Prevention



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Follow these steps to protect your child from insect bites:

- Dress your child in long pants, lightweight long-sleeved shirts, socks, and closed toed shoes.
- Have your child wear a hat to keep insects away from their face and head.
- Do not use scented soaps, perfumes or hair spray - these attract insects.
- Avoid areas of standing water, especially around dawn and dusk.
- Use insect repellents.

Which type of insect repellent should you use?

- Use insect repellents that contain between 10 to 30% DEET. These last for 2-5 hours.
- Picaridin and oil of lemon eucalyptus (also known as P-menthane diol or PMD) are safe alternatives.
 - Do not use PMD on children younger than 3 years.
- Do not use insect repellent of any type if your child is younger than 2 months old.

How to apply insect repellent safely:

- Apply repellent on the outside of your child's clothing and on exposed skin using just enough to cover these areas.
- To cover the face spray repellent on your hands first and then gently rub it on your child's face. Always avoid the eyes and mouth.
- Do not spray repellent on cuts, wounds or irritated skin.

**Children
love to play
outside in
the summer
but it is
important to
prevent
insect bites.**

