Bug Bite Prevention

Follow these steps to protect your child from insect bites:

- Dress your child in long plants, 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 repellants that contains 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 repellant of any type if your child is younger than 2 months old.

How to apply insect repellant safely:

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