



## **SAFETY TIPS FOR USING INSECT REPELLENTS**

Summer is a good time to remind parents to be cautious in the use of DEET containing insect repellents on their children. Although there are reports of danger using insecticides, the repellents that contain DEET are safe if used properly according to the directions on the label. However, there are case reports where people have developed vomiting, coma and seizures by chronic over- application or large ingestions. The CDC recommends using Picaridin, which has similar efficacy to DEET, but does not have the reported adverse effects of DEET.

- With children, avoid using DEET in concentrations greater than 10%.
- Lower concentrations of less than 10% have been found to be just as effective as higher concentrations for repellent use.
- Repellents should be sparingly applied and only to clothing and exposed skin. Parents should apply repellent on their hands and then apply to a child's skin to avoid over-application.
- Wear long sleeves and long pants when possible.
- In children, avoid applying to hands and fingers which may be placed in the mouth or rubbed in the eyes.
- Never use repellents on wounds or abraded or irritated skin.
- Repeat applications with caution. One application should generally last four to eight hours.
- Wash repellent-treated skin with soap and water prior to bedtime or once indoors.
- After any suspected adverse reaction to insect repellents, skin should immediately be washed.
- Contact the Poison Center for further advice.

If you have questions, contact the Nebraska Regional Poison Center toll-free at 1-800-222-1222 (in Nebraska and Wyoming). The Nebraska Regional Poison Center is sponsored by the Nebraska Medical Center and the University of Nebraska Medical Center.