

Insect Repellents and Deet

This document was AI generated and explains insect repellents, their safety, and guidelines for use, focusing on DEET and alternatives to prevent insect bites and disease.

Insect Repellents

- Used to keep biting insects like mosquitoes and ticks away from skin and clothing.
- Work by discouraging insects from landing or biting.
- Should be used outdoors, especially in high-risk areas.

DEET and Safety

- DEET is the active ingredient in most effective repellents.
- Higher DEET concentrations last longer but are not more effective.
- Safe when used as directed; reviewed by Health Canada.
- No evidence of risk to pregnant or breastfeeding women.

Age Restrictions and Usage

- Infants under 6 months: do not use DEET; protect with netting.
- Children 6 months–2 years: use $\leq 10\%$ DEET once daily in high-risk areas.
- Children 2–12 years: use $\leq 10\%$ DEET, up to 3 times daily.
- Adults and older children: use $\leq 30\%$ DEET.

Proper Application

- Use only products with Health Canada registration.
- Apply sparingly on exposed skin or clothing, avoiding face, hands, cuts, or irritated skin.
- Wash skin after outdoor activity; avoid inhaling sprays.
- Do not combine with sunscreen; apply sunscreen first.

Alternatives to DEET

- Products with lemon eucalyptus oil (PMD), soybean oil, or picaridin.
- PMD offers up to 2 hours protection against mosquitoes.
- Not recommended for children under 3 or more than twice daily.