# How to Apply Insect Repellent

**DO:**
- ✓ Always follow label directions and read precautions before applying
- ✓ Wash your hands with soap after, especially before eating and drinking
- ✓ Use only enough repellent to cover exposed skin (and clothes if using spray)
- ✓ If using spray, hold the spray 6-8 inches away and spray slowly and evenly

**DON’T:**
- ✗ Don’t use any near your eyes, nose, mouth, ears, or open cuts
- ✗ Don’t use on babies younger than 2 months
- ✗ Don’t use under clothing
- ✗ Don’t use to kill insects
- ✗ Don’t reapply more often than directed by the product label

EPA-registered insect repellents come in different forms:
- Wipes
- Sprays
- Lotions

Use [Environmental Protection Agency (EPA)-registered insect repellents](http://www.epa.gov/insect-repellents) with one of the active ingredients below:

- ✓ DEET
- ✓ Picaridin
- ✓ IR3535
- ✓ Oil of Lemon Eucalyptus (OLE)
- ✓ Para-methane-diol (PMD)
- ✓ 2-undecanone

When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Visit: [www.epa.gov/insect-repellents](http://www.epa.gov/insect-repellents)