

## 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](#) 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)

