

Tips for Using Mosquito Repellent

Mosquito-borne diseases spread through the bites of infected mosquitoes. Examples of mosquito-borne diseases include West Nile virus and Zika virus. Mosquitoes that spread West Nile virus have been found in all areas of Los Angeles County. This disease is especially dangerous for those over 50 and people with weak immune systems. Mosquitoes infected with Zika virus haven't been found in Los Angeles County, but this virus is preading in Mexico, Central and South America. Use the following tips for using mosquito repellent to help protect both you and your family from mosquito-borne diseases.



1. Choose an Environmental Protection Agency (EPA) approved mosquito repellent.

It's important to use an EPA approved mosquito repellent to help protect you from mosquito-borne diseases. Mosquito repellent is available as a spray, wipe, or lotion. It should have one of the following active ingredients found on the product label:

- DEET
- Picardin
- Oil of lemon eucalyptus or para-menthane-diol
- 2-undecanone
- IR 3535



2. Always follow the instructions on the product label.

Make sure you read the instructions on the label before using mosquito repellent. Pregnant and breastfeeding women can use mosquito repellent. Don't spray repellent on the skin, under your clothing. If you are using sunscreen, apply the sunscreen first.



3. Check ingredients before using mosquito repellent on children.

Some mosquito repellents have ingredients that can't be used for children. It's important to read the product label before use. Don't use mosquito repellent on babies younger than 2 months old. Mosquito repellent with oil of lemon eucalyptus or para-menthane-diol shouldn't be used on children younger than 3 years old. Mosquito repellent with DEET can be used on adults, children, and infants older than 2 months. Adults should apply the mosquito repellent to their hands first, then apply to a child's face.



4. Visit the EPA website to find a mosquito repellent that's right for you.

If you're still unsure about what mosquito repellent to use, please visit the EPA website for more information. Use the EPA search tool to find a mosquito repellent that's right for you:

<https://www.epa.gov/insect-repellents/find-repellent-right-you>