

# PICKING AND USING AN INSECT REPELLENT



There are many insect repellents available to protect you, your family, and others in your community from diseases spread by mosquitoes. Selecting the one that will work best for you and your family is an important decision.

## Types of Insect Repellent

Insect repellents come in many types including sprays, lotions, and towelettes. No matter what type you pick, it is important to make sure it uses an EPA-registered product. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.



SPRAYS



LOTIONS



TOWELETTES

## Insect Repellent Labels

Labels on insect repellents have information to help you choose a product and apply it correctly. Look for these two things when picking and using an insect repellent.

### 1. Active Ingredient

The active ingredient is what repels mosquitoes. It is listed on the front of the insect repellent label. Look for an insect repellent with one of the following

- DEET
- Picaridin
- IR3535
- Oil of lemon eucalyptus
- Para-menthane-diol
- 2-undecanone

Products with certain ingredients like DEET or IR3535 may be easier than others to find. Ask your local store if you are looking for a specific product.

### 2. Directions for Use

The label on the back of the insect repellent has information on how, where, and when to apply it. Always follow the directions. Using more repellent than directed or using it more often than needed will not provide better or longer-lasting protection.

For more information on preventing mosquito bites, visit [www.cdc.gov/zika/prevention/prevent-mosquito-bites.html](http://www.cdc.gov/zika/prevention/prevent-mosquito-bites.html)



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