



# WHAT IS DEET



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**ABATEMENT  
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DEET is the active ingredient in many insect repellent products. It is used to repel biting pests such as mosquitoes and ticks, which may carry Lyme disease. Every year, approximately one-third of the U.S. population uses DEET, which is available in a variety of liquids, lotions, sprays, and wrist bands.

## HOW DOES DEET WORK?

DEET is designed for direct application to human skin to repel insects, rather than kill them. There are approximately 140 products containing DEET currently registered with the U.S. Environmental Protection Agency (EPA).

## IS DEET SAFE FOR CHILDREN?

The American Academy of Pediatrics (AAP) Committee on Environmental Health has updated their recommendation for use of DEET products on children in 2003, citing:

“Insect repellents containing DEET with a concentration of 10% appear to be as safe as products with a concentration of 30% when used according to the directions on the product labels.”

AAP recommends that repellents with DEET should not be used on infants less than 2 months old. Parents should choose the type and concentration of repellent to be used by taking into account the amount of time that a child will be outdoors, exposure to mosquitoes, and the risk of mosquito-transmitted disease in the area.

If you are concerned about using repellent products on children you may wish to consult a health care provider for advice or contact the National Pesticide Information Center (NPIC) through their toll-free number, 1-800-858-7378 or [npic.orst.edu](http://npic.orst.edu)

From [http://www.cdc.gov/ncidod/dvbid/westnile/qa/insect\\_repellent.htm](http://www.cdc.gov/ncidod/dvbid/westnile/qa/insect_repellent.htm)





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### USE DEET PRODUCTS SAFELY:

Do not apply over cuts, wounds, or irritated skin.

Use enough repellent to cover exposed skin and clothing.

Do not use under clothing.

Avoid over-application.

After returning indoors, wash treated skin with soap and water.

Wash treated clothing before wearing again.

DEET may cause skin reactions in rare cases.

Do not spray in enclosed areas.

Do not spray directly onto face. Spray on hands first and then apply to face.

### WHAT ARE DEET'S BENEFITS?

DEET's most significant benefit is its ability to repel disease-carrying insects and ticks. The Centers for Disease Control and Prevention receives more than 20,000 reports of Lyme disease (transmitted by deer ticks) and 100 reports of encephalitis (transmitted by mosquitoes) annually. Both of these diseases can cause serious health problems or even death.

### IF YOU GET A BAD REACTION TO DEET:

If you suspect you or your child is having an adverse reaction to this product, discontinue use immediately. Wash treated skin, and call your local poison control center or physician for assistance. If you go to a doctor, take the repellent container with you.

