

**Insect Repellants**

**Can I use insect repellant with DEET in it?**

DEET at concentrations between 10-30% (what is currently available in skin creams and sprays) has been shown to be safe, and recommended for use, in adults and children over the age of 2 months. Other products that do not have DEET are not necessarily safer, and most of those other chemicals have not been tested for children.

* Do not apply over cuts, wounds, or irritated or sunburned skin. Avoid areas around eyes and mouth.
* Do not spray onto the face; apply with hands.
* Use just enough to cover exposed skin.
* Do not apply to young children's hands, because they may rub it into their eyes or mouth.
* Do not allow young children to apply a product themselves.
* Do not apply under clothing.
* Do not use sprays in enclosed areas or near food.
* Repellents containing DEET, applied according to label instructions, can be used along with a separate sunscreen. We do not recommend combination products.
* It is important to bathe child after returning back inside.

**If my child does get bitten by an insect, what should I do?**

If you believe it was a tick, please see other tick info sheet.

If the spot is itchy, you can put Benadryl or other anti-itch lotion/spray on the spot. Avoid putting on face or near hands of young children as they may rub it in their eyes or mouth. The more it is scratched, the more irritated/reddened the area may become. Helpful distractions can include putting a cold compress to the area or a bandaid over the spot to keep them from scratching it directly.

If you have any worries about infection, fever, or other symptoms than localized rash, please call to make an appointment to be seen.