

Shoo Fly, Don't Bother Me!

Did you know:

- The use of more than 50% DEET is not more effective than 20% DEET
- Permethrin spray is effective for keeping bugs away!

Every summer New Yorker's are finally happy to have nice warm weather. The one thing we all can agree on is that no one enjoys getting bit by bugs and getting those irritating bumps left on our body! Using bug spray or home remedies can help prevent those bug bites, but which sprays are the best to use?

Based on the Center of Disease Control (CDC), when looking for insect repellents in the store it is recommended that the product chosen contain at least one of these items:

1. DEET
2. Picaridin
3. IR3535
4. Oil of lemon Eucalyptus (OLE) or para-menthane-diol (PMD)
5. 2-undecanone



Ingredients to look for!

These ingredients are deemed effective and safe even in pregnant women or breastfeeding women to prevent bug bites. However, The oil of lemon eucalyptus (OLE) and PMD should not be used in children under 3 years old. Pure Oil of Eucalyptus is not effective against bug bites.

Products that contain DEET are:

- Off, Cutter, Sawyer and Ultrathon

Products that contain Picaridin are:

- Cutter Advanced, Skin So Soft Bug Guard Plus,

Products that contain IR3535:

- Skin So Soft Bug Guard Plus, Skin Smart

Products that contain OLE or PMD:

- Repel off Botanicals

Products that contain 2-undecanone:

- BioUD



These items can be found at your local pharmacy!



How to Apply Bug Spray?

Applying Bug Spray to Adults:

- Always follow the package instructions.
- Never apply bug spray directly to the face, apply to hands first then apply to face.
- Do not put bug spray under clothing.



Applying Bug Spray to Infants or Children:

- Always follow the package instructions for children.
- Do not use bug spray on children <2 months old.
- Do not directly apply bug spray to children's eyes, mouth, face or irritated skin.
- Apply onto adult hands then apply to child's face.

*** If using sunscreen, apply sunscreen first then apply bug spray over sunscreen as directed. Do not apply bug spray first.**



Other ways to keep the bugs away:

Besides using over the counter bug sprays there are other ways to prevent bug bites!

- ⇒ Wearing long pants, long shirts, hats or even boots
- ⇒ Buying clothes pre-treated with bug repellent
- ⇒ Spraying clothes with permethrin spray can also be effective

References: Center of Disease Control, Date written: 7/2/18 Date accessed: 7/1/18

