

# FIGHT the BITE!

## DEET Sheet

### West Nile Virus

#### Why should I wear repellent with DEET?

It is the most effective insect repellent available. It helps people reduce their exposure to mosquito bites that carry viruses such as West Nile Virus.

#### How does mosquito repellent work?

Mosquitoes are attracted to people by skin odor and carbon dioxide from breath. DEET does not actually kill mosquitoes; it just makes them less able to detect us.

#### Is DEET safe?

Yes, products containing DEET are very safe when used according to product directions. Always follow these steps in applying DEET:

- ✓ Use enough repellent to cover exposed skin or clothing. Do not apply to skin that is under clothing.
- ✓ Apply the repellent uniformly over the skin. Heavy application is not needed to achieve protection
- ✓ Do not apply to cuts, wounds, or irritated skin.
- ✓ Do not spray directly on face. Spray on hands and then rub carefully over face avoiding eyes and mouth.
- ✓ After returning indoors, wash treated skin with soap and water.
- ✓ Do not spray aerosols or pump products in enclosed areas.

#### What percentage of DEET should I use?

- ✓ **Adults** - Use repellent containing up to 35% DEET.
- ✓ **Children 2 months to 12 Years** – Use repellent containing no more than 10% DEET and do not apply to hands and feet.
- ✓ **Infants under 2 months** – Do NOT use DEET.

#### How often do I need to reapply repellent with DEET?

DEET Concentration	Expected Duration
4.75%	1 ½ hours
6.65% - 10%	2 hours
20%	4 hours
23.8%	5 hours
30%	5-6 hours

#### What time of day should I wear insect repellents?

Many of the mosquitoes that carry WNV are likely to bite dusk through dawn. However, the safest decision is to apply repellent whenever you are outdoors.

#### Can I use DEET and sunscreen at the same time?

Yes. Instructions for safe use of DEET and sunscreen are different. DEET does not need to be reapplied as often as sunscreen. Follow the instructions on the package for proper application of each product. Apply sunscreen first, followed by a repellent containing DEET. The Centers for Disease Control does not recommend using products that combine DEET and sunscreen.

#### Are non-DEET repellents effective?

Some non-DEET repellent products that are intended to be applied directly to skin also provide some protection from mosquito bites. Recent studies have shown that products containing oil of lemon eucalyptus and picaridin may be effective.

#### Should pregnant or nursing women use DEET?

Women who are pregnant or nursing can use DEET. Be sure to follow the directions carefully.

#### Are there risks from using repellents containing DEET?

Use of these products may cause skin reactions in rare cases. If you suspect a reaction to this product, discontinue use, wash the treated skin, and call your local poison control center at 1-800-222-1222.

#### For additional information:

Call the Bear River Health Department

Logan - 435-792-6500  
 Brigham – 734-0845  
 Tremonton – 257-3318

or visit one of these websites

- BRHD.org
- Health.utah.gov/wnv

