

Frequently Asked Questions (FAQs) Regarding Children and Insect Repellents

Q. Can insect repellents be used on children?

A. Repellent products must state any age restriction. If there is none, EPA has not required a restriction on the use of the product.

According to the label, oil of lemon eucalyptus products should NOT be used on CHILDREN UNDER 3 YEARS.

In addition to EPA's decisions about use of products on children, many consumers also look to the opinion of the [American Academy of Pediatrics](#) (AAP). The AAP does have an opinion on the use of DEET in children (see below). AAP has not yet issued specific recommendations or opinion concerning the use of picaridin or oil of lemon eucalyptus for children. CDC will post a link to such information from the Academy when/if it becomes available.

Since it is the most widely available repellent, many people ask about the use of products containing DEET on children. No definitive studies exist in the scientific literature about what concentration of DEET is safe for children. No serious illness has been linked to the use of DEET in children when used according to manufacturer's recommendations.

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 (N,N-diethyl-m-toluamide, also known as N,N-diethyl-3-methylbenzamide) 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

Q. What guidelines are available for using a repellent on children?

A. Always follow the recommendations appearing on the product label when using repellent:

- When using repellent on a child, apply it to your own hands and then rub them on your child. Avoid children's eyes and mouth and use it sparingly around their ears.
- Do not apply repellent to children's hands. (Children may tend to put their hands in their mouths.)
- Do not allow young children to apply insect repellent to themselves; have an adult do it for them.
- Keep repellents out of reach of children.
- Do not apply repellent under clothing. If repellent is applied to clothing, wash treated clothing before wearing again. (May vary by product, check label for specific instructions.)

Q. How else can I protect children from mosquito bites?

A. Using repellents on the skin is not the only way to avoid mosquito bites. Children (and adults) can wear clothing with long pants and long sleeves while outdoors. DEET or other repellents such as permethrin can also be applied to clothing (but is not registered for use on

skin), as mosquitoes may bite through thin fabric.

Mosquito netting can be used over infant carriers.

Finally, it may be possible to reduce the number of mosquitoes in the area by getting rid of containers with standing water that provide breeding places for mosquitoes.

Q. Can insect repellents be used by pregnant or nursing women?

A. Other than the routine precautions noted earlier, EPA does not recommend any additional precautions for using registered repellents on pregnant or lactating women. Consult your health care provider if you have questions.

Insect Repellents containing DEET and Sunscreen

Q. Can I use an insect repellent and a product containing sunscreen at the same time? What are the recommendations for combination sunscreen/insect repellent products?

A. Yes. People can, and should, use both a sunscreen and an insect repellent when they are outdoors. Follow the instructions on the package for proper application of each product. In general, the recommendation is to apply sunscreen first, followed by repellent.

It is recommended NOT to use a single product that combines insect repellent containing DEET and sunscreen, because the instructions for use of insect repellents and use of sunscreen are different. In most situations, insect repellent does not need to be reapplied as frequently as sunscreen. While no recommendations are available at this time regarding products that combine other active ingredients and sunscreen, it is important to always follow the label on whatever product you are using.

To protect from sun exposure and insect bites, you can also wear long sleeves and long pants. You can also apply insect repellent to your clothing, rather than directly to your skin.

More Information

Q. Where can I get more information about repellents?

A. For more information about using repellents, please consult the [Environmental Protection Agency \(EPA\) Web site](#) or consult the National Pesticide Information Center (NPIC), which is cooperatively sponsored by Oregon State University and the U.S. EPA. NPIC can be reached at: npic.orst.edu or 1-800-858-7378.
