Tips for Using Mosquito Repellant

Mosquito-borne diseases spread through the bites of infected mosquitoes. Examples of mosquito-borne diseases include West Nile virus and Zika virus. Mosqitoes that spread West Nile virus have been found in all areas of Los Angeles County. This disease is especially dangerous for those over 50 and people with weak immune systems. Moquitoes infected with Zika virus haven't been found in Los Angeles County, but this virus is preading in Mexico, Central and South America. Use the following tips for using mosquito repellant to help protect both you and your family from mosquito-borne diseases.

1. Choose an Environmental Protection Agency (EPA) registered mosquito repellant.

It's important to use an EPA registered mosquito repellant to help protect you from mosquito-borne diseases. Mosquito repellant is available as a spray, wipe, or lotion. It should have one of the following active ingredients found on the product label:

- DEET
- Picardin
- Oil of lemon eucalyptus or para-menthane-diol
- 2-undecanone
- IR 3535

2. Always follow the instructions on the product label.

Make sure you read the instructions on the label before using mosquito repellant. Pregnant and breastfeeding women can use mosquito repellant. Don't spray repellant on the skin, under your clothing. If you are using sunscreen, apply the sunscreen first.

3. Check ingredients before using mosquito repellant on children.

Mosquito repellant with DEET can be used on adults, children, and infants older than 2 months. Adults should apply the mosquito repellant to their hands first, then apply to a child's face. However, some mosquito repellants have ingredients that can't be used for children. It's important to read the product label before use. Don't use mosquito repellant on babies younger than 2 months old. Mosquito repellant with oil of lemon eucalyptus or para-menthane-diol shouldn't be used on children younger than 3 years old.

4. Visit the EPA website to find a mosquito repellant that's right for you.

If you're still unsure about what mosquito repellant to use, please visit the EPA website for more information. Use the EPA search tool to find a mosquito repellant that's right for you:
https://www.epa.gov/insect-repellents/find-repellent-right-you