#### What Is Deet?

Deet is the common name for N,N-diethyl-m-toluamide, a multipurpose insect repellent registered for direct application to human skin, clothing, household pets, tents, bedrolls, and screens.

# Why Should I Use Insect Repellent?

Insect repellents help people reduce their exposure to mosquito bites that may carry potentially serious viruses such as West Nile Virus.

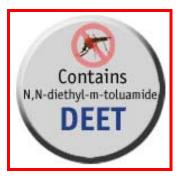


#### **Does It Cause Cancer?**

According to Environmental Protection Agency (EPA) there is no evidence to show that Deet causes cancer.

#### Is It Toxic?

Deet can cause illness if swallowed. . Avoid applying the repellent to children's fingers and hands.



# Follow These Directions Before Applying Deet

- Do not apply Deet containing products to infants under 2 months of age.
- Only adults should apply repellent on children. It should not contain more than 10% Deet.
- Spray repellent on your hands in order to apply it to your face. Do not apply repellent to your eyes or mouth.
- Do not apply repellent to cuts, wounds, or irritated skin.
- Wash off repellant daily and reapply as needed.

## **How Do I Apply Deet?**

Apply repellant sparingly and only to exposed skin or clothing. To apply repellent to face, first apply to hands, then apply to face.

## Which Mosquito Repellent Works Best?

The most effective repellents contain Deet, a chemical which repels both mosquitoes and ticks.

A repellent containing 35% Deet will last up to 5 hours. The lower the concentration, the shorter it lasts. Studies show that concentrations of Deet over 35% are no more effective than a 35% concentration.

# **Examples of Common Brand Names Containing Deet**

Maxi DEET
Muskol-Pump Spray
Muskol-Aerosol
Cutter Cream Lotion
Ultrathon Lotion
Deep Woods Off Spray for Sportsman
Ben's Backyard Lotion
Deep Woods Off Spray
Off Pump Spray
Skedaddle



## **Are Alternative Repellents Effective?**

Soy and oil-based insect repellents are also available. However, they do not last as long as repellents that contain DEET.

## **How Long Do Alternatives Last?**

Soy-based **Bite Blocker** provides protection that averages 90 minutes.

The citronella or mixed-oil based products (e.g., **Buzz Away, Avon's Skin-so-Soft, Natrapel, Herbal Armor, Green Ban**) only protect for an average of 20 minutes or less, and are ineffective for providing long term protection.

## **Do Inspect Repellent Wristbands Work?**

Wristbands have been found to be ineffective because they only provide protection to the area that the wristband is touching.



### **For More Information:**

- www.epa.gov/pesticides
- www.cdc.gov/ncidod/dvbid/westnile/index. htm
- National Pesticide Information Center (NPIC) 1-800-858-7378 or www.npic.orst.edu
- Albuquerque Environmental Health Department 505-768-2600 or www.cabq.gov/envhealth/
- American Academy of Pediatrics www.aap.org/family/wnv-jun03.htm

Bernalillo County Office of Environmental Health 111 Union Square SE, Suite 300 Albuquerque, NM 87102 505-314-0310 www.bernco.gov



# Bernalillo County Office of Environmental Health

