

# Are bug sprays okay for my kids?

Jess' children were going camping for a weekend. She was worried about mosquito bites and diseases.

I'll get bug spray!

Later at the store, Jess found too many options and ended up with more questions.



Jess called NPIC and learned the label has age restrictions and says how often to apply a repellent.



Do not spray on their face!  
Spray on your hands and then apply to their face.

## REMEMBER:

- \* Most repellents are for kids older than 2 months
- When in doubt: Check the label or talk to your pediatrician
- \* Applying more is NOT better
- \* Younger kids: Apply it for them
- \* Older kids: Supervise the application and make sure they wash their hands after
- \* Wash skin before bed time
- \* Do not use permethrin products on skin
- \* Apply sunscreen before repellent (1)

(1) The CDC does not recommend products that contain both sunscreen and repellent



Always follow the label directions

Jess found more ways to keep mosquitoes away:



- \* Use screens or mosquito nets when sleeping
- \* Wear light color clothing



- \* Wear long-sleeved shirts and pants
- \* Avoid outdoor activity at dawn and dusk

Call NPIC for more information!

We will be happy to help you!



**npic** National Pesticide Information Center  
1.800.858.7378 <http://npic.orst.edu>

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