HOW TO CHOOSE AN INSECT REPELLENT??

The Centers for Disease Control & Prevention recommend using products containing 20-30% DEET to repel ticks and mosquitoes.

**Picaridin** and **IR3535** are also effective alternatives to DEET.

**How to be sure?** Choose a repellent registered by the Environmental Protection Agency (EPA), which must undergo testing to show they are safe and effective. If a product is not registered by the EPA, it has not had to meet this standard.

EPA registered products have a registration number on the label, and may have a graphic showing what insects are repelled and for how long.

The **EPA.gov** has an easy tool to search for registered products for use on your skin: http://www2.epa.gov/insect-repellents/find-insect-repellent-right-you

**Scan with a QR Code Reader to go directly to the EPA’s Online Tool**