



Child and Adolescent Health Specialists, PC

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BUG SAFETY

- Do not use scented soaps, perfumes, or hair sprays on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods, and gardens where flowers are in bloom.
- Avoid dressing your child in clothing with bright colors or flowery prints.
- To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail.

INSECT REPELLENTS

- Insect repellents containing DEET (N,N dimethyl-metatoluamide) are the most effective.
- The concentration of DEET in products may range from less than 10% to over 30%. The benefits of DEET reach a peak at a concentration of 30%, the maximum concentration currently recommended for infants and children. DEET should not be used on children under 2 months of age.
- The concentration of DEET varies significantly from product to product, so read the label of any product you purchase.
- Using DEET and sunscreen products at the same time is acceptable, however the use of combination products is NOT recommended because sunscreen needs to be reapplied after swimming, whereas mosquito repellent generally does not need to be reapplied.
- There are alternatives to DEET that may be just as effective for inhibiting mosquito bites and are considered safe by the CDC and EPA when used appropriately, however long-term follow-up studies are not available. There is insufficient data to determine the efficacy of the following repellents against ticks. The following DEET alternatives are listed in order of apparent effectiveness against mosquitoes; other substances are considered less effective than these:
 - Picardin – available in 5% and 10% solutions
 - Oil of lemon eucalyptus (P-menthane diol or PMD) – should not be used on children less than 3 years old
 - Soybean oil (2%)
- The following precautions are recommended when using insect repellents:
 - Apply repellents only to exposed skin and/or clothing (as directed on the product label). Do not use repellents under clothing.
 - Never use repellents over cuts, wounds, or irritated skin.
 - Do not allow children to handle the product. When using on children, apply to your own hands first and then put it on the child. Do not apply to children's hands.
 - Use just enough repellent to cover exposed skin and/or clothing. Heavy application and saturation are unnecessary for effectiveness.
 - After returning indoors, wash treated skin with soap and water. Also, wash treated clothing before wearing it again.
 - If a child develops a rash or other apparent allergic reaction from an insect repellent, stop using the repellent, wash it off with mild soap and water, and call your pediatrician or a local poison control center for further guidance.