



Fact Sheet

MOSQUITO & TICK REPELLENTS

- ✓ **DEET** (N,N-Diethyl-m-toluamide) repellents offer good protection from **mosquitoes** and other flying insects. DEET repellents are formulated for application to **exposed** skin.
- ✓ **Permethrin** repellents offer excellent protection from **ticks** and chiggers. Permethrin repellents are formulated for application to clothing.
- ✓ **DEET** will also offer some protection from ticks, keeping them from attaching to treated skin.
- ✓ **Permethrin** will also offer protection from mosquitoes by preventing them from biting through clothing, but will not protect exposed skin where they most frequently bite. It can also be used to treat mosquito netting, such as bed nets.
- ✓ Combined use of **DEET** on exposed skin for mosquito repellency and **permethrin** on clothing for tick repellency offers maximum protection from both pests. Always **read and follow label directions** before using any repellent product.
- ✓ **DO NOT use animal flea and tick collars on yourself.** A toxic reaction can result. Humans have sweat glands in their skin that serve as an avenue for chemical absorption. Dogs, on the other hand, do not have sweat glands; this is why they pant to cool off. In addition, animals have a thicker hair barrier than most humans to protect them from direct contact with the collars.
- ✓ Tests have shown that **DEET** products containing a high concentration of **DEET** do NOT offer greater protection than products containing 20-50% **DEET**.
- ✓ Various lotion products have acclaim as offering protection from mosquitoes. It is primarily the mineral oil component of these products that interferes with the ability of mosquitoes to bite through the oily layer to reach the skin. However, no product has ever been shown to be as effective as **DEET**.
- ✓ The following practices enhance the effectiveness of protection from mosquitoes and ticks when used in conjunction with **DEET** and **permethrin**:
 - Cover as much skin as possible with clothing: Consider wearing loose-fitting long-sleeved shirts and long pants in summer.
 - Tuck shirt into pants and pants into socks or boots to keep ticks out.
 - Wear light-colored clothing to make seeing ticks easier.
 - Plan ahead and treat clothing with permethrin before your outdoor activity begins. Permethrin binds strongly to fabric and remains effective through several washings. Once a garment has been treated with permethrin, it will give off no odor, even when it gets wet.
 - Store treated clothing in a plastic bag to help preserve repellent effectiveness and identify treated clothing.