

Bug Spray and Insect Protection for Your Child

Avoid scented soaps, perfumes, hairspray, lotions on your child, especially when outdoors

Avoid areas where bugs and insects congregate: stagnant water/pools, uncovered foods, gardens with blooming flowers, and wooded areas. Mosquitos are more active at dawn and dusk---this is when the majority of bites will occur

Avoid dressing your child in bright prints and clothing. It is a good idea to keep your child in loose fitting long cotton pants, long sleeved cotton shirt, and a hat. You may treat your child's clothing with permethrin

Cover the stroller or baby carrier when outside with mosquito netting or a light weight blanket

If your child is stung, remove a stinger by gently scraping horizontally with a credit card

Avoid combination sunscreen/bug repellent

Insect repellents containing DEET are most effective against ticks and mosquitoes. Please avoid repellent with DEET in children YOUNGER than 2 months. In children OLDER than 2 months, insect repellent with 30% DEET is best. 10% DEET protects your child for only 30 minutes.

Do not use products with lemon eucalyptus oil, or para-methane-diol with children under the age of 3

Picardin is an acceptable insect repellent as well. When camping, soaking clothing in permethrin is acceptable as well.

Avoid insect repellent around eyes, hands, mouth, and abrasions or cuts

Wash off repellents when indoors

Compiled from the AAP, CDC, EPA websites. 2019