



# Insect Repellent

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Use Environmental Protection Agency (EPA)-registered insect repellents. When used as directed, EPA-registered insect repellents are proven safe and effective.

Registered repellents have an EPA registration number on the package.



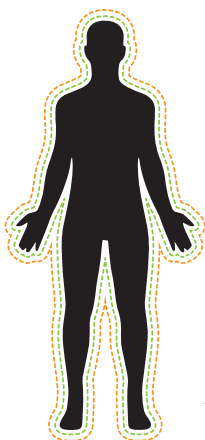
Learn more at [www.epa.gov/insect-repellents](http://www.epa.gov/insect-repellents)

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If you are also using sunscreen, apply sunscreen first and repellent second.



**STEP 1**  
Apply  
sunscreen



**STEP 2**  
Apply repellent  
over sunscreen

*Combination sunscreen/insect repellent products are not recommended.*

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**650-344-8592 • [www.smcmvcd.org](http://www.smcmvcd.org)**

## COMMON REPELLENT INGREDIENTS

- DEET
- Picaridin
- IR3535
- Oil of Lemon Eucalyptus
- Others (see EPA website)

### Read the label to check:

- For an EPA-registration number.
- Any age restrictions (some products should not be used on very young children).
- Whether the product works against mosquitoes or ticks or both.
- How long the product will work, and how often to reapply.

***Apply to exposed skin - do not apply under clothing. Always read the label!***



**Do you hike, camp, or spend a lot of time outdoors?**

Permethrin is effective against mosquitoes and ticks. You can apply to clothing and gear before using. Permethrin products are not meant to be applied directly to skin.

