DON’T GIVE BUGS A BITING CHANCE!

California is home to many kinds of mosquitoes and ticks that bite and spread disease. The best way to protect yourself is to use insect repellent when going outdoors.

LEARN MORE: bit.ly/CDPHRepellent
Use insect repellent to keep bugs from biting!

Insect repellent registered by the Environmental Protection Agency (EPA) is **safe** to use as directed, and it **works** to prevent mosquito and tick bites.

Other repellents not registered by the EPA (like citronella candles and essential oils) have not been proven to prevent insect bites.

**HOW TO CHOOSE:**
Look for EPA-registered repellents that contain one of the following active ingredients:

- **DEET**
- **Para-menthane-diol (PMD)**
- **Picaridin**
- **Oil of Lemon Eucalyptus (OLE)***
- **IR3535**

*Made from plants, but **not** the same as essential oil from eucalyptus

Choose repellents with a higher percentage of active ingredient (20-30%) if you will be outdoors for more than a few hours.

For more information visit: [bit.ly/CDPHRepellent](http://bit.ly/CDPHRepellent)