Repellents will keep mosquitoes and ticks from biting you. This will reduce your chance of getting a disease like West Nile virus, Zika, or Lyme disease.

Insect repellents registered by the Environmental Protection Agency (EPA) are safe and effective to use, even for pregnant and breastfeeding women, when used as directed by the label instructions.

The California Department of Public Health recommends using EPA-registered insect repellents that contain one of the following active ingredients:

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

Look for one of these ingredients on the front or back of repellent containers. Products with a higher percentage of an active ingredient will work longer to protect you.

**Do:**
- Read and follow label directions before applying repellent
- Use only enough repellent to cover your clothes and exposed skin
- Apply sunscreen first if you are going outdoors, then apply repellent
- Apply repellent for children—spray on your own hands first and then put it on the child
- Wash your clothes and bathe after using insect repellent and returning indoors

**Don’t:**
- Spray or apply repellent near your eyes, nose, mouth, ears, or on open cuts
- Spray insect repellent under clothing
- Use insect repellent on babies younger than 2 months
- Use OLE or PMD on children under the age of 3 years

**LEARN MORE AT:**
www.epa.gov/insect-repellents