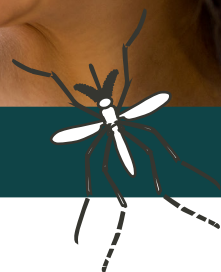


# Insect Repellent: What Pregnant & Breastfeeding Women Need to Know



Protect your family - prevent insect bites



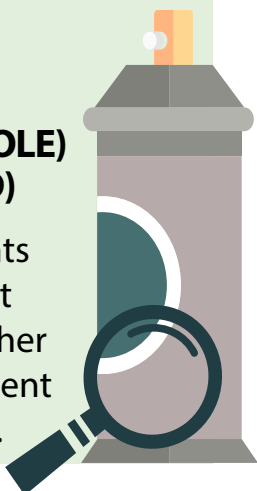
Repellents will keep mosquitoes and other insects from biting you. This will reduce your chance of getting a disease like **Zika**, which can cause severe birth defects in your unborn baby.

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](http://www.epa.gov/insect-repellents)

