

**California**

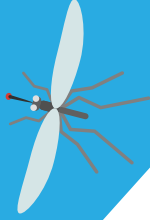
is home to many kinds of **mosquitoes** and **ticks** that **bite** and

**spread** **disease.**

The **best** way to **protect yourself** is to use **insect repellent** when going outdoors.

**LEARN MORE:**

[bit.ly/CDPHRepellent](https://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**

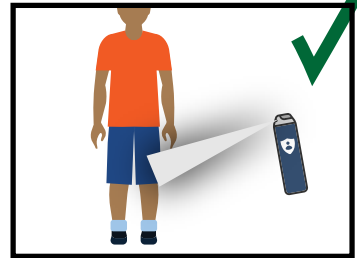
\*Made from plants, but **not** the same as essential oil from eucalyptus

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](https://bit.ly/CDPHRepellent)

## HOW TO USE:

Spray on clothes & skin



Don't spray at bugs

