

## DEET

Mosquitoes are not only a nuisance; they also carry viruses such as West Nile Virus and spread malaria in some countries. For the most part, however, the bites are merely a nuisance in the United States.

There are two main ways to avoid mosquito bites. The first way is to eliminate mosquitoes altogether. The mosquito larvae require stagnant water to mature. If you can eliminate stagnant water from bird baths, buckets, pots, and other sources around your home, you will greatly reduce the mosquito population.

DEET has been the most widely used and effective mosquito repellent on the market for the last 50 years. The higher the concentration, the longer the repellent is effective. DEET is not recommended for infants under 2 months of age because it is too easily absorbed through the skin in very young infants. Beyond 2 months of age, however, children may use up to 30% concentration, which provides about 5 hours of protection.

Resources:

“DEET and Children”, from the manufacturers of DEET  
<http://www.deet.com/content/htm/child.html>

“Follow Safety Precautions When Using DEET on Children”, AAP News, June 2003  
<http://www.aap.org/family/wnv-jun03.htm>

“Insect Repellent Use and Safety”, from the CDC Division of Vector-Borne Infectious Diseases, [http://www.cdc.gov/ncidod/dvbid/westnile/qa/insect\\_repellent.htm](http://www.cdc.gov/ncidod/dvbid/westnile/qa/insect_repellent.htm)