



Insect Repellent

SPIRITWOOD AMBULANCE CARE (1994) LTD.

Our Commitment to Excellence

Insect repellent is a spray or liquid used to keep biting insects, such as mosquitoes, away from your skin and clothing. Repellents work by preventing insects from landing on and biting your skin. Some are also effective against ticks and other insects.

Insect repellent should be used when you are outdoors to protect against insect bites and the illnesses they can carry, including West Nile virus.

Safety Tips when Applying Insect Repellants

- ↪ Always read the entire label carefully before use. Follow all of the instructions on the label.
- ↪ Avoid applying repellent to children's hands to reduce the chance of getting the repellent in their eyes and mouths.
- ↪ Do not use aerosol or pump sprays directly on the face. Spray your hands and then rub the product over the face. Try to avoid getting it around your mouth or in your eyes.
- ↪ Do not use the repellent on open wounds, cuts, or if your skin is irritated or sunburned.
- ↪ Avoid breathing in spray mists and never apply sprays inside a tent. Use only in well-ventilated areas.
- ↪ Do not use sprays or aerosol products near food.
- ↪ When using sunscreen, apply it first, wait thirty min. and then apply the DEET repellent.



What is DEET?

DEET is the active ingredient in the most effective and widely used insect repellents.

Products with higher concentrations of *DEET* are not more effective than those with lower concentrations, but they last longer.

IS DEET SAFE?

Yes, products containing DEET are very safe when used according to the directions on the label. There is no indication that DEET poses a risk to pregnant or nursing mothers.

If you plan to be outdoors for a short period of time, always choose a product with a lower concentration of DEET. For example:

Concentration of DEET	Protection Time
30%	6 hours
15%	5 hours
10%	3 hours
5%	2 hours

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