

NH DHHS recommends that you take these steps to protect themselves, especially from June to October, when mosquitoes are most active:

- a. If outside during evening, nighttime and dawn hours, or at any time mosquitoes are actively biting, children and adults should wear protective clothing such as long pants, long-sleeved shirts, and socks.
- b. If outside during evening, nighttime and dawn hours, or at any time mosquitoes are actively biting, consider the use of an effective insect repellent.
- c. Repellents containing DEET (N, N-diethyl-methyl-meta-toluamide) have been proven effective. No more than 30% DEET should be used on adults or children.
 - i. The American Academy of Pediatrics (AAP) Committee on Environmental Health has updated their recommendation for use of DEET products on children, citing: "Insect repellents containing DEET with a concentration of 10% appear to be as safe as products with a concentration of 30% when used according to the directions on the product labels."
 - ii. AAP recommends that repellents with DEET should not be used on infants less than 2 months old.
- d. Repellents containing Picaridin (KBR3023), oil of lemon eucalyptus (a plant based repellent) or IR3535 provide protection similar to repellents with low concentrations of DEET. Oil of lemon eucalyptus should not be used on children under the age of three years.
- e. Always use repellents according to manufacturer's directions.
- f. Do not allow young children to apply repellent themselves.
- g. Do not apply repellent directly to children. Apply to your own hands and then put it on the child's skin.
- h. Infants and children should be protected by placing mosquito nets over strollers in the evening, nighttime and dawn hours or at any time mosquitoes are actively biting.
 - i. The length of time a repellent is effective varies with ingredient and concentration. Avoid prolonged or excessive use of repellents. Use sparingly to cover exposed skin and clothing.
- j. Wash all treated skin and clothing after returning indoors.
- k. Store repellent out of reach of children.
- l. For additional information about chemicals contained in repellents, visit the National Pesticide Information Center (NPIC) website at <http://npic.orst.edu/ingred/ptype/repel.html#use>.
- m. Make sure that doors and windows have tight-fitting screens. Repair or replace all screens in your home that have tears or holes.
- n. Vitamin B, ultrasonic devices, incense and bug zappers have not been shown to be effective in preventing mosquito bites.