

TACKLING MOSQUITOES TOGETHER



ALL ABOUT INSECT REPELLENT

HOW DO INSECT REPELLENTS WORK?

Repellents work by stopping mozzies from getting a feed. Spraying repellent will stop mozzies biting you, but it won't kill them.



HOW LONG DO REPELLENTS LAST?

Mozzie repellent can last up to a few hours, but it depends on the type and concentration of the active ingredient. The higher the concentration, the longer it will last.

TIP: The active ingredient and concentration will be listed on the label.

HOW SHOULD I APPLY REPELLENT?

- Apply a small quantity of repellent directly and evenly to all areas of exposed skin. A dab here and there won't work – you should apply it in a similar way as sunscreen.
- For your face, put some repellent in the palms of your hands first and then spread it evenly, avoiding your eyes and mouth. Reapply the repellent according to advice on the label or when you notice mosquitoes biting.
- Look at the specific instructions on the label, and always follow them.

WHAT SHOULD I NEVER DO?

- Apply repellent to cuts, abrasions, and broken skin.
- Put repellent on beneath your clothing.
- Apply repellent sparingly. Repellent won't work effectively unless you apply it generously and evenly. Mozzies will find and bite any areas of exposed skin.
- Let young children apply repellents themselves.

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Find out more at:
www.tacklingmosquitoestogether.com.au

WHAT SORT OF REPELLENT SHOULD I USE?

The most effective and safe repellents contain at least one of the following active ingredients: **picardin, DEET, oil of lemon eucalyptus.**

TIP: Pump pack repellents are generally more effective than aerosols because they are easier to rub on to the skin.

DO NATURAL REPELLENT ALTERNATIVES WORK?

Some natural formulations that contain tea-tree oil and other plant-based active ingredients provide protection if used correctly, but generally they don't last as long as the recommended products.

TIP: Never make up your own repellent using essential oils. This is far more likely to cause skin irritation.

ARE INSECT REPELLENTS SAFE?

Insect repellents that contain DEET, picardin and oil of lemon eucalyptus are proven safe and effective. They are registered with the Australian Pesticides and Veterinary Medicines Authority (APVMA) which checks that products are safe and effective.

It's much safer to use repellent than to be bitten by a mozzie that could make you sick. Always make sure you purchase and use approved products, and read the instructions on the label.

CAN I USE REPELLENT ON MY CHILDREN?

Insect repellents containing **DEET, picardin or oil of lemon eucalyptus** are safe to use on children. Always check the label for recommendations on age suitability.

APPLICATION GUIDELINES FOR CHILDREN

- Always help your child/ren apply repellent.
- Keep an eye on your child/ren in case their skin gets irritated.
- Avoid applying it to the palms of their hands or near their mouth or eyes.
- Always follow the instructions on the label.
- Don't apply repellent under their clothing.