

HOW TO USE PERSONAL REPELLENTS



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An insect repellent can save a humid summer evening and protect against mosquitoes. But for a personal repellent to be effective, it must be applied properly.

According to the experts at OFF!®, the two most common mistakes people make when using personal repellents are:

1. Neglecting to cover all exposed skin areas
2. Not following product label instructions



PROTECT YOURSELF

Mosquitoes can detect even the smallest areas of the body that are unprotected by repellent, so don't spray personal repellent like a perfume. Rather, in order for a personal repellent to be effective, apply it thoroughly across all exposed body parts, including hard-to-reach areas.

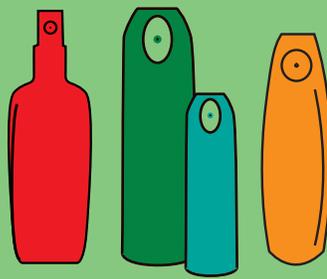
Follow these six tips to protect against mosquito bites:

1. Use a slow sweeping motion when applying personal repellent.
2. Use hands to evenly moisten exposed skin. Remember easy-to-forget places like ankles and behind the elbows.
3. To apply personal repellent to your face, spray the palm of your hand first, then use just enough to apply to the face and around the ears. Avoid eyes and mouth entirely.
4. Don't allow children to handle personal repellents themselves, and don't apply it directly to their hands. Instead, follow the same "hands first" method. Spray the palm of your hand first, then put the product on children.
5. To prevent mosquitoes from biting through fabrics, you can spray personal repellent over clothing made out of cotton, wool or nylon. However, some repellents should not be used with or near certain types of fabrics, including acetate, rayon, spandex or other synthetics (other than nylon). Always read individual labels carefully.
6. Remember that mosquitoes will not bite under clothing. In fact, the U.S. Centers for Disease Control and Prevention (CDC) recommends not applying repellent to skin underneath clothing.¹

1. <http://wwwnc.cdc.gov/travel/page/avoid-bug-bites>



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UNDERSTAND ACTIVE INGREDIENT CONCENTRATION

The concentration of active ingredient, such as DEET or Picaridin, in a personal repellent does not indicate how effective the product is. Generally, different concentrations of an active ingredient relate to different durations of protection. Typically, personal repellents with higher DEET levels will last longer than those with lower levels. For example, OFF!® FamilyCare Insect Repellent I (Smooth & Dry) with 15 percent DEET protects for up to six hours against mosquitoes, while OFF! Deep Woods® Insect Repellent V aerosol with 25 percent DEET protects for up to eight hours against mosquitoes.



FOLLOW SUNSCREEN WITH PERSONAL REPELLENT

The [U.S. Center for Disease Control and Prevention](#) recommends that when using sunscreen, put on the sunscreen first and then apply personal repellent.



MIND CONTACT WITH WATER

Reapply personal repellent following contact with water or excessive sweating.



CONSIDER YOUR LIFESTYLE

Always choose the personal repellent that's best for your and your family's needs and lifestyle.



FOLLOW LABEL INSTRUCTIONS

For information about how to apply and use personal repellent, when to reapply it and the recommended maximum number of daily applications, follow label instructions.

