



# Blue Sky Pediatrics Asheville

Making every Child's day brighter by.....  
offering information about **BUG SPRAY**

**Newsletter**

## WHAT ABOUT BUGS AND BUG SPRAYS?

Insect repellents containing **Deet** are safe for children as young as 2 months. A higher concentration of **Deet** doesn't mean a product is stronger, only that it lasts longer. **Picaridin** is similar to Deet and may be more safe. Products with **Picaridin** can also be used on babies as young as 2 months. Natural repellants are made with plant oils. They generally need to be reapplied more often than products containing **Picaridin & Deet**. Lotions that combine bug repellent and sunscreen are not a good idea. Sunscreen needs to be reapplied every few hours, but you should not expose your child to that much bug repellent. Please apply each product separately. Apply only to exposed skin, avoiding hands, eyes, cuts or irritations. Wash the repellent off when your child is done being outside. Always follow instructions for application. Most do not protect against stinging bugs, wasps, bees or fire ants. Do not let kids apply bug repellent themselves. Wash your hands after application. Do not spray repellent inside or near food.

### Some recommended products:

**Bite Blocker Family Safe:** This is a safe, natural bug repellent for kids & women who are pregnant. It has a protection time of 90-120 minutes. It's safe for children as young as 2 months. It repels mosquitoes, black flies, & ticks. (No **Picaridin** or **Deet**)

**Repel Lemon Eucalyptus:** This natural bug repellent lasts for 4-6 hours. It protects against mosquitoes, gnats & ticks. It is **NOT** recommended for children under 3 years old. It can be applied only twice daily. (No **Picaridin** or **Deet**)

**Sawyer & Natrapel Brands:** Available with **Picaridin** at many stores & other hiking supply center.

**EcoSmart Organic:** This is natural & organic as the key ingredient is peppermint oil. Spray it directly on skin to keep mosquitoes, gnats & ticks away. (No **Picaridin** or **Deet**)

**Bug Bam! Insect Repellent Wristband:** The bands are deet-free and contain citronella, lemongrass & geranium oils. They are effective up to 100 hours if stored properly. (No **Picaridin** or **Deet**)

**Avon Skin So Soft Bug Guard Plus Picaridin:** This is effective up to 8 hours. It repels mosquitoes, gnats, no-see-ums, and flies. It is also available in wipes for easy application on the go. (Contains 10% **Picaridin**)

**Off! Skintastic Family Formula spray:** This contains 4.75 percent **Deet** and repels mosquitoes, gnats, and no-see-ums for up to 2 hours. It can be sprayed on exposed skin & clothing.

**Teeny Towel Insect Repellent Mini Wipes:** These are mini wipes that are easy to stash. They are all-natural, **Deet**-free, and have a vanilla scent.

