

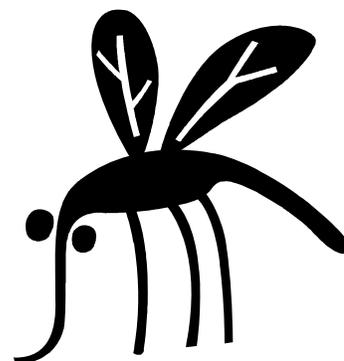
DEET: What's the Big Deal?

What is DEET?

DEET, also known as N,N-Diethyl-meta-toluamide, is the most common active ingredient in many insect repellents. DEET was originally developed by the United States Army in 1946, and later registered with the Environmental Protection Agency (EPA) for use in the general population in 1957.

What concentrations of DEET are available and what concentration is best for me?

DEET comes in a variety of products, including: liquids, lotions, sprays, and even impregnated materials, such as wristbands. Products currently registered with the EPA for direct contact with human skin contain from 5-100% DEET. In general, the higher the concentration of DEET, the longer the product will last. It is important to pick a product that best suits your needs and will not provide excessive exposure to DEET. For example, pick a product with a lower concentration if you do not expect to be outside very long.



What are the benefits of DEET?

Applying DEET, especially in geographic areas where there are a lot of mosquitoes, can help prevent the spread of certain diseases, such as West Nile virus and malaria.

What are the health effects of DEET?

When used according to package instructions, the risks associated with DEET use are very low. In rare cases, applying DEET to your skin may cause a mild skin rash. Some cases of excessively high concentrations of DEET (for example 50-75%) resulted in rashes, blister, skin and mucous membrane irritation. In the rare case of overdose or misuse, some people have experienced adverse brain effects and seizures.

What should I do if I have a reaction to DEET?

Immediately stop using the product, wash treated skin, and call your local poison control center at 1-800-222-1222.

How do I safely use DEET?

DO

- Read and follow all directions and precautions on the product label.
- Store DEET out of reach of children.
- Avoid applying repellent to infants less than 2 months old.
- Avoid over-application of this product.
- Use just enough repellent to cover exposed skin and/or clothing.
- Wash treated skin with soap and water after returning indoors.
- Wash treated clothing before wearing it again.
- Spray on hands and rub on the face to apply to face.

DON'T

- Spray directly onto face.
- Apply over cuts, wounds, or irritated skin.
- Apply to hands or near eyes and mouth of young children.
- Allow young children to apply this product.
- Spray aerosol or pump products in enclosed areas.
- Use on children's bedding or bedclothes.

Is it okay to use DEET products while I am pregnant?

The EPA has determined that there are no additional precautions that need to be taken when using DEET-containing products during pregnancy. Make sure to follow the instructions on the label.

Is it okay to use DEET products in children?

Yes, the American Academy of Pediatrics recommends using a product containing less than 30% DEET. Avoid using DEET products in children less than 2 months old.

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