Cheat Sheet: Insect Repellents That Work!

No matter the brand, look for any one of the following ingredients. They’re registered with the U.S. Environmental Protection Agency and recommended by the Centers for Disease Control and Prevention.

**DEET**
Repellents containing DEET are available in a variety of forms. DEET is considered one of the most effective and popular ingredients to use against mosquitoes and other biting insects.

- **For Children:** Over 2 Months

**Picaridin**
For many people, Picaridin is an effective alternative to DEET. Picaridin is generally odorless and colorless, allowing many brands to offer pleasantly-scented options.

- **For Children:** Over 2 Months

**Oil of Lemon Eucalyptus**
This is a natural plant-based repellent that is available as pump sprays and lotions.

Oil of lemon eucalyptus repellents provide similar protection to that of products containing DEET.

- **For Children:** Over 3 years

**IR3535**
Repellents containing IR3535 are available as aerosol, pump sprays and wipes. Be advised that this formula is an eye irritant.

- **For Children:** Over 6 Months

Always follow label instructions when applying!