



Bugs

Insect Repellants

TICKS

MOSQUITOS

CHIGGERS

Many diseases are transmitted by insects:

Lyme Disease

Rocky Mountain Spotted Fever

West Nile Virus

Encephalitis

Others

There are three types of insect repellants:

DEET (N,N-diethyl-meta-toluamide)

In use for over 50 years, very safe when applied correctly to the skin.

My favorite: 3M Ultrathon

Permethrin

An insecticide used for treatment of head lice, pubic lice, and scabies. A clothing repellent. Great for ticks and chiggers.

My favorite: Sawyer Clothing Repellent (0.5% permethrin fabric treatment)

(www.sawyer.com)

Botanicals

Alfresco Beauty Without Bites (www.alfresco.uk.com) is a great mosquito repellent according to many of my patients. I haven't tried it.

Best Outdoor Protection: DEET on your skin and Permethrin on your clothes.