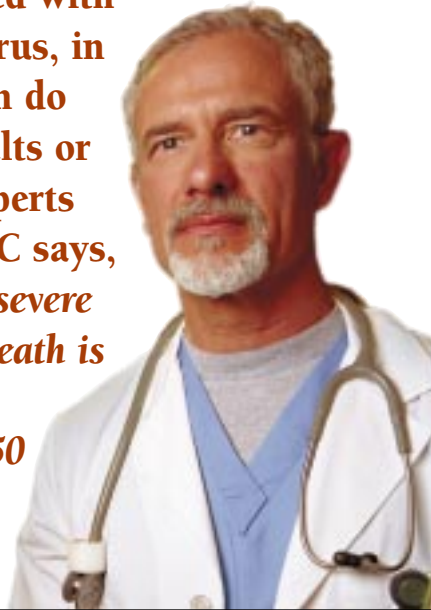


Older adults become more ill when infected with West Nile virus, in general, than do younger adults or children, experts say. The CDC says, "The risk of severe illness and death is highest for people over 50 years old."



Mosquito-Borne Diseases

Mosquitoes can carry sometimes deadly diseases, among them West Nile encephalitis, malaria and dengue fever. According to the Centers for Disease Control and Prevention, the number of mosquito-borne disease cases is growing in this country. The rate of encephalitis cases has risen to more than 4,000 annually.

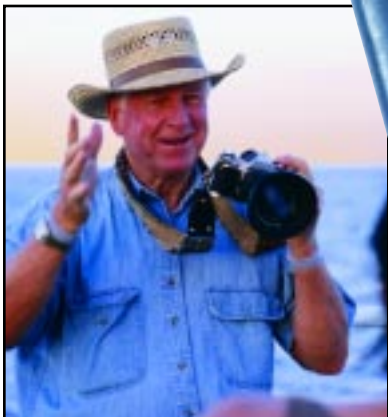
Tick-Borne Diseases

Ticks can spread serious diseases that cause permanent (chronic) health problems. Deer ticks carry Lyme disease, human granulocytic ehrlichiosis and babesiosis. Another tick species carries Rocky Mountain spotted fever and new tick-borne diseases continue to emerge. According to the CDC:

- More than 18,000 cases of Lyme disease are reported every year. Experts suggest that many cases go unreported and undiagnosed.
- Lyme disease can last a lifetime and cause permanent disability.

Travel Outside the U.S.

Travelers outside the U.S. are exposed to many exotic tick- and insect-borne diseases, so it's imperative to take precautions to ensure a healthy, happy trip. The CDC provides disease prevention information for foreign travel at www.cdc.gov/travel.



This booklet has been created especially for seniors.



For more information please contact:
DEET Education Program
Consumer Specialty Products Association
900 17th St. NW, Suite 300
Washington, D.C. 20006
1-888-NO-BITES (662-4837)
www.DEETonline.org

KA-9-03

More Than Just a Nuisance... Biting Insects Can Impact Health and Comfort

Enjoy outdoor activity with fewer bug bites and reduced risk of insect-borne disease.



WHAT YOU NEED TO KNOW ABOUT:
Insect Repellent Selection
Proper and Effective use of DEET-Based Repellents
Mixing Insect Repellents and Sunscreens
Insect-Borne Diseases

*A public education program of the
Consumer Specialty Products Association.*

Insects Are Everywhere

Experts suggest the following steps to help reduce exposure to insect bites and the diseases insects may carry:

- Use a DEET-based insect repellent, as recommended by the Centers for Disease Control and Prevention. These products are the most effective.
- Follow all label directions.
- Dress in light-colored clothes to discourage mosquitoes and to enable you to spot ticks more easily. Wear collared, long-sleeved shirts and long pants with cuffs for maximum protection. Tuck your shirt into your pants and the pant cuffs into your socks or boots.
- Avoid heavily wooded, high-grass areas and standing water.
- Look for ticks before you return indoors. Some are only the size of a pinhead. Check your clothing and especially around the scalp, nape of the neck, behind ears and knees, and under armpits.
- Remove ticks completely with tweezers. DO NOT remove ticks with petroleum jelly, hot objects such as matches, or by other methods that can increase the chance of the tick's injecting you with bacteria. Discard ticks carefully – dropping them in your yard invites infestation.
- If bitten by any insect or tick, treat the bite site with a topical antibiotic. If rashes or flu-like symptoms occur, seek medical attention immediately.

West Nile encephalitis, Lyme disease, Rocky Mountain spotted fever and other diseases occur across the U.S., with the number of reported cases growing annually. Much more than just annoying, bites from infected mosquitoes and ticks can inject parasites and viruses into your body.



Frequently Asked Questions

Q. What is DEET?

A. DEET (N, N-diethyl-m-toluamide) is the active ingredient in most insect repellents applied to the skin. DEET was developed more than 50 years ago by the U.S. Department of Agriculture for military use and was registered for the general public in 1957. Approximately 30 percent of Americans use DEET repellents each year.

Q. Does DEET have government approval?

A. Registration of products for sale occurs only after the products meet the strictest standards of effectiveness and after assessment of potential risks to human health and the environment.

Q. Which DEET concentration should I use?

A. DEET insect repellents are available in a variety of different concentrations ranging from less than 10% to 100%. If you're planning on being outside a short time, use a lower-concentration product. If you'll be out all day, use one that protects for longer periods, as noted on the product label. Use higher concentrations for all outdoor activities in regions with large populations of biting insects or ticks.

Q. Can I use a DEET-based insect repellent and sunscreen together?

A. The effectiveness of insect repellents and sunscreens are dramatically reduced when users apply them at the same time. Decide which is your top priority at the moment—protection from insects or from the sun—then apply either a repellent or sunscreen. Specially formulated products that combine both DEET-based insect repellent and sunscreen are available.



What's the best way to apply DEET-based insect repellents?

Do

- Apply to exposed skin as directed on the product label. Aerosols or pump sprays provide even application.
- Use liquids, creams, lotions or sticks to apply more precisely to exposed skin.
- After your outdoor activity, wash repellent-treated skin with soap and water. Always keep insect repellents out of the reach of small children.

Don't

- Don't apply to eyes, lips or mouth or over cuts, wounds or irritated skin.
- Don't overapply or saturate skin or clothing.
- Don't apply to skin *underneath* clothing.
- Don't apply more frequently than directed on the product label.