

How effective are citronella and lavender oil?

The re-evaluation of citronella and lavender oil is currently underway. It is recommended that personal insect repellents such as citronella and oil of lavender not be used on children under 2 years of age. Lavender and citronella oil repellents registered in Canada protect people against



most bites for less than one hour.

The information in this pamphlet was produced by Health Canada, Population and Public Health Branch (PPHB).
<http://www.hc-sc.gc.ca>



CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
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Insect Repellent

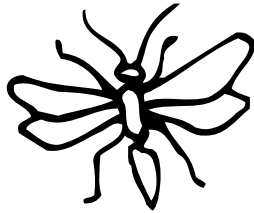


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Safety Tips

- Always read the entire label carefully before using.
- Do not get in eyes.
- Do not use the repellent on open wounds.
- Avoid breathing spray mists and never apply sprays inside a tent. Do not use near food.
- Wash treated skin with soap and water when you return indoors or when protection is no longer needed.
- Avoid applying repellent to children's hands to reduce the chance of getting repellent in their eyes and mouths.



Choosing a Product

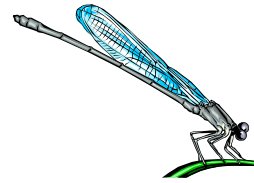
If you plan to be out for a short period of time, choose a product with a lower concentration of repellent.

Use only personal insect repellents that are registered in Canada. **Never use a product labelled as an insecticide on your body.** Products used solely as insect repellent are recommended.

DEET Products

DEET Use on Children

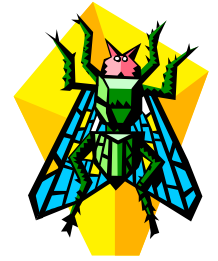
Although current labels on insect repellents containing DEET state that these products are not to be used on children under the age of 2 years (infants or toddlers), in light of a re-evaluation of DEET (which included input from the Canadian Pediatric Society), it is now recommended that:



- On children under 6 months of age
 - insect repellents containing DEET should still not be used.
- On children aged 6 months to 2 years
 - the use of 1 application per day may be considered in situations where high risk of complications from insect bites exist.
 - the product may be applied **sparingly** and not be applied to the face and hands.
 - only the least concentrated product (10% DEET or less) should be used.
 - prolonged use should be avoided.
- On children between 2 and 12 years of age
 - the least concentrated product (10% DEET or less) should be used and sparingly applied.

DEET Use on Adults

Products containing no more than 30% concentration of DEET will normally provide adults with sufficient protection. Studies have shown that products with lower concentrations of DEET are just as effective as the high concentration products, but they remain effective for shorter periods of time.



30% DEET will provide 6.5 hours of protection

15% DEET will provide 5 hours of protection

10% DEET will provide approximately 3 hours of protection

5% DEET will provide approximately 2 hours of protection



- Products that contain DEET alone are sufficient. Other ingredients do not appear to offer any added protection from mosquito bites.
- There is no indication that there is a hazard to the unborn or nursing child associated with the use of DEET by pregnant or lactating women.