



Ask Pediatrics West

When can I put insect repellent on my baby?

Children under 2 months of age:

- Currently, no insect repellent is approved for children less than 2 months of age.
- When outside in the evenings or other times when there are a lot of mosquitoes present, cover up with long sleeved shirts, pants and socks to prevent bites.

Children 2 months of age and older:

- The current AAP and CDC recommendation for children older than 2 months of age is to use 10% to 30% DEET.
- The effectiveness is similar for 10% to 30% DEET but the duration of effect varies.
- 10% DEET provides protection for about 2 hours, and 30% protects for about 5 hours.
- Choose the lowest concentration that will provide the required length of coverage.
- The concentration of DEET varies significantly from product to product, so read the label of any product you purchase.
- Children should wash off repellents when they return indoors.