

One bite. One life changed forever. Protect yourself.



“In only a couple days, I went from having a bright and alert mind to not being able to understand either written or spoken communications.”

Michael Paquin

West Nile Virus Alert

Remember the four Ds:

- Use **DEET**-enhanced insect repellent
(2% soy-based, organic products also available)
- **DRESS** in long sleeves and pants
- Avoid the outdoors from **DUSK** until **DAWN**
- **DRAIN** standing water outside your home

BITTEN:

July 2003, sitting on his deck in unincorporated Boulder County

EFFECT:

Because of West Nile Virus, Michael suffers from significant memory problems, severely reduced cognitive stamina, fatigue, difficulty concentrating, and headaches.



BOULDER COUNTY
Public Health

www.bouldercountymosquito.net

Hotline 303.441.1460

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Recommended Products

The most effective repellents contain DEET (N, N-diethyl-m-toluamide). The more DEET a repellent contains, the longer time it can protect you from mosquito bites. A higher percentage of DEET in a repellent does not mean that your protection is better—just that it will last longer. DEET concentrations higher than 50% do not increase the length of protection.

Based on a recent study:

- A product containing 23.8% DEET provided an average of 5 hours of protection from mosquito bites.
- A product containing 20% DEET provided almost 4 hours of protection.
- A product with 6.65% DEET provided almost 2 hours of protection.
- Products with 4.75% DEET or 2% soybean oil provide roughly 1½ hours of protection.*

Choose a repellent that provides protection for the amount of time that you will be outdoors. A higher percentage of DEET should be used if you will be outdoors for several hours, while a lower percentage of DEET can be used if time outdoors will be limited. You can also re-apply a product if you are outdoors for a longer time than expected and start to be bitten by mosquitoes.

Below is a list of the most common insect repellent products that can be used to protect you against mosquitoes this summer. (This is not a comprehensive list)

Product Name	Primary Repellent Ingredient
Repel Sportsmen Max	40% DEET
3M Ultrathon lotion	31.58% DEET
Cutter Backwoods Wipes	30% DEET
Off! Sportsmen	30% DEET
3M Ultrathon	25% DEET
Off! Deep Woods	25% DEET
Off! Deep Woods	23.8% DEET
3M Ultrathon	23.75% DEET
Cutter Backwoods	21.85% DEET
Off! Fresh Scent	15% DEET
Off! Unscented	14.25% DEET
Off! Skintastic with Sunscreen	9.50% DEET
Cutter Mosquito Wipes Family	7.15% DEET
Cutter All Family	7% DEET
Cutter Skinsations	7% DEET
Off! Skintastic Family Unscented	7% DEET
Off! Skintastic	7% DEET
Off! Skintastic Summer Splash	7% DEET
Off! Skintastic Tropical Fresh	7% DEET
Cutter All Family	6.65% DEET
Cutter Sensations	6.65% DEET
Off! Skintastic Family	5% DEET
Bite Blocker	*2% Soybean Oil

"DEET has a remarkable safety profile after 40 years of use and nearly 8 billion human applications. No correlation has been found between the concentration of DEET used and the risk of toxic effects. When applied with common sense, DEET-based repellents can be expected to provide a safe as well as a long-lasting repellent effect."

— from the New England Journal of Medicine, July 4, 2002, authored by Mark S. Fradin, M.D. and John F. Day, PhD.