

One bite. One life changed forever. Protect yourself.



“I had a rash and a slight fever. Seven days later I was paralyzed from the upper chest down.”

Nancy Foster

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:

Summer 2003,
at her home

EFFECT:

Encephalitis and meningitis contracted due to the West Nile Virus have left Nancy unable to work due to damage to her brain, as well as nerve damage to her back, legs, and feet.



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.