

Beating the Bite



Battle Of the Bug Sprays: DEET vs. Natural Alternative

The CDC indicates that pathogens from blood-feeding insect bites have tripled in the United States since 2004 making us vulnerable to potentially dangerous illnesses such as Lyme Disease, West Nile Virus, and Zika. (For more information on these viruses please go to <https://www.cdc.gov/vitalsigns/vector-borne/index.html>). With this increasing concern, it's important to safely and effectively prevent mosquito and tick bites in Canada. This often means exposure to potentially harmful and unsafe chemicals. Avoiding exposure is a first line of defense, but what is summer without a hike in the woods, or gathering around a campfire? There is more than one way to beat the bite!

DEET

Effectiveness:

Most complete and longest lasting protection

Duration:

240 minutes or more before reapplication

Toxicity Concerns:

EPA rating:

Category III – slightly toxic

May be dangerous above 30% concentrations

Odor:

Chemical odour

Possible Side Effects:

Skin irritation, dizziness, slurred speech, swelling, nausea, seizures, neurological damage..etc.

Natural*

Effectiveness:

Just as effective as DEET (in some studies more effective)

Duration:

120-240 minutes before reapplication

Toxicity Concerns:

EPA rating:

Category IV – practically non toxic

Eye irritant if used improperly

Odor:

Natural fragrance

Possible Side Effects:

Sensitive individuals could notice minor skin irritation

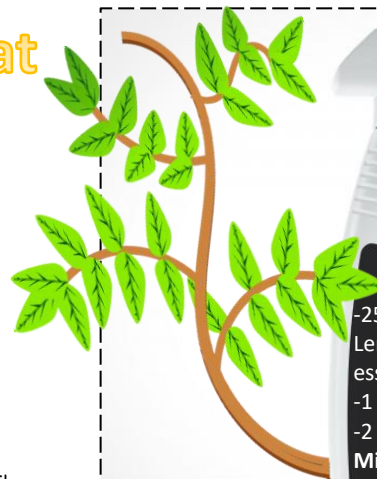
*Results based on natural alternative of lemon eucalyptus oil used in a commercial application.



Choose what works for you!

Sometimes the ingredients in commercial bug sprays that are meant to scare pests away are enough to also scare parents away. Keeping your family safe means assessing what option will be most effective based on location, exposure, and the outdoor activity that you are participating in.

Sources: <https://naturallife.org/natural-remedies/lemon-eucalyptus-oil-natural-mosquito-repellent>
<http://reset.me/study/study-lemon-eucalyptus-oil-more-effective-than-deet-mosquito-repellent/>
<https://www.cdc.gov/vitalsigns/vector-borne/index.html>



Bug-Off DIY

For the most natural option use this basic recipe and customize with additional options such as lavender, peppermint, or cedarwood oil.

-25-30 drops
Lemon Eucalyptus
essential oil
-1 oz. coconut oil
-2 oz. witch hazel
Mix, shake, spray