

SENIOR NEWSLETTER

Middlebury Senior Center
1172 Whittemore Road, Middlebury, CT
203-577-4166—Phone
203-577-4173—Fax

E-mail: jcappelletti@middlebury-ct.org
Hours: Monday through Friday 9:00am—1:00pm



Department of Social & Elderly Services

Mission Statement

The Department of Social Services and Elderly Services is a focal point for all town residents who seek public services. We provide aid in time of crisis, both financial as well as service oriented. We furnish state-administered programs through referrals in order to see that each resident is provided with a standard in conducting their lives.

To the elderly community we are constantly seeking to improve their quality of life by educating them in new concepts of living. We keep our elderly active in the community through volunteerism as well as educational and recreational programs. We continue to keep them up to date through informative group sessions which enhance their personal development.

As changes occur in our world, our goal is to re-adapt programs so that our citizens can keep in step with the rest of the community.

July
2021

Department Staff

JoAnn Cappelletti	Director
	Dispatcher
Angela Leveille	Publications & Programs
Terri Markie	Bus Driver
Sean Howard	Computer Lab

Commission on Aging

Judy Mirrer, Chairperson
Jean Hansen
Noa Miller
Ann Spierto
Nancy Pun
Nancy Mastroianni
JoAnn Cappelletti (Director of
Elderly & Social Services)
Ralph Barra (Liaison)

Town of Middlebury
Department of Social & Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762
Phone 203-577-4166 Fax 203-577-4173
jcappelletti@middlebury-ct.org



Notifying the Public Under Title VI

The Town of Middlebury operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with the Town of Middlebury.

For more information on the Town of Middlebury's civil rights program, and the procedures to file a complaint, contact JoAnn Cappelletti 203-577-4166 ext. 707; email jcappelletti@middlebury-ct.org; or visit our administrative office at 1172 Whittemore Road. For more information, visit www.middlebury-ct.org.

A complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights Attention; Title VI Program Coordinator, Connecticut Department of Transportation, Bureau of Public Transportation, Complaint Department, 2800 Berlin Turnpike, Newington, CT 06111.

If information is needed in another language, contact 203-577-4166 ext. #1

Si se necesita informacion en otro idioma, comuniquese al 203-577-4166 ext. 707

Independence Day in the United States



In 1775, people in New England began fighting the British for their independence. On July 2, 1776, the Congress secretly voted for independence from Great Britain. Two days later, on July 4, 1776, the final wording of the Declaration of Independence was approved, and the document was published. The first public reading of the Declaration of Independence was on July 8, 1776. Delegates began to sign the Declaration of Independence on August 2, 1776. In 1870, Independence Day was made an unpaid holiday for federal employees. In 1941, it became a paid holiday for them.

The first description of how Independence Day would be celebrated was in a letter from John Adams to his wife Abigail on July 3, 1776. He described "pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations" throughout the United States. However, the term "Independence Day" was not used until 1791.

Interestingly, Thomas Jefferson and John Adams, both signers of the Declaration of Independence and presidents of the United States, died on July 4, 1826 - exactly 50 years after the adoption of the declaration. It is also important to note that Native Americans lived in the country and each tribe had its own nation and government prior to the European settlers.

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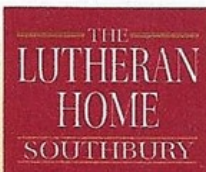
778 Middlebury Road, Middlebury | 203-758-2471 

Get **READY FOR HOME** at Lutheran Home

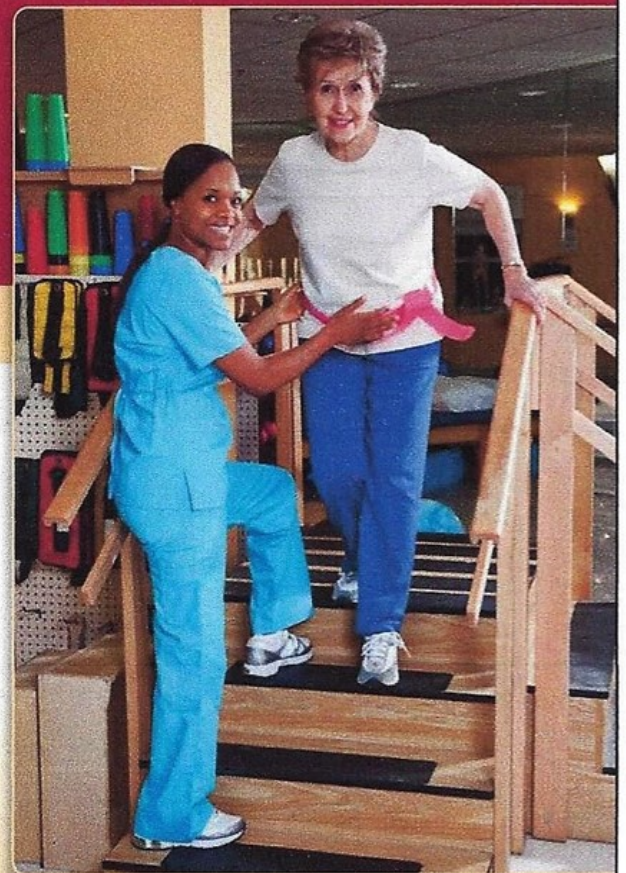
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Welcome to the first rehab program personalized for you. From your own Resident Service Liaison checking in each day, to a CNA Companion program for a smooth transition, and therapies offered 7 days a week, our Center for Short-term Rehabilitation is your place to get ready for home.

Call 203-264-9135 to Pre-book your stay or learn more.



990 Main Street, North
Southbury, CT 06488
203.264.9135
www.lhsouthbury.org



Town of Middlebury

Department of Social and Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762
Phone: 203-577-4166
Fax: 203-577-4173
E-mail: jcappelletti@middlebury-ct.org



GUIDELINES FOR MINI-BUS PASSENGERS

Passengers must be Middlebury residents 60 years or older or handicapped. Driver will assist passengers on and off bus if necessary. The driver is neither a chauffeur nor servant and should not be expected to:

- Do any tasks or errands for you
- Do any shopping of any kind
- Handle money for banking, postage or bill paying

Reservation for rides must be made at least one day in advance by calling the Senior Center at 203-577-4166, Monday through Friday between the hours of 9am and 1pm. Messages left after 1pm are not considered one day advance reservations. Your itinerary must be stated as well as name, address and telephone number. Reservations cannot be made with the driver while on the bus.

The following must be observed:

- Due to scheduling, the bus may arrive from 15 minutes before to 15 minutes after your scheduled reservation. You must be ready within these times.
- Use seat belts at all times – no exceptions will be permitted.
- Upon arrival, vacate the bus immediately and clear the doorway to avoid accidents.
- Have your donation ready when entering the bus.

Medical appointments are given priority. It is advisable to check with the office prior to making doctors' appointments to determine the best date and time that the bus can provide you with the best service.

In the event of inclement weather, and the mini bus is cancelled, there will be an announcement over radio station WATR and TV channels 3 & 8 after 7am.

The mini bus operates 8:30am to 2:30pm, Monday through Friday.

Suggested donation for this service is .50 cents, one way, within the Town of Middlebury and \$1.50 one way, to surrounding towns.

If there are any changes to your advance reservation, you must let the office know in advance.

Passengers not complying with these regulations may have to find alternate methods of transportation. After 3 no shows, passengers will be suspended from using the mini bus for 30 days.

**Have our Newsletter
Mailed to Your Home Every Month**
Cut out and mail this Form

Name _____

Address _____

City _____ State _____

Please enclose a check for \$9.00 made payable to
The Middlebury Senior Center and mail to:

Department of Social Services
1172 Whittemore Road
Middlebury, CT 06762



Greater Waterbury Transit serves 9 municipalities and offers Non-ADA and Dial-A-Ride to clients in the region.

Non-ADA

Eligibility

- a person with a disability AND
- a resident of Cheshire, Middlebury, Naugatuck, Prospect, Southbury, Thomaston, Waterbury, Watertown, and Wolcott

Days of Service

Monday - Saturday	5:30a-12:15a
Sunday	9:00a-5:15p
Southbury	9:00a-4:30p
(Monday-Friday)	

Fares

\$3.50 per one way trip.
Reservations can be made from the previous day and up to two weeks.

Dial-A-Ride

Eligibility

- 60 years and older OR
- a person with a disability AND
- a resident of Cheshire, Middlebury, Naugatuck, Prospect, Waterbury, Watertown, or Wolcott.

Days of Service

Monday	Waterbury
Tuesday	Naugatuck, Watertown
Wednesday	Waterbury
Thursday	Middlebury, Prospect
Friday	Cheshire, Wolcott

Fares

None. Reservations must be taken at least 2 days before a trip, and are open up to 14 days before each trip.

For more information, please call North East Transportation at (203) 756-5550 or visit gwtd.org

GWDT

Dial – A – Ride

One day a week each municipality will have the

Dial-A-Ride Transportation
Available for eligible

Seniors (ages 60 & Over) and the Disabled.

Transportation available for shopping, doctors appointments, out of town visiting with the 8 district municipalities on a first come, first served basis.

For more information on Dial-A-Ride transportation

Please contact:

Chesh-ire	Middle-bury	Nau-gatuck	Pro-spect	Water-bury	Water-town	Pro-spect
203-272 - 0047	203-577- 4166	203-720- 7069	203-758 - 5300	203-756- 5550	860-945- 5250	203-879 - 8100
Fridays	Thurs- days	Tues- days	Thurs- days	Mondays & Fridays	Tuesdays	Fridays

First Come, First Served

**Cheshire Middlebury Naugatuck Prospect Waterbury Watertown
Wolcott**



Lunch & Learn Thursday, July 15, 2021

Sun Safety

The Lunch & Learn scheduled for Thursday July 15th at 11:30 will be sponsored by Lutheran Home with special guest [Sandra Micalizzi RN, MSN, CDE – Waterbury Hospital of Waterbury Health – Program Navigator](#)

Join us for a very informative lecture on sun safety and a delicious free lunch.

Skin cancer is the most common cancer in the U.S. Too much sun can cause skin cancer.

Spending time outside is a great way to be physically active, reduce stress, and get vitamin-D You can work and play outside without raising your skin cancer risk by protecting your skin from the sun. Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).

The [UV Index](#) external icon forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.

Call 203-577-4166 to reserve your seat.

Middlebury Senior Center

Investment Club



If you are one of many of us who watch the Stock Market and would like to invest and are interested in how an investment club works; you are invited to sit in at one of our meetings and see what it's all about.

The meetings are held monthly on the third or fourth Thursday of the month from 11am to 2pm in the Shepardson Community Building, 1172 Whittemore Road in Middlebury; Room #

Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, September 14, 2021 At 9:30am. All interested persons are welcome to attend.

Contacting our office is easy!

Dial (203) 577-4166 and enter the extension for the person you wish to speak with:

<u>NAME</u>	<u>EXTENSION</u>
JoAnn Cappelletti	3
Angela Leveille	2
Transportation	1
Sean Howard	4



Free Blood Pressure Screening

If you have a nursing license and can spare 2 hours a month, the Middlebury Senior Center can use you to take blood pressure screening for our seniors. Please contact JoAnn Cappelletti at 203-577-4166 Ext. #3.

Middlebury Recreation Area

Located in: [Quassy Amusement & Waterpark](#)

Wednesday	9AM-8PM
Thursday	9AM-8PM
Friday	9AM-8PM
Saturday	9AM-8PM
Sunday	9AM-8PM
Monday	9AM-8PM
Tuesday	9AM-8PM

The Membership fee for Seniors to go to the MRA is \$45.00 and can be obtained at the Middlebury Parks and Rec Department

1172 Whittemore Road

Middlebury, CT

203-758-2520



Keeping citizens informed.

The Town of Middlebury has adopted Code Red which is a public notification system for emergency information. It notifies the public of road closures, fires, floods, missing children and other emergencies.

Code Red is a geographically based system. This means that anyone with a code Red app can get notifications anywhere they travel.

To be included in Code Red, you must enroll: go to the town's website www.middlebury-ct.org and click on the "Community" tab. Then click on the Code-RED logo. Please provide your phone number(s) and text and email information. The town was provided a database of some numbers for residents, but no one should assume their numbers are among those the town already has. Those without computers can go to the assessor's office or the Middlebury Public Library and get help registering for Code-RED.



COMPUTER HELP

Sean is available for one on one help if you need help with your computer.

Call 203-577-4166 ext. #4 for an appointment

Sean is available Tuesday, Wednesday and Thursdays 9am to 1pm

Look for future classes in Introduction to Ancestry



Polish Poker

Our Polish Poker players will resume on
Wednesday, July 14, 2021



Yoga

Tuesdays at 9:30 to 10:45

Helene Korchin is back for our Yoga classes. The first session began June 22nd.
The next session will begin August 10th. The fee for Yoga is \$30 for 6 classes

Tai Chi



Wednesdays; 8:15 and 9:45am

Our Tai Chi instructor (Gary Weldon) began classes on June
9th. The next class will begin July 21st.

The fee for this class is \$30 for 10 classes

Call 203-577-4166 to sign up



**The Middlebury Senior Center will be visiting
THE SHRINE OF LOURDES IN LITCHFIELD
Save the date: Thursday, July 8, 2021**

The Shrine of Lourdes in Litchfield is a replica of the Grotto Lourdes in France. Built of local fieldstone by two Montfort Brothers, Brother Alfonso and Brother Gabriel, with the help of Montfort seminarians and people from the area, the Shrine was dedicated in 1958.

The Montfort Missionaries developed the Shrine so that individuals, families and groups could come to pray, to reflect on their own lives, and to imitate Mary's life of faithful discipleship.

The Grotto is the site for Mass and other services held in the open air from May through mid-October.

In addition to participating in the liturgy and prayer at the Grotto, you can follow the Way of the Cross which winds up the Shrine's wooded hillside to a Calvary Scene at the summit of the hill. You can also walk paths leading to smaller shrines of the Sacred Heart, St. Joseph, St. Jude, St. Michael, and St. Louis de Montfort.

There is a limit of 10 people for this trip; to register please call - 203-577-4166.

The bus will be leaving the Center at 10am. Transportation is \$7.



**Discover the Thimble Islands
Thursday, July 22, 2021**

Welcome aboard the Sea Mist. Relax and enjoy a 45 minute narrated cruise around The Thimble Islands.

First discovered in 1614 by Adrien Block, these islands were used for everything from farming to quarrying granite, from bootlegging to hiding Captain Kidd's treasure.

Captain Kidd sailed here in 1665...you can still feel his presence today.

Come join us for a Sea Mist cruise at the Thimble Islands. These islands are located off the coast of Branford, CT.

Come aboard the Sea Mist, relax and enjoy yourself as we cruise around 25 inhabited islands.

Bus will be leaving Middlebury Senior Center at 10:00am for the 12:15 cruise.

Call 203-577-4166 to reserve your seat.

Admission and transportation will be \$21 per person.

RENTER'S REBATE PROGRAM



Effective April 1, 2021 Through September 15, 2021

Elderly residents of Middlebury or totally disabled persons who rent may apply for the Renter Rebate program at the Department of Social Services office located in the Shepardson Community Building, Room #20 between the hours of 9:00am and 12:30 pm.

You must also be a resident of Middlebury and provide proof of income and rent expense for the year 2020.

If utilities are not included in your rent, you must provide proof of your utilities expense. If you filed a tax return you must bring a copy.

Further questions regarding this program must be directed to JoAnn Cappelletti at

203-577-4166 ext. #3.

Due to COVID-19 applications will be processed by appointment only.



OPERATION FUEL

Begins July 1, 2021

Operation Fuel residential energy assistance programs, hardship enrolling of income eligible Eversource customers in Eversource's NewStart arrearage forgiveness program will begin on July 1, 2021.

The program is for emergency energy / utility assistance grants. Programs will be offered to provide assistance for a household's primary space heating, secondary energy, and / or water accessibility needs.

Call 203-577-4166 for an appointment to apply.

Free Virtual Live Well with Chronic Pain Workshop Offered

Registration is now open for a free, seven week, virtual Live Well with Chronic Pain workshop via Zoom. This series takes place on Mondays from 10 am – 12:30 pm, starting on July 12 and ending on August 23. Participants will need a computer, tablet or smart phone and a reliable internet connection.

Adults with chronic pain are encouraged to register for this program to help them take control over their life and health. Participants will learn better ways of dealing with frustration, fatigue, isolation, and poor sleep. Techniques to improve or maintain strength and energy, appropriate use of medications and ways to improve nutrition will also be covered. The workshop includes some easy, gentle chair exercises to help with pain and improve or maintain strength and energy. Breaking the pain cycle, pacing activities and rest and communicating with healthcare providers will be discussed.

Materials will be sent directly to participants at no cost and include the book Living a Healthy Life with Chronic Pain, an instruction booklet, and exercise and relaxation CDs. The workshop is limited to 12 participants. For more information and to register, contact Debby Horowitz at dhorowitz@wcaaa.org. Please include your name, mailing address and phone number.

This evidenced-based program is sponsored by the Western Connecticut Area Agency on Aging, the State Unit on Aging and the Connecticut Department of Public Health through a grant from the Administration on Aging. Generous funding is also provided by the Connecticut Community Foundation.

Participants will need a computer, tablet or smart phone and a reliable internet connection.

Debby Horowitz

Live Well Regional Coordinator

Western Connecticut Area Agency on Aging

84 Progress Lane, 2nd Floor

Waterbury, CT 06705

203-757-5449 ext. 125

dhorowitz@wcaaa.org



UNITED WAY of Connecticut



Every day,, thousands of people find themselves in circumstances where, often for the first time, they need resources that can't be easily found on the internet or in any phone book: low cost burial services, employment resources, a free or low-cost health clinic, free eyeglasses replacement for the elderly, affordable parenting classes or other counseling services, legitimate help overcoming temporary financial difficulties, and many more such scenarios. 211 has answers. 211 is available 24/7 and is multilingual. They can be reached by simply calling 211 or visit them at 211ct.org.

Rotary



The Rotary Club of Woodbury-Southbury-Middlebury (a/k/a the Tribury Rotary) remains diligent in its efforts to bring about positive change within the communities of Woodbury, Southbury, Middlebury and beyond. The Tribury Rotary is a 501(c) (3) organization. As you may know, 100% of all fundraising is used to further our Seven Areas of Focus: Supporting the Environment; Basic Education; Maternal & Child Health; Peace and Conflict Resolution; Water, Sanitation, & Hygiene; Economic & Community Development, and Disease Prevention & Treatment.

The Tribury Rotary does much to help others; most recently, we have supplied beds to our local area veterans; provided scholarships to local area graduating high school students; donated personal hygiene items to abused women and children; supported animal shelters with food and funding; assisted seniors whose homes have fallen into disrepair; offered support to grieving children through relevant kits and online resources to aide them with managing their grief and provided non-perishable items to our communities in support of each town's respective food pantry/food bank.

We want to do more, and we need your help. To learn more about the Tribury Rotary Club, see www.triburyrotaryclub.org or by calling 203.263.7523 or emailing us at

Tribury.Rotary.7980@gmail.com

The Department of Elderly & Social Services recognizes the good work the Tribury Rotary does for the Community. We would like to thank the Rotary for their support for both the Middlebury Community Emergency Fund and the Food Bank collections they sponsor.

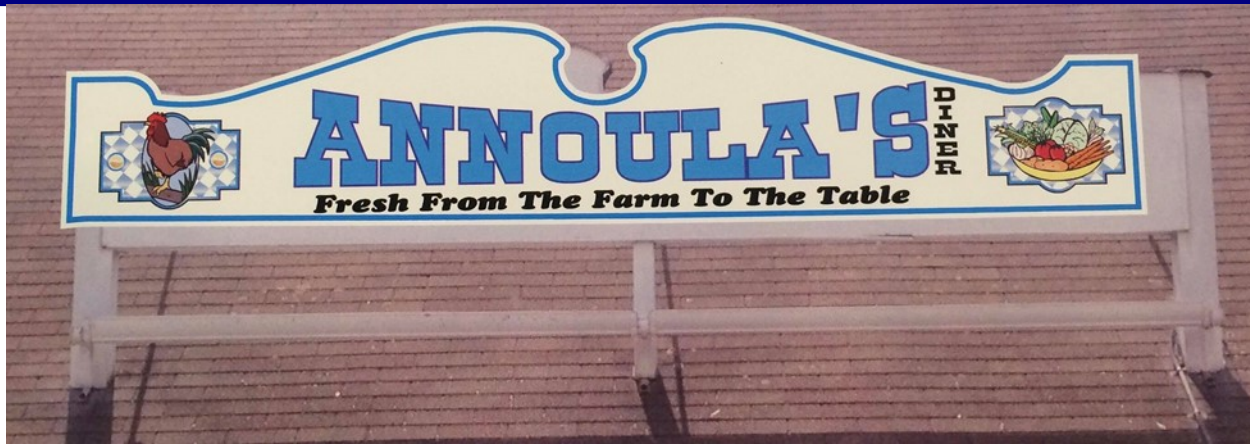


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achaplin@kennedyctr.org
or call (475) 298-3103



**MIDDLEBURY SENIOR CENTER presents:
GRAB-N-GO Lunches from Annoula's Restaurant**

We are pleased to partner with Annoula's Restaurant of Woodbury and New Opportunities of Waterbury to provide Grab-n-Go lunches for the month of May. There will be a different menu for each month.

Please call the senior center to order your meal. All meals served with multigrain bread, fruit and low fat milk.

(Every Wednesday in July at 11:30am)

For the month of June:

July 7 – Baked scrod with roasted potato, veg or Chicken Francaise with roasted potato, vegetables

July 14– Mediterranean Chicken, roasted potato, vegetables or Meatloaf, mashed potato vegetables

July 21 – Pasta Bolognese with small salad or Greek Salad plate.

July 28 – Chicken Gyro, roasted potato, & vegetables or American Chop Suey, small salad

PLEASE NOTE:

Your reservation must be made by **MONDAY, BEFORE THE WEDNESDAY OF THE GRAB-N-GO LUNCH BEFORE 10am.....NO EXCEPTIONS WILL BE MADE.** The meals must be reserved with the restaurant on a timely fashion to ensure availability.

Please call the Senior Center to put in your order: **203-577-4166 ext. 2 or 3**



NEW OPPORTUNITIES
Building Relationships to End Poverty™

COVID Vaccination Videos **for residents 55+**, sponsored by the Aging and Disability Services State Unit on Aging, have been posted. They can be found linked to the [ADS Covid Page](#) (the videos themselves are hosted on YouTube, direct video links below):

Information for those over 55

(Please watch the videos below for more information)

[Spanish 30 second YouTube video](#)

[Spanish 15 Second YouTube Video](#)

[English 30 Second YouTube Video](#)

[English 15 Second YouTube Video](#)

Additionally, The COVID Vaccination Video for **residents who are Deaf or Hard of Hearing** has been posted In American Sign Language. It can be found linked to the [ADS Covid Page](#) (the video itself is hosted on YouTube, direct video link below):

Vaccination Information In American Sign Language

AAA's FREE Driving Improvement Classes

Beginning on Tuesdays in March through July, AAA will be offering its **FREE** 4-hour classes **VIRTUALLY** to drivers 60 years of age and older, who need to obtain a certificate for up to 5% off on a portion of their insurance premiums. These classes are open to members and non-members of AAA.

To register, participants must visit www.aaa.com/defensivedriving, follow the links and then choose "Connecticut Virtual" under your home state.

Classes will be held on Tuesdays via Zoom on the following dates and times:

From 10am —2pm:

July 13 and 27

From 12 noon — 4pm:

July 6 and 20

To participate in these virtual classes, registrants will need:

A PC, laptop or Ipad with an integrated or portable webcam (camera). A smartphone will not work because the class is video based. An Email and Zoom account. To download the Zoom app, visit www.zoom.us. The free version is sufficient.

Upon registration, participants will receive a confirmation letter with a Zoom link for the class.

LYME DISEASE PREVENTION AND REATMENT

What is Lyme disease?

Lyme disease is an infection carried by black-legged ticks. Lyme disease cannot be spread from person to person.



Where do ticks live?

Ticks like moist and shady wooded areas with high grass and lots of leaf debris.

Where do most cases of Lyme disease occur?

In the U.S., Lyme disease is most common in the northeastern, mid-Atlantic, and upper north-central regions and in several northwestern California counties. Most cases are in Connecticut, Delaware, Maine, Maryland, Massachusetts, Minnesota, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia and Wisconsin.

Lyme disease is less common in Canada, but it's spreading. Black-legged ticks are now found in southern British Columbia and Manitoba, southern and eastern Ontario, southern Quebec, New Brunswick, and Nova Scotia.

When do most cases of Lyme disease occur?

Lyme disease is most common during May, June, July and August.

What are signs and symptoms of Lyme disease?

Up to eight out of ten people with Lyme disease will get a rash. You'll usually see this expanding red rash in days to weeks after a tick bite. The middle may clear up, so it looks like a "bull's-eye". Other symptoms of Lyme disease are tiredness, fever, headache, stiffness, muscle aches, and joint pain.

People who do not get treated for Lyme disease may have symptoms; such as joint pain and swelling, weeks to months later. Lyme disease can also affect the heart or nervous system.

How can Lyme disease be prevented?

To prevent Lyme disease, avoid tick bites. If you are in a place where ticks are likely to be, keep them from reaching your skin. Wear a long sleeved shirt tucked into long pants that are tucked into socks or boots. Choose light-colored clothing so tick can be spotted easily. Apply an insect repellent that contains DEET or picaridin (icaridin in Canada) to clothing and exposed skin. Apply permethrin, which kills ticks on contact, to clothing. **Do not** put permethrin directly on skin.

Once you come inside, take a shower within two hours. Put your clothes in a hot dryer for one hour to kill any ticks you may have picked up.

Check your skin for ticks each day. Lyme disease isn't likely to develop if a tick is removed within 24 hours, and possibly up to 36 hours, after it attaches.

If I find a tick, how do I remove it?

Remove ticks that are attached to the skin with fine-tipped tweezers. Grasp the tick firmly and as close to the skin as you can. Slowly pull the tick away from the skin without twisting. Clean the area with an antiseptic. Do not use petroleum jelly, a hot match, or nail polish to remove a tick.

How is Lyme disease treated?

Most people who get Lyme disease are treated with an antibiotic that's taken by mouth. The antibiotic is usually given for 10 to 21 days. For more serious cases, such as when the heart or nervous system is affected, intravenous antibiotics are given for up to a month. Some people have symptoms even after they've been treated with an antibiotic. A second round of treatment may be given if this happens.

If a tick has bitten me, when should I contact my health care provider?

Consider contacting your health care provider if you think the tick has been attached to your skin for a day or more. If you have rash or flu-like symptoms, contact your health care provider right away.

CHOOSING AND USING INSECT REPELLENTS

Protecting yourself from insect bites is important. Insect bites are itchy and uncomfortable. Plus, insect bites can spread diseases like West Nile or Zika viruses (mosquitoes) and Lyme) ticks.

How should I choose an insect repellent?

Choose an insect repellent based on the amount of time you need protection. How long a product works depends on the concentration of the active ingredient. Higher concentrations last longer. **Check the label to find out how long the repellent will work** when it's used correctly.

Here are the best ingredients to look for:

DEET (N,N-diethyl-m-toluamide or N,N-diethyl-3-methyl-benzamide)

Picaridin

Oil of lemon eucalyptus (p-menthane-3,8-diol or PMD)

IR3535



Products that contain **permethrin** also work well. You can use permethrin with other insect repellents for extra protection, but **do not spray permethrin on the skin**. Spray it on clothes and gear. Allow clothes to dry completely before wearing them.

Always read and closely follow the directions on the labels of insect repellents. Avoid products that have both sunscreen and insect repellent. Sunscreens should be applied more often and more liberally than insect repellents. If you need both, use separate products. Put the sunscreen on first.

Is DEET safe?

DEET is safe when directions on the label are followed. DEET can cause skin rashes, but rarely. Keep in mind that there's not much benefit using a product with over 50% DEET.

Which insect repellents can be used on children and during pregnancy?

Most insect repellents, including those with up to 30% DEET, can be used on kids two months and older. However, oil of lemon eucalyptus shouldn't be used on those younger than three years. Double-check the label to make sure an insect repellent is okay to use on a child. The insect repellents DEET, picaridin, IR3535, and oil of lemon eucalyptus are safe to use during pregnancy and while breastfeeding, when used as directed.

What about other methods, such as devices, eating garlic, etc.?

There's no proof that special bracelets or clip-on devices, vitamins, or garlic will keep insects away. For years, people have said Avon's 'Skin So Soft' repels mosquitoes. If you try it, choose a formula that has an insect repellent, such as *Skin So Soft Bug Guard Plus IR3535* or *Picaridin*.

Tips for safe use of insect repellents:

Don't use repellents under clothing, or on cuts, wounds, or irritated skin.

Don't apply repellents to eyes or mouth. Apply lightly around ears.

Don't spray repellents on the face. Spray on Hands first, then, apply to the face.

Don't allow kids to handle repellents. Apply repellent to your own hands, then put it on the child.

Avoid heavy application of repellents. If a thin film doesn't work, apply a bit more.

After returning indoors, wash treated skin with soap and water.

Never put permethrin on skin. Apply permethrin only to clothing, bed nets, or other fabrics.

Don't apply insect repellent to cats or dogs. Talk to your vet about options for pets.