



South Lake Star

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Appointment Line
952-401-8300

Website and Online
Appointments
southlakepediatrics.com

HELP – Mosquitoes and Ticks are everywhere!

By JoAnne Hoffman Jecha, MD

Mosquitoes, ticks and other biting insects are unavoidable at this time of year. When winter is so long in Minnesota, staying indoors isn't a great option. Fortunately, most of the time these pests do not carry diseases. The good news is there are ways to protect ourselves and our children.

There are so many different insect repellents, it is hard to know what to choose.
(Repellents do not prevent bites from stinging insects.)

1. **DEET:** This is the best defense against ticks and other biting insects. The higher the percentage of DEET, the better the protection. 10% DEET lasts about 2 hours, and 24% DEET lasts about 5 hours. Concentrations greater than 30% do not offer additional protection.
2. **Essential Oil Repellents** such as citronella, cedar, eucalyptus and soybean: These are much less effective and last less than 2 hours.
3. Chemical repellents with **permethrin:** These repellents kill ticks on contact. They can be applied to clothing and can last through several clothing washes. They cannot be applied to the skin but, can be used on clothing, sleeping bags or tents.

Ultrasonic devices, bird or bat houses, bug zappers, wristbands soaked in repellent, and garlic or Vitamin B1 taken by mouth are not effective.

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Family Fun Night 2010

Bring a picnic supper for your family and join us for a fun evening in the park with South Lake Pediatrics' staff.

Featuring a concert by the Teddy Bear Band

Thursday, August 12th, 2010

6 p.m. Games and Teddy Bear Clinic

7 p.m. Concert by the Teddy Bear Band

Where: Burnes Park, Hopkins

Children may bring a favorite stuffed animal for an exam at the Teddy Bear Clinic, and to sing and dance with.



In case of rain, the event will be cancelled.

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Do:

- Read the label on a repellent and follow all directions and precautions.
- Only apply insect repellents on the outside of your child's clothing and exposed skin.
- Spray repellents in open areas to avoid breathing them in.
- Use just enough repellent to cover your child's clothing and exposed skin. Using more doesn't make the repellent more effective. Avoid reapplying unless necessary.
- Children must be supervised when using these products.
- Wash your children's skin with soap and water to remove any repellent when they return indoors, and wash their clothing before they wear it again.

Don't:

- Never apply insect repellent to children younger than 2 months.
- Repellents should not be sprayed directly onto your child's face. Spray a little on your hands first and then rub it on your child's face. Avoid spraying the eyes and mouth.
- Insect repellents should not be applied to cuts, wounds, or irritated skin.
- Don't buy products that combine DEET with sunscreen. The DEET may make the sun protection factor (SPF) less effective. These products can overexpose your child to DEET because the sunscreen needs to be reapplied often.



Finally, if there are lots of bugs out, you may need to head indoors!

easyCARE Information



easyCARE

See clinicians you know and trust at your convenience, at a location and time that works best for you.

No appointment is needed for minor illnesses such as sore throats, earaches, rashes, pink eye, fever and minor injuries.

Minnetonka - 8 a.m. till 5 p.m. Monday through Friday

Maple Grove - 8 a.m. till 5 p.m. Monday through Friday

Plymouth - 8 a.m. till 5 p.m. Monday through Friday

Children's West - 8:30 a.m. till 12:30 p.m. and 1:30 p.m. till 5 p.m. Monday through Friday

Eden Prairie - 8:30 a.m. till 12:30 p.m. and 1:30 p.m. till 5 p.m. Monday through Friday