

- Mosquitoes

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Mosquito bites can be one of the worst things about summer. Because of the heat and rising activity of these pests, everyone is trying to find a way to avoid the itchy bites.

A simple way to avoid getting mosquito bites inside the house is to simply keep the bugs outside. Covering windows and doors with screens can help keep mosquitoes from slipping in, but there are also mosquito nets to hang over beds or cribs.

Avoiding mosquitoes while outdoors can be more difficult, but can be done through effective chemical repellents. EPA approved chemicals in mosquito repellents are DEET, picaridin, PMD, or IR3535 insecticide. However, repellents should not be sprayed around the eyes or mouth and should not be used if causes irritation. Although mosquitoes can bite any time of the day, their prime feeding times are dusk and dawn. By staying indoors during these times, exposure to these pests are limited.

Some individuals enjoy working out outdoors. However, mosquitoes seek chemicals in our breath, such as carbon dioxide, sweat, movement, and heat. Avoiding exercising outside can decrease the amount of mosquito bites, but using repellent can also be used as a preventative.

Some clothing can also stop mosquito bites. Athletic wear and clothing made of synthetic fabrics like polyester, nylon, or rayon are tightly-woven, helping block mosquitoes. Some dark colors can also attract bugs, and ultimately mosquitoes. By wearing light colored clothing such as white or khaki can decrease the chances of a bite.

One way to prevent a large amount of mosquitoes in the home is to deal with any standing water. Mosquitoes can breed in even small amounts of water within 14 days. Ponds don't have to act as a mosquito breeding ground by adding some mosquito-eating fish or a waterfall that keeps the water moving. There is also *Bacillus thuringiensis*, a natural bacteria that kills mosquito larvae but is harmless to people, pets, and plants.