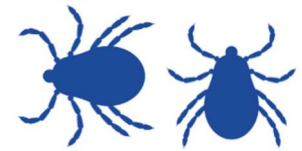


# PERSONAL PROTECTION FROM MOSQUITOES AND TICKS



TEXT BY ANNE MAZAR

- Consider staying indoors or in a screened porch from before dusk through to dawn, which are peak mosquito biting times. However, the deep woods can have active daytime mosquitoes. Place mosquito netting over infant carriers when outdoors with infants.
- Wear loose fitting, long-sleeved shirts and long pants when outdoors during peak mosquito times. Mosquitoes can bite through tight fitting clothes. Wear light colored, cotton or non-shiny materials that are less attractive to mosquitoes. Tuck pant legs into socks and shirts into pants to avoid mosquito and tick contact. When home, put clothes in hot dryer for 10 minutes to kill any stray ticks.
- Carefully, apply insect repellent to exposed skin and clothing (not under clothing, mosquitoes can bite through thin fabric). More is not necessarily better. Use products as directed. Keep it out of eyes, mouths, and food. Wash hands before eating or drinking.
- Consumer Reports (a third-party, independent non-profit) rated mosquito and tick repellents in 2022. An effective repellent that had 5 out of 5 score rating as a repellent and for not damaging clothes was **Repel Lemon Eucalyptus Repellent** and it is DEET-Free. Other top performers (that could damage clothes) include: **Ben's Tick & Insect Repellent Wipes** or **Wilderness Formula Pump** (30% DEET), **3M Ultrathon Insect Repellent** (25% DEET), **Off Sportsmen Deep Woods Insect Repellent 3** (30% DEET), and **Cutter Backwoods Insect Repellent** (25% DEET).
- Avoid using "Bug Zappers". They are not effective with mosquito reduction, but do kill beneficial insects, such as pollinating moths and insects that kill mosquitoes. Mosquitoes are **NOT** attracted by light, but CO<sub>2</sub>. For large outdoor areas, try "Mosquito Magnet" devices, which use CO<sub>2</sub> to attract and kills mosquitos before they reach the area of protection without using toxic chemicals.
- If sitting outside in a small group, try an oscillating pedestal fan aimed at the whole area (head to toe). Mosquitos can't fly in wind and avoid windy areas.
- Numerous scientific studies have raised serious concerns on the effects of EPA registered pesticides on human health and the environment. More study is needed to determine the long-term effects and toxicity of multiple pesticide-chemical interactions. Children, pets, and wildlife are especially vulnerable. Only use pesticides as a last resort.

## TICK TIPS

Deer tick nymphs and adults may carry germs that cause Lyme Disease, Babesiosis or Human Granulocytic Anaplasmosis (Ehrlichiosis).

American Dog Ticks can carry germs that cause Rocky Mountain Spotted Fever and Tularemia.

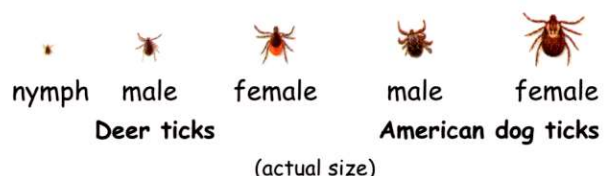
Ticks are generally found in wooded habitats, near the ground. Deer ticks may be active year-round, but Spring, Summer, and Fall are seasons of high risk. Dog ticks are most active in Spring and Summer.

Ticks may be seen more readily on light colored clothing. Use repellents appropriately. Do tick checks daily.

Remove attached ticks at once. Grasp the tick close to the skins and pull upward using fine-point tweezers. Avoid squeezing the tick.

If you suspect that you have a tick-borne disease, see your doctor.

### TICK IDENTIFICATION CARD



MA Department of Public Health  
617.983.6800  
[www.mass.gov/dph](http://www.mass.gov/dph)



# REDUCE MOSQUITO BREEDING SITES IN YOUR YARD AND MORE

Severe cases of mosquito diseases, such as Eastern Equine Encephalitis (EEE) and West Nile Virus, are extremely rare in Massachusetts, let's help keep it that way through home source reduction and personal protection.

Mosquitoes breed in standing water even if only 1/2 inch deep. Small containers can breed thousands of mosquitoes in as little as 4 days. Removing standing water is crucial. Ask your neighbors to remove standing water also.



- **ANIMAL TROUGHS** – Clean and Refill Daily.  
(HORSES: SEE YOUR VET FOR THE EEE VACCINATION OR BUY AT YOUR FARM SUPPLY STORE OR ONLINE.)
- **RAIN BARRELS** – Cover Top with Tight Screen; Add BTI Mosquito Dunks if necessary.
- **CLOGGED GUTTERS** – Clean Out Leaf Litter and Keep Water Flowing.
- **BIRD BATHS** – Clean and Refill 2-3 Times Each Week.



- **TARPS** – Cover Boats Tightly and Remove Standing Water on Any Tarp or Pool Cover.
- **TOYS, BUCKETS, ETC.** – Anything That Will Hold Water, Turn Upside Down or Bring Inside.
- **KIDS' POOL** – Refill 2-3 Times Weekly and Don't Let Water Sit in Pool Crevices When Flipped Over.
- **FLOWER POT TRAYS** – Add Holes for Drainage or Dump Water After a Rain.

## OTHER AREAS TO PREVENT MOSQUITO BREEDING

- **HOT TUBS/POOLS** – If Not Covered, Operate Filters and Run Pump Every Few Hours to Avoid Stagnant Water.
- **GARBAGE CAN LIDS** – Remove Water.
- **WATER GARDENS** – Add a Solar Fountain or Water Fall to Keep Water Moving. Add Fish to Eat the Larvae or if Necessary, Add Mosquito Dunks with BTI.
- **TRASH** – Clean-Up Roadside Garbage, Such as Bottles, Cans, or Old Tires.
- **STORM DRAINS** – If You Suspect Mosquito Breeding or Standing Water by The Road, Contact the BOH or Highway Dept.

**BE SURE TO REPAIR  
ALL HOLES IN  
SCREENS.**



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