

## Fight the Bite



Remember to take extra precautions against mosquitoes during the summer months.

Take the time to learn about how to prevent mosquitoes from breeding as well as how to protect yourself and your family from bites. With the cooperation of everyone in the community, the City of Lacombe will have better results than a pesticide spray control program. These programs are costly to a municipality and do not offer a sustainable reduction of adult mosquito populations.

Mosquitoes are a natural part of our environment. However, they can be a nuisance when they bite, and some can spread serious disease. Using some simple personal and household protection measures allows us to live with mosquitoes and reduce the risk of disease.

### Fight the Bite! Protect yourself and your family in three ways:

1. **Cover up:** Wear long sleeves and pants, in light colours and loose fitting. Cover as much of the body as possible as mosquitoes can bite through tight clothes, such as leggings and jeans. Make sure window and door screens are 'bug-tight' with no holes in them.
2. **Repel:** Use an effective mosquito repellent. A product with D.E.E.T. is your best protection. Lemon eucalyptus oil is also effective for shorter periods of time. Read all product labels carefully and follow instructions as directed for children and adults.

3. **Eliminate:** Prevent mosquitoes from breeding. Make sure there is no standing water in your yard. Do your part by screening or covering rain barrels, clean out eaves troughs regularly to prevent clogs that trap water and change the water in pet dishes or bird baths often.

Mosquitoes lay up to 250 eggs at a time in still water (fresh, salty or stagnant). These eggs which will hatch in seven to 10 days. If standing water is eliminated weekly, many mosquitoes will be kept from breeding in the first place, eliminating the need to use pesticides against adult mosquitoes. This also reduces the number of mosquitoes around the house.