

Mosquito Management - Personal Protection

- **For personal protection on the outside, protective clothing is always your best defence.** Wear light colors, long-sleeved shirts and long pants. Avoid sandals, floral prints, loose clothing, the color blue (the preferred color of mosquitoes), hair spray, perfumes and other fragrances that are attractive to mosquitoes.

- Bathe regularly with peppermint, eucalyptus or unfragranced soap.

- **Mosquitoes are attracted to dark clothing, carbon dioxide and sweat. Prime feeding times are late dusk and early evening.**

- **Buzz Away** by *Quantum* is a non-toxic, outdoor protection formula of natural ethyl alcohol from plants, plus essential oils of citronella, cedar wood, lemon grass, peppermint and eucalyptus.

- **Kiss Off!** from *Kiss My Face* contains citronella oil and Rhodinol (from grasses grown in Sri Lanka) and Terpineol (from pine trees) along with moisturizers and botanicals.

- **Catnip** is ten times MORE EFFECTIVE THAN DEET¹. It can be found at:
http://www.altnature.com/gallery/catnip_mosquito_repellent.htm

- **Bite Blocker** is another insect repellent on the market that combines soybean oil, geranium oil and coconut oil; this product is also far superior to DEET¹.
<http://www.homs.com/>

- **Fly Screen** All Natural Insect Repellent for People. Contains 6% oil of lavender in a vegetable oil base. <http://www.naturalinsect-control.com/>

- **Apply repellent to exposed skin, sleeves and trouser cuffs.**

- **Mosquitoes are not strong fliers- so fans easily blow them away.** Turn on fans to "blow them away." Sit in the breeze (even if it is from a fan). They will not bother you.

- There are new mosquito control devices, e.g., the **Mosquito Magnet** which attracts and kills mosquitoes. For more information: <http://www.mosquitomagnet.com/>

To find out where the Mosquito Magnet can be bought at, contact:

National Energy Equipment, 10801 Ray-Lawson, Anjou, QC H1J 1M5.

Tel: 514.353.3001

Fax: 514.355.2223

Toll Free: 800.363.9960

- **Resist going on a swatting rampage when biting insects start hovering overhead. Studies indicate that such movement can double the number of mosquitoes attracted to you.**

- **Campers** can use fans and/or hang mosquito netting over cots, tent openings, picnic tables, etc. Long sleeves, long pants, hats, and veils give additional protection from mosquitoes.

Caution: If you are pregnant, do not use pennyroyal, even topically, as it may increase the risk of miscarriage.

Note: Citronella oil has been known to attract female black bears.

¹DEET NOTE: Florida health officials note some serious reactions involving children (including a few deaths) have been reported that may have been linked to this repellent. DEET can cause eye and sinus irritation, headaches, insomnia, confusion, etc. DEET can dissolve nylon and plastic.