



It's summertime and we all want to be outside enjoying the great season, but mosquitoes and ticks love summer too! Mosquitoes and Ticks can transmit diseases to humans and pets, so it is important to remember the importance of personal protection while enjoying the outdoors.

Some facts about mosquitoes... 

- They are attracted to us by the CO<sub>2</sub> we emit when breathing.
- They are attracted to our body temperature and our body essence (smell).
- They are attracted to colors (such as reds, blacks, oranges, etc.)

Some facts about ticks... 

- They are attracted to movement.
- They are also attracted to us by the CO<sub>2</sub> we emit when breathing.
- They are also attracted to us by our body temperature and our body essence (smell), just like mosquitoes.

When we understand what attracts mosquitoes and ticks and where we can find them, it makes it easier to protect ourselves from these little “buggers” and the diseases they may carry.

Most mosquitoes are most active during dusk and dawn, an exception is the Asian Tiger mosquito which is active during the day.

Most mosquitoes don't travel very far from their breeding source, so it is important to scout out any locations near your home that may be holding stagnant water for long periods of time.

Mosquitoes like to harborage “hang out” in vegetation. So, it is important to keep grass cut and trim hedges and other vegetation around homes.

Ticks also like to be near taller vegetation which helps them “quest”. This is when they crawl to the top of vegetation like tall grass and stick their legs out until they can hitch a ride and crawl onto a passing host.

Knowing this information helps us to understand why we need personal protection while enjoying outdoor activities. Some tips for personal protection are...

- Wear long sleeved shirts and long pants, to decrease areas of bare skin for insects to bite.
- Wear light colored clothing, to deter the attraction of mosquitoes.
- Wear pants tucked into socks, to reduce the chance of ticks crawling under clothing.
- Use EPA approved registered insect repellent to repel ticks and mosquitoes.

The following sources have helpful information about ticks, mosquitoes, and the diseases they can transmit like West Nile Virus (mosquitoes) and Lyme Disease (ticks).

#### **PA DEP West Nile Virus Control Program**

[www.dep.pa.gov/Business/ProgramIntegration/Vector-Management/Mosquitoes](http://www.dep.pa.gov/Business/ProgramIntegration/Vector-Management/Mosquitoes)

Centers for Disease Control and Prevention CDC

[www.cdc.gov/westnile](http://www.cdc.gov/westnile)

[www.cdc.gov/ticks](http://www.cdc.gov/ticks)

Environmental Protection Agency

[www.epa.gov/insect-repellents](http://www.epa.gov/insect-repellents)

Northeast Regional Center for Excellence in Vector-Borne Diseases

[www.neregionalvectorcenter.com/mosquitoes](http://www.neregionalvectorcenter.com/mosquitoes)

(Insect Repellent Essentials: A Brief Guide provides great information)

Any questions about mosquitoes or ticks and how to reduce habitat and the risk of getting bitten, visit our website.

[www.beavercountyconservationdistrict.org](http://www.beavercountyconservationdistrict.org)

or give us a call 724-378-1701 ext. 222.

