

Checklist

Mosquito Prevention



Habitat Hunt

Are you doing everything you can to protect yourself from mosquito bites? Try doing a mosquito “habitat hunt” around your yard and home, then tell your parents if you notice any areas that might need their attention!

- Are there any areas of **standing water**, even if it’s just a small amount? Check for toys, buckets, cans, bottles, tires...anything that can hold water should be removed or remedied as needed. —> Mosquitoes need water to breed. Female mosquitoes lay eggs on in or near water where the larvae hatch out and develop. Since they need water to breed, one of the most effective prevention methodologies is to reduce or eliminate breeding sites. Female mosquitoes are adept at finding small pockets of standing water in which to lay their eggs and hundreds to thousands of mosquito larvae can be produced from small accumulations of standing water.
- See any **mosquito-sized holes**? With your parents’ help, check to see if window screens are in good repair and fit properly.
- Don’t leave the **door open**! If you’ve heard your parents say this over and over, it’s for good reason. Keeping doors and windows closed will help keep mosquitoes out of your inside space.

Other Ways to Protect Yourself

- Blow them away! —> As adult mosquitoes are not strong fliers, a breeze of about three to five miles an hour will prevent them from being able to fly effectively. When possible, consider having a fan circulating air around your outdoor activity (with your parents’ permission, of course).
- Wear long pants and sleeves and light-colored clothing. —> Mosquitoes use heat to help them find you. When you wear light-colored clothing, you’re reflecting the heat away from your body.
- Use recommended mosquito repellents —> according to the directions on the label.



More Information on YouTube

