

IT'S MOSQUITO TIME!

The good news is that it's summertime.
The bad news is that it's Mosquito-time!



Mosquitoes are insects that have been around for more than 30 million years. And it seems that, during those millions of years, mosquitoes have been honing their skills so that they are now experts at finding people to bite. Mosquitoes have a battery of sensors designed to track their prey, including:

- **Chemical sensors** - mosquitoes can sense carbon dioxide and lactic acid up to 100 feet (36 meters) away. Mammals and birds give off these gases as part of their normal breathing. Certain chemicals in sweat also seem to attract mosquitoes (people who don't sweat much don't get nearly as many mosquito bites).
- **Visual sensors** - if you are wearing clothing that contrasts with the background, and especially if you move while wearing that clothing, mosquitoes can see you and zero in on you. It's a good bet that anything moving is "alive", and therefore full of blood, so this is a good strategy.
- **Heat sensors** - Mosquitoes can detect heat, so they can find warm-blooded mammals and birds very easily once they get close enough.

Something with this many sensors sounds more like a military aircraft than an insect. That's why mosquitoes are so good at finding and biting you.

Mosquito Repellents

The best way to reduce mosquito-borne diseases is through mosquito control and personal protection. You can do a few things to reduce the number of mosquito bites that you get while enjoying the outdoors.

First, wear clothing that covers most of your body, if temperatures permit.

Second, use a mosquito repellent that contains NN-diethyl-meta-toluamide (DEET) at a concentration of 7.5 percent to 100 percent. Lower concentrations are sufficient for most outdoor protection, and a 15-percent concentration is recommended for children. Avon's original Skin-So-Soft is a weak, short-lasting (less than 20 minutes) mosquito repellent, although there are newer Skin-So-Soft formulations that include EPA-recognized insect repellents.

**It's summertime, so have a fun time...
and keep away from the mosquitoes!**