

for *your* HEALTH

www.BarnesCare.com

CONTROLLING MOSQUITOES

Late summertime is mosquito season. Wet weather and high humidity during warm weather rapidly increases mosquito populations. On the heels of the recent flooding and heavy rains, the Midwest can expect even more insects, including mosquitoes, this year.

Mosquito insect bites are uncomfortable and can cause illness. The chance that any one person is going to become ill from a mosquito bite is low. However, if you work or play outside, your chances for bites go up. This increases your exposure to mosquito-borne diseases like encephalitis and West Nile Virus.



The key to controlling insects, especially mosquitoes, is removal of their breeding places — any standing water, especially stagnant water. Homeowners and businesses should empty water from

barrels, old tires, cans and any other objects. Check clogged gutters, neglected pools or flower pots. If drainage is impossible, treat standing water with a larvicide as recommended by a professional.



Top 5 Tips to reduce risk of mosquito bites:

- 1** Avoid going out at dusk, which is peak activity time.
- 2** Apply insect repellent containing DEET when you're outdoors.
- 3** Wear long sleeves, pants and socks.
- 4** Wear clothing that helps you blend into the background. Mosquitoes hone in on color contrast and movement.
- 5** Avoid wearing perfumes, colognes, fragrant hair-sprays and lotions.

BJC HealthCare

BarnesCare

Build A Healthy BusinessSM