

Getting pesky mosquitoes to buzz off

On top of their annoying buzzing and itchy bites, mosquitoes present a danger of infecting people with West Nile Virus.

To help protect yourself and your family from mosquitoes and other biting insects this summer, the Canadian Consumer Specialty Products Association offers the following tips:

- Wear pants, long sleeves, socks and shoes, especially if you are planning a hike in the woods or if you are outside in the evening and after dark. Loose clothing made of tightly woven materials will keep mosquitoes away from the skin while keeping you cool.
- Wear light-coloured clothing since mosquitoes tend to be more attracted to dark colours.
- Use mosquito netting when eating, working or sleeping outdoors.
- Use federally registered insect repellents that contain DEET or other federally registered active ingredients. Make sure you read the product label for protection times and follow the directions.
- Repair or replace any damaged or ill-fitting screens on windows, doors and vents.
- Eliminate or replace the water in birdbaths, wheelbarrows and rain barrels around your home or cottage. Standing water serves as a breeding site where mosquitoes lay their eggs, and it takes only about four days for them to grow into adults.

For more helpful hints about pest control and West Nile Virus, along with information about many other household topics, visit www.healthycleaning101.org.