



Mosquito Precautions

Mosquito Facts

- Mosquitoes are part of Saskatchewan summers. A little planning will help to protect you while outside.
- Mosquitoes are most active around sunrise and sunset.
- They like tall, wet grass or wooded areas.
- Mosquitoes prefer calm, cloudy and humid days.
- Mosquitoes are attracted to sweat and scented personal products including fabric softeners.

Personal Protective Measures

- Dress in light colored, loose fitting clothes with long sleeves and pants.
- Put mosquito netting over baby carriages, strollers and playpens. You can buy netting at most camping supply stores.
- Stay away from wooded, bushy or tall grass areas.
- Make sure that window and door screens fit tightly and are free from holes.

Insect Repellents

- Use insect repellent that contains 10% DEET.
- Do not use DEET products more than 3 times a day.
- Apply insect repellent to all exposed skin, especially neck, wrists and ankles, and clothing.
- Reapply every 3 – 4 hours (or every 2 hours if perspiring heavily) and immediately after swimming, up to 3 times a day.
- Do not apply to open cuts or sores.
- Wash off once indoors or if redness or itching occurs.
- Apply sparingly to forehead. Sweat mixed with repellent may run into eyes causing irritation.
- May decrease the effectiveness of a sunscreen by approximately 33% when sunscreen and insect repellent are used together. Apply the sunscreen first, wait 15 to 30 minutes then apply insect repellent. Using a sunscreen with an SPF of at least 30 may help to make up for the decrease in effectiveness caused by the insect repellent.
- Pregnant and nursing mothers consult your physician.

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Tips when using repellents on children:

- Do not use on infants less than 6 months.
- Choose 10% DEET or less for children aged 6 months – 12 years:
 - age 6 months – 2 years: apply once a day avoiding hands and face
 - age 2 – 12 years: apply no more than 3 times per day avoiding parts of the hands which may have contact with the eyes or mouth
- Age 12 years and older: use DEET concentrations of up to 30%
- Apply sparingly to forehead. Sweat mixed with repellent may run into eyes causing irritation.
- Apply to clothing rather than directly on skin when possible.
- Children should use lotions or sticks on skin rather than sprays to avoid breathing in the spray.
- Keep out of reach of children.
- For more information on specific insect repellent products call Health Canada 1-800-267-6315.

Treatment of Mosquito Bites

- Apply ice or cold cloth to the bite area.
- Use baking soda and water paste or calamine lotion to help stop the itching.
- Keep children's fingernails short: scratching over a period of time may cause infection.

Reduce mosquito populations by:

- draining any standing water (such as old tires, wading pools, and eavestroughs). Empty and clean bird baths twice weekly.
- aerating ornamental ponds and stock fish that eat mosquito larvae.
- covering rain barrels with screening. Mesh size should be less than 1.5 mm.
- keeping grass cut short
- keeping swimming pools cleaned and chlorinated. Ensure water does not pool and stagnate on the pool covers.