



THOMPSON-NICOLA
REGIONAL DISTRICT
The Region of BC's Best

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FOR IMMEDIATE RELEASE

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FIGHT THE BITE IN THE TNRD

National Mosquito Control Awareness Week Begins Sunday, June 23

Canada Day is just around the corner, but itchy mosquito bites may already be a problem in your neighborhood. In honour of National Mosquito Control Awareness Week (June 23–June 29, 2019), the Thompson-Nicola Regional District has some tips to help you learn how to prevent mosquitoes before they become a nuisance.

Pools are open and grills are going, but are you cooking up a breeding ground for mosquitoes? Standing water and dark clothing are two things that attract them. The TNRD recommends people follow the three D's to keep mosquitoes away:

- **Drain:** Empty out water containers at least once per week
- **Dress:** Wear long sleeves, long pants, and light-colored, loose-fitting clothing
- **Defend:** Properly apply an approved repellent such as DEET, icaridin, oil of lemon-eucalyptus or soybean oil

Martin Dickson, Environmental Services Technologist for the TNRD says, "Encouraging your neighbors to also eliminate sources on their own property is critical to a community-wide control program. Mosquitoes require water to complete their life cycle. If their water source is eliminated, so are their offspring."

Make your yard a mosquito-free zone by: disposing of any tires -- tires can breed thousands of mosquitoes; drilling holes in the bottom of recycling containers; clearing roof gutters of debris; cleaning pet water dishes regularly; checking and emptying children's toys; repairing leaky outdoor faucets; and changing the water in bird baths at least once a week.

For more information, contact Martin Dickson, Environmental Services Technologist by phone at 250- 377-7079 or email mdickson@tnrd.ca.

MUNICIPALITIES: Ashcroft | Barriere | Cache Creek | Chase | Clearwater | Clinton
Kamloops | Logan Lake | Lytton | Merritt | Sun Peaks

ELECTORAL AREAS: "A" "B" "E" "I" "J" "L" "M" "N" "O" "P"