FOR IMMEDIATE RELEASE

June 25, 2019

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.