

What are mosquitos?

Mosquitos are small, slender insects with long legs. The males feed almost exclusively on nectar and plant juices. The females of most species, however, are parasites, and live mainly off the blood of vertebrates. In many species, the female must obtain nutrients from a blood meal to be able to produce eggs. Their mouth-parts are adapted for piercing the skin. When a mosquito pierces the skin it releases saliva which acts as a anticoagulant, and prevents blood from clotting. This allows the mosquito to quickly feed before the host notices. In many people, the saliva emitted causes an allergic reaction resulting in an irritating and itchy rash. As they pass from host to host, mosquitos become vectors of many diseases such as malaria, West Nile virus, Zika virus, dengue fever, and yellow fever.



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**CHEROKEE NATION
OFFICE OF ENVIRONMENTAL HEALTH**

MOSQUITO CONTROL

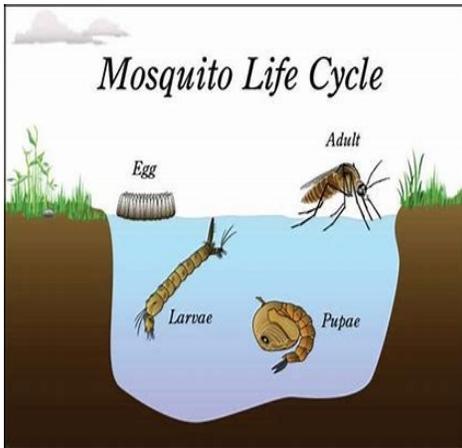


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Controlling Mosquitoes

Mosquitoes go through four separate stages before they become adults, and the first three stages of its life cycle occurs in standing water. This is

important to remember because without a source of water mosquitoes would not have a place to breed.



Eliminating standing water will help keep the mosquito population down. As little as one teaspoon or bottle cap of water standing for more than one week is enough for mosquitoes to breed and multiply. Put away items that are outside and not being used because they could hold standing water. Some plants, such as bromeliads, hold water in their leaves, so once a week flush out the plants with a hose. Cut tall grass and low

-lying areas in your lawn so mosquitoes will not have a places to hide.



At least once a week look around your yard and empty or cover anything that could hold water like

- ◆ Tires
- ◆ Buckets
- ◆ Toys
- ◆ Pools & Pool Covers
- ◆ Pet Dishes
- ◆ Roof Gutters
- ◆ Coolers
- ◆ Boat or Car Covers
- ◆ Trash, Trash Containers and Recycling Bins



How to Protect Yourself Against Mosquitos

- ◆ Dawn and Dusk are times to avoid being outdoors. These are times when mosquitoes are most active
- ◆ When you go outside wear light in color long sleeve shirts and pants
- ◆ Use insect repellent that is effective against mosquitoes. Look for active ingredients such as DEET, Picaridin, IR3535, Oil of Lemon Eucalyptus, and Para-Menthane-Diol
- ◆ Mosquito proof your house by using screens on all windows and doors. Make sure all screens and doors are in good repair to keep them out. If needed use mosquito netting/bed nets.



**** If you have any more questions about the topic please feel free to call Cherokee Nation Office of Environmental Health. Contact information is on the back of the brochure.**