

## **Effective Tick, Mosquito and Chigger Control Measures**

Throughout spring, summer and well into late fall, unwanted pesky insects find their way into our landscapes, camp grounds, sporting venues and even inside our homes. These uninvited, winged guests are single-minded when it comes to their human prey. From the low-flying ticks and chiggers to the higher-flying mosquitoes, all are relentless and can be bothersome with their bites. For example, ticks can permeate tight, protected spots that lie between our skin and clothing. Once they bite, their enzyme-filled saliva becomes irritating and itchy. Mosquitoes, on the other hand, can quickly land or light on our exposed skin multiple times, before we're even aware of their presence. Chiggers can be the worst bites of all three of these pests.

Despite the many ways these pests can breach our personal spaces, there are just as many ways that we can protect ourselves. Some methods require the use of chemicals that can be applied in a broad space and others are applied topically and don't require the use of harsh chemicals. Below are ways to protect you from these so called no-see-ums.

### **GENERAL**

- ❖ If the weather isn't too hot, consider wearing a long-sleeved shirt, long pants, and socks.
- ❖ Treat clothing with permethrin or purchase pre-treated clothing. If clothing is pre-treated, it will retain the repellent for multiple washes. Repellent used on skin can also be applied on clothing but for a shorter time and must be reapplied after washing.
- ❖ Apply lotion, liquid, or spray repellent to exposed skin. This is important for use in the garden during early morning hours or late evening. Products containing Picaridin are effective.

### **TICKS**

- ❖ Make certain to wear long-sleeved clothing and ensure that your pants and shirts are tightly wrapped to your ankles, waist, wrist, etc.

- ❖ Check yourself daily (your entire body) and remove attached ticks promptly.
- ❖ Shower within 2 hours of being in a tick-infested area.

## **MOSQUITOES**

- ❖ Ensure adequate protection during times of day when mosquitoes are most active.
- ❖ West Nile mosquitoes bite mainly from dusk to dawn.
- ❖ Use common sense and make certain to reapply repellents as protection wanes, typically after 3 - 4 hours of initial application.
- ❖ When traveling, place nets over your bed when accommodations aren't adequately screened. If nets don't fall all of the way to the floor, tuck them underneath the mattress.

## **CHIGGERS**

- ❖ Use an insect repellent containing DEET and apply Permethrin to boots, backpacks, clothing, etc.
- ❖ Wear tightly-woven fabrics.
- ❖ Stay on the trail – chiggers hang out in high vegetation and will cling to your body when you walk through their territory.
- ❖ Avoid chigger-infested areas – some places are simply chigger-bound. Avoid the areas that have high vegetation.
- ❖ If you think you've wandered into a chigger-infested area, get out of the area and wash yourself immediately with hot soapy water.

Awareness is the key. When you know that you're going to be in areas during certain times of the day that are prone to chiggers, misquotes and/or ticks, come prepared and shield yourself from these tiny predators and allow yourself to enjoy nature and your surroundings.