

## Keeping mosquitoes at bay

Nothing can ruin a fun, summer evening outdoors quite like mosquitoes! Here's some simple ways to keep the pests at bay.

### **SCREENS**

Screens are your best line of defense against mosquitoes! Consider screening in your porch if you haven't already, and, if you already have screens, check the seals around the edges and patch any tears as needed.

### **KEEP YOUR YARD MAINTAINED**

Mosquitoes favor cooler spots in the shade, so make sure to keep high grass and brush under control. Also, letting in more sun helps dry up any wet spots that could lead to a potential mosquito breeding ground.

### **USE FANS OUTSIDE**

Tests show using a fan outside can reduce mosquito landings by more than 50 percent for people sitting nearby. Not only does a fan make it harder for mosquitoes to land, it also helps disperse carbon dioxide we breath, which makes it harder for mosquitoes to find you!

### **PLANT PLANTS**

The easiest way to get rid of mosquitoes is to mask your scent, so consider planting certain plants in your yard. Crushing up peppermint will repel mosquitoes and applying it to water can kill the larva of certain species. Lemon balm and lavender will also help keep mosquitoes away.

### **UTILIZE OTHER SCENTS**

Make sure to keep sage and rosemary handy every time you're around the fire pit - the smell of burning sage and rosemary drives mosquitoes crazy and will drive them away. Also, making a vanilla spray can help keep the mosquitoes away. Just add two teaspoons of pure vanilla extract into one cup of water and spray yourself with the concoction.

### **TAKE VITAMIN B**

A study suggested upping your vitamin B intake could help keep mosquitoes away. The idea is that by taking more vitamin B, your body will sweat out the excess through your skin, producing an odor that female mosquitoes hate!