

# Ticks & Mosquitos



## Personal Protection is Key

Wear light colored clothing, long-sleeved shirts, long pants tucked into socks, and mosquito netting around your head when spending lots of time outside. Use insect repellants. Find one that works for you at: <https://www.epa.gov/insect-repellents>.

Examine gear and pets before returning indoors. Conduct a full body tick check and carefully remove any found. Dry clothing on high heat for one hour to kill any ticks.

Walk in the center of cleared trails and avoid brushing up against vegetation.

## Landscaping Changes for Tick Reduction

In your high use yard areas, like around patios, gardens, and playsets, use the following maintenance tips:

- Create open space in your yard by trimming or removing trees to let in more sunlight. Sunny areas are less likely to harbor deer ticks.
- Mow lawns to 3" and clear leaf litter and brush from your high use areas.
- Discourage close proximity of tick hosts (deer and small animals) by moving woodpiles and birdfeeders away from your home and plant native deer resistant plants.
- Create a combined 12' wide zone of fencing or woodchips and lawn between the woods and your yard high use areas.

## Discouraging Mosquitos in Your Yard

- Prevent water from gathering in rain gutters, buckets, toys, and other containers.
- Put a screen over your rain barrels.
- Refresh water in wading pools, birdbaths, and animal water dishes weekly to eliminate larvae.
- Remove or trim dense vegetation around doors and windows where adult mosquitos like to rest.
- Use fans to create breezes.
- Provide housing or habitat for predators such as dragonflies, bats, birds, and frogs that eat mosquitos.
- Install and maintain tight-fitting screens on windows and doors.
- Use outdoor lights with motion sensors to reduce insects hanging out by entry doors and outdoor spaces.
- Use pyrethrum or citronella candles to reduce mosquito bites in limited areas.
- Use properly placed carbon dioxide traps to deter mosquitos.



[www.maine.gov/dacf/php/gotpests/bugs/factsheets/ticks-ct.pdf](http://www.maine.gov/dacf/php/gotpests/bugs/factsheets/ticks-ct.pdf)

## Find a Comfortable Balance

Ticks and mosquitos are part of Maine's outdoors. Completely eliminating these pests can cause more harm to our environment than personal benefits.

[www.cumberlandswcd.org](http://www.cumberlandswcd.org) | 207.892.4700 | EOE