

LS SUGGESTS

Pesky mosquitoes and ways to get rid of them

It is not uncommon to have garden parties in monsoon. The greenery is overtly luscious and as long as you have luxury tents protecting you from a sudden downpour, you are assured for a good time ahead.

BUT IS IT REALLY SO?

If you focus enough, you would realise you are not the only one planning a feast. Mosquitoes are all out and about to bother you throughout the entire evening and worse still conspiring to chow you down.

Before you plan on lighting up citronella candles, it is important to understand your adversaries, a little bit better.

The mosquitoes are not only a menace because they bite you in the most inconvenient of places but also because they spread deadly diseases like malaria, dengue, zika, chikonguniya, etc. So, it is more than just nuisance prevention; we need to be overly cautious in protecting ourselves and our loved ones from the endemic diseases.

HOW TO DO IT?

RULE # 1: BLOW THEM AWAY

Almost any kind of wind, gentle to a gust, makes it very difficult for mosquitoes to fly. So, if you are finally planning for that garden party, make sure to pick a breezy spot to set up the tents. If there's not much wind around then plug-in fans are a great deterrent as well.

RULE # 2: WEAR TIGHTLY WOVEN CLOTHES

While flowy cottons and linen may be your favourite dress-up garb for a garden party, we have bad news for you. These clothes, as beautiful as they may seem, provide zero protection from the mosquitoes. So how can

MOSQUITO
BITE PREVENTION

Steps you can take to reduce your chance of getting bitten:

When weather permits, wear long-sleeved shirts and pants.

Stay in places with air conditioning and window and door screens to keep mosquitoes outside.

Use Environmental Protection Agency (EPA)-registered insect repellents. Always follow the product label instructions.

Regularly empty and scrub, turn over, cover, or throw out any items that hold water like tires, buckets, planters, toys, pools, birdbaths, flowerpot saucers, or trash containers. Mosquitoes lay eggs near water.

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we handle this? Easy — wear tightly woven synthetic fibre apparel below the flowy outfits for e.g. tights, leggings, bodice etc.

RULE# 3: WEAR LIGHT COLOURED GARMENTS

Even though dark colours maybe your favourite, it is time to wear lighter shades for the sake of your good health.

Mosquitoes find it hard to locate targets that are in contrast with the horizon. So if you have a blue sky above you and greenery all around and somehow you have planned to wear that maroon sari your beloved had gifted you last Valentine's — please be prepared to be bugged by the pesky creatures. Opt for white, beige, lime

green, or powder blue instead.

RULE # 4: DO RELY ON HIGH TECH TRAPS

Electrical, mosquito zapping high tech traps are available at most electrical stores these are said to be highly reliable especially in the case of large gatherings. Then there are the bug-zapping electrical bats that look like tennis rackets. These have proven to be effective in most circumstances as well. In addition to all these there's also the option of using mosquito repellants that come in the form of sprays, ointments and lotions. Make sure that these are human — friendly and will not cause any harm to the body upon application.

RULE # 5: GENERAL TIPS

Remove mosquito habitats by eliminating stagnant water, especially in places where they are expected to breed.

Control adult mosquitoes using insecticide.

Keep yourself safe, especially the little ones within the house by covering the beds and baby carriers with appropriate mosquito nets.

In the end, do not let these pesky buggers ruin what is supposed to be an enjoyable day. As long as you have followed all the instructions to prevent a bite; calm down! Relax and sip on a cup of hot coffee enjoying a jolly evening with your friends.

By Mehrin Mubdi Chowdhury
Photo: Collected

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