

#### 4 Tips to Protect Community Residents and Guests from Mosquito-Borne Diseases



Mosquitoes have existed for millions of years, and their populations continue to thrive today. In fact, they are considered the most dangerous species in the world - killing more than one million people annually by spreading pathogens like West Nile, Zika, Dengue, Yellow Fever, and Malaria.

Enjoying the outdoors is a large component of living in your community. The best way to keep residents and guests safe from vector-borne diseases is by establishing best practices that encourage personal safety and mindful mosquito prevention.



### Stay safe by remembering the "4Ds"



## **DEFEND** — Encourage community members to use EPA-approved repellents when spending time outdoors.

- Those containing 10-30% DEET (N,N Diethyl-meta-toluamide) are the safest and most effective.
- To ensure proper use, always follow instructions on the label.
- Protect pets with preventative heartworm medication.



## **DRESS** — Educate your community members on wearing light-colored clothing, closed-toe shoes, long sleeves, and long pants when spending time outside.

- Mosquitoes are more attracted to dark colors than light ones.
- Loose-fitting clothes make it more difficult for them to bite you.
- Bare skin on hands, ankles, or face should be protected with repellent.



### **DRAIN** — The mosquito lifecycle begins in the water - even small amounts can produce hundreds of mosquitoes.

- Empty or cover containers that can hold water such as birdbaths, flowerpots, children's toys, pet water bowls, abandoned pools, tarps, trash receptacles, playground equipment, grills, and many other outdoor items.
- Restore drainage in gutters, cover rain barrels, fill in low-lying ground or unnecessary ditches, fix stormwater pipes and other outdoor structures.



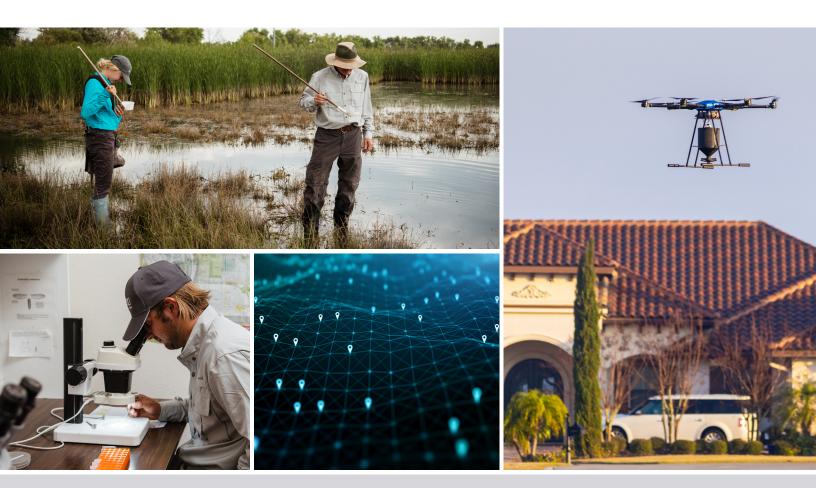
### **DUSK & DAWN** — Stay indoors during these times of day when mosquitoes are most active. Do not let pets out within these timeframes.

- Most mosquito species are susceptible to dehydration when in direct sunlight.
- During daylight times, mosquitoes often seek refuge in cool, sheltered places like bushes, thick weeds, and hollow logs.

# The IMM Advantage

HOAs, POAs and large planned communities can benefit from partnering with a professional mosquito management company to better understand mosquito activity, species dynamics, and disease risks. This proactive approach will help keep mosquitoes at bay, protect community members, and ensure a safer community.

Through Integrated Mosquito Management (IMM) programs, educational information and resources can also be provided to businesses to help empower their community members to exercise preventative and protective measures.





#### Partnering with VDCI

Our Integrated Mosquito Management (IMM) program includes public education, surveillance, disease testing, data collection and reporting, as well as ground and/or aerial applications. VDCI's focus on public health, coupled with our scientific management expertise, set us apart from your typical pest management company. By working together, we can help reduce the concern of these harmful pests so that your community members have a happy, safe place to live. Contact our experts at 866.403.4111 to develop an IMM program tailored to your property's needs.

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