

## Those Pesky Buggers

People are usually prone to attract mosquitoes due to a combination of blood type, CO<sub>2</sub> release, scent (lactic acid), light, and heat. Mosquitoes don't need your blood for food, but for proteins that help them develop their eggs. This is why only female mosquitoes bite!

While definitely being a nuisance, different mosquitoes may also carry different diseases. It is important to protect yourself from bites however possible. We always suggest using an insect repellent with DEET as your primary defense. But this brochure will provide you with natural options that may help keep those pesky buggers away.

This brochure includes natural remedies to help with our little summer visitors. Always research further if you want more information!

**Remember the most effective way to get rid of mosquitoes is by removing standing water!!**

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# Natural Mosquito Remedies

Ocean County Mosquito Commission

## Plants, Repellents, and Bite Alleviators

*Disclaimer: Ocean County Mosquito Commission is providing articles on many natural remedies; however, no warranty is made that the information contained will work in every case. The information provided within was obtained from peer-to-peer sharing sites. There is no guarantee that these remedies will be more effective than biological and chemical control.*

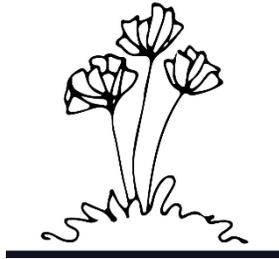
# Those Pesky Buggers

## PLANTS

Planting these plants around your yard may provide a natural barrier that can help keep mosquitoes away and limit the number that enter your yard.

- Lemon Balm\*
- Catnip\*
- Basil
- Lavender
- Peppermint\*
- Eucalyptus
- Marigolds
- Lemon Thyme
- Sage
- Rosemary\*
- Geraniums
- Bee Balm\*
- Clove
- Garlic

Always try to use native plant species when possible!



*\*use caution where you plant these species, they can become invasive in a garden.*

## NATURAL REPELLENTS

There are DEET free alternative insect repellents available that are made from lemon eucalyptus oil that have many positive reviews. There are also other natural options available that use a wide variety of different ingredients.

**If you'd rather make your own repellents research recipes using these suggested essential oils or ingredients:**

- Neem oil
- Cinnamon oil
- Lemon juice
- Cloves/Anise
- Vodka
- Basil extract
- Citronella oil
- Lemongrass
- Tea Tree oil
- Lavender oil
- Witch hazel



\*\*After researching these natural repellents it is important to always test a small patch of skin for sensitivity prior to application and wait at least 24 hours.

There are other effective repellents for the environment which include burning coffee grounds, rosemary, or sage.

There are also natural remedies available for your pets!!

## BITE ALLEVIATORS

To be able to suck your blood, a mosquito must first inject you with saliva, which contains an anticoagulant that allows the blood to flow freely. The 'bump' that is formed after this is your body's reaction to protein contained in mosquito spit to do this.

Here are some natural ways to alleviate the after effect of mosquito bites:

