**Fall Health Tip: Squash Mosquito Threats at Home**

As spiced pumpkin lattes and holiday gear returns, our minds turn to autumn fun. However, fun doesn’t mean we ignore our health. That’s why it’s important to important to bring your attention to the most dangerous creature on this planet: The mosquito. And yes, they are still active whenever it is warm, even during the fall and winter seasons!

Remember, just one bite can make you seriously ill with diseases, such as West Nile virus. Last year, more than 270 people in L.A. County were bit by mosquitoes and infected by West Nile virus!

Here are some simple actions you can do yourself to keep mosquitoes out of your home, yard and patio:

1. **Tip ‘n toss, show them who’s boss!** – Every week, dump out stagnant water onto the ground or grass so you don’t invite mosquitoes to your home. Remember, even a small vase with water or a bucket of water can be a mosquito source.
2. **Repel, don’t let the bites swell** – Tired of those embarrassing mosquito bites? Use insect repellent! Look for repellent that have any one of the following ingredients: Oil of lemon eucalyptus, Picaridin or DEET.
3. **Screen them, block them out** – Mosquitoes are able to fly through small tears in your window and door screens. Maintain the screens and repair them before mosquitoes find a way in.

If you follow these helpful, do-it-yourself tips, you are one step closer to creating a bite-free home!

For more information, please contact the San Gabriel Valley Mosquito and Vector Control District at 562-814-9466 or [www.SGVMosquito.org](http://www.SGVMosquito.org).