

Tips for Avoiding Mosquito Bites

Here are some tips for avoiding mosquitoes:

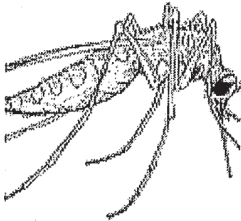
1. Mosquitoes are attracted to things that remind them of nectar or mammal flesh. When outdoors, wear light clothing that covers most of the body, keeping as much skin and hair covered as practical. Avoid bright, floral colors. Khaki, beige, and olive have no particular attraction for mosquitoes.
2. They are also attracted by some body odors, and for this reason they choose some individuals over others in a crowd. Avoid fragrances in soaps, shampoos, and lotions.
3. Many species of mosquito prefer biting from dusk until dawn. The problem is worse when the weather is hot or humid. Avoid playing outdoors during the peak biting times in your area.
4. Citronella candles may be useful when your children are playing outside.
5. Try to stay away from still water.
6. People who are highly allergic should avoid vacationing in the Everglades.
7. The Centers for Disease Control and Prevention (CDC) recommends using an insect repellent on exposed areas of skin. The most effective compound is DEET (N,N-diethyl meta-toluamide), an ingredient in most insect repellents. However, insect repellents containing DEET should be used sparingly on children. DEET-containing products should not be used on children under 2 months of age.
8. Don't apply insect repellent under clothes, or too much of the toxic substance may be absorbed. Also, avoid applying repellent to portions of the hands that are likely to come in contact with the eyes and mouth.
9. Pediatric insect repellents with only 6-10% DEET are available (products containing 10% DEET are effective for approximately 2 hours). 30% is the maximum concentration of DEET recommended for infants and children.
10. DEET should not be applied more than once a day.
11. DEET should not be used in a product that combines an insect repellent and a sunscreen (so that the sunscreen can be reapplied as needed).
12. For greater protection, clothing and mosquito nets can be soaked in or sprayed with permethrin, which is an insect repellent licensed for use on clothing. If applied according to the directions, permethrin will repel insects from clothing for several weeks.
13. Skedaddle and Avon's Skin So Soft both work well for some kids. Neither these nor the stronger repellents stop mosquitoes from landing -- only from biting.
14. Some studies suggest that taking thiamine (vitamin B1) 25mg to 50 mg three times per day is effective in reducing mosquito bites. This safe vitamin apparently produces a skin odor that is

not detectable by humans, but is disagreeable to pregnant mosquitoes (Pediatric Clinics of North America, 16:191, 1969). It seems to be especially effective for those people with large allergic reactions. Thiamine takes about 2 weeks before the odor fully saturates the skin.

15. Garlic may work in the same way (except, of course, the odor is detectable by humans), but I have seen no scientific studies supporting this.

Read more: <http://www.drgreene.com/tip/tips-avoiding-mosquito-bites/#ixzz0mJqe4rqM>

Symptoms of the EEE Virus



Symptoms of the EEE Virus

Eastern Equine Encephalitis, or EEE, is a virus transmitted to human beings through mosquito bites. The disease has no cure, and approximately 3 out of every 10 people afflicted with it die. The only treatments available for patients with the EEE virus are eliminating pressure on the brain and spinal cord and reducing the fever. Patients surviving a bout with the EEE virus often suffer permanent disabilities.

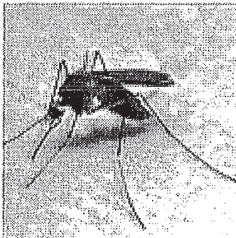
First Symptom

The first symptom of the EEE virus is a high fever between 103 and 106 degrees F. The fever does not typically respond to over-the-counter treatments like ibuprofen or acetaminophen.

Malaise

Confusion may arise as a result of the high fever. An overall lethargic feeling accompanies the fever and confusion.

Stiffness



Take proactive steps to avoid being bitten by mosquitoes that could carry the EEE virus.

A stiff neck is often associated with serious illnesses like bacterial meningitis, but can also be a symptom of the EEE virus. Some patients with EEE are initially diagnosed with meningitis; doctors look into the possibility of the EEE virus when blood work for meningitis is negative. It is vital to report to doctors if you live in or have visited any region with a high mosquito population.

Headache

Excruciating headaches that rapidly build in intensity are a result of the EEE virus. The pain from these headaches typically radiates down toward the stiff neck, enhancing that symptom as well.

Most Severe

The most severe symptom of the EEE virus is coma. A patient is more likely to succumb if he falls into a coma from the virus; if he survives the coma, the patient will face serious disabilities, including nerve damage and neurological disorders that hinder walking, thought processing and talking.

Prevention/Solution

There is no cure for the EEE virus, and doctors recommend prevention as the best means of survival. Wear long-sleeved shirts and long pants when spending time in areas known for heavy mosquito populations. Apply an insect repellent that contains DEET, and avoid being outside between dusk and dawn during the summer months