

# Remove Breeding Sources

Mosquitoes need a small amount of water to lay their eggs. Any water that stands still for more than a couple of days can become a breeding site. Removing standing water sources around your house will reduce the number of mosquitoes around your property. Here are some common breeding sources and solutions:

**Swimming Pools/Spas:** Keep the water clean and circulating.

**Irrigation & Storm Drains:** Do not over water and keep drains clear so water does not collect.



**Containers & Buckets:** Store upside down or cover them so they do not collect water.

**Tires:** Cover or throw away used tires. Drill holes in tire swings to let water drain out.

**Trash Cans:** Keep covered so they do not collect water.

**Faucets & Hoses:** Fix leaks.

**Potted Plants:** Empty plant saucers weekly.

**Boats:** Keep covered to prevent water from collecting inside.



Change Birdbath Water Weekly

# Mosquito Fish

Mosquito fish are an effective and natural way to fight mosquitoes. These small (1 to 2 inches long) freshwater fish eat mosquito larvae.



Mosquito Fish (*Gambusia Affinis*)

Mosquito fish are best used in man-made standing water sources. These include backyard ponds, birdbaths, animal troughs, fountains, and neglected swimming pools.

Mosquito fish should **NOT** be placed in any natural waterways such as lakes, rivers, streams, or creeks. When put into these environments mosquito fish may eat native species and disrupt the ecosystem.

Mosquito fish are available free of charge from San Diego County. For information call (858) 551-INFO or visit our website at [www.SDFightTheBite.com](http://www.SDFightTheBite.com).



www.SDFightTheBite.com  
Logo courtesy of www.FightTheBiteColorado.com

# Contact the County of San Diego Vector Control Program If:

- You are being bitten by mosquitoes.
- Mosquitoes are coming from local lagoons, streams, riverbeds or other large natural water sources.
- There are neglected green swimming pools in your neighborhood.
- There are drainage ditches with standing water in your neighborhood.

**Controlling Mosquitoes may require outside help. Contact the Vector Control Program and a Vector Control Technician will help you free of charge.**

For more information about mosquitoes or other vector-borne diseases, contact the San Diego County Vector Control Program.



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(858) 694-2888

[www.SDFightTheBite.com](http://www.SDFightTheBite.com)  
[www.SDVector.com](http://www.SDVector.com)

# Mosquitoes

## "Fight the Bite"



County of San Diego  
Vector Control Program

## Mosquito Facts

Only female mosquitoes feed on the blood of humans and animals. The blood supplies females with nutrients needed to produce eggs. A mosquito may bite only two or three times during her life, but she can develop hundreds of eggs from each blood meal.

After a blood meal the female is ready to lay her eggs in a pool of stagnant water, as little as 1/4 inch deep. Males feed on other food sources like plant nectar.

## Mosquitoes Spread Disease

People react differently to mosquito bites. Some show very few signs of being bitten. Others may have redness, swelling, and itching. This is an allergic reaction to the mosquito's saliva.

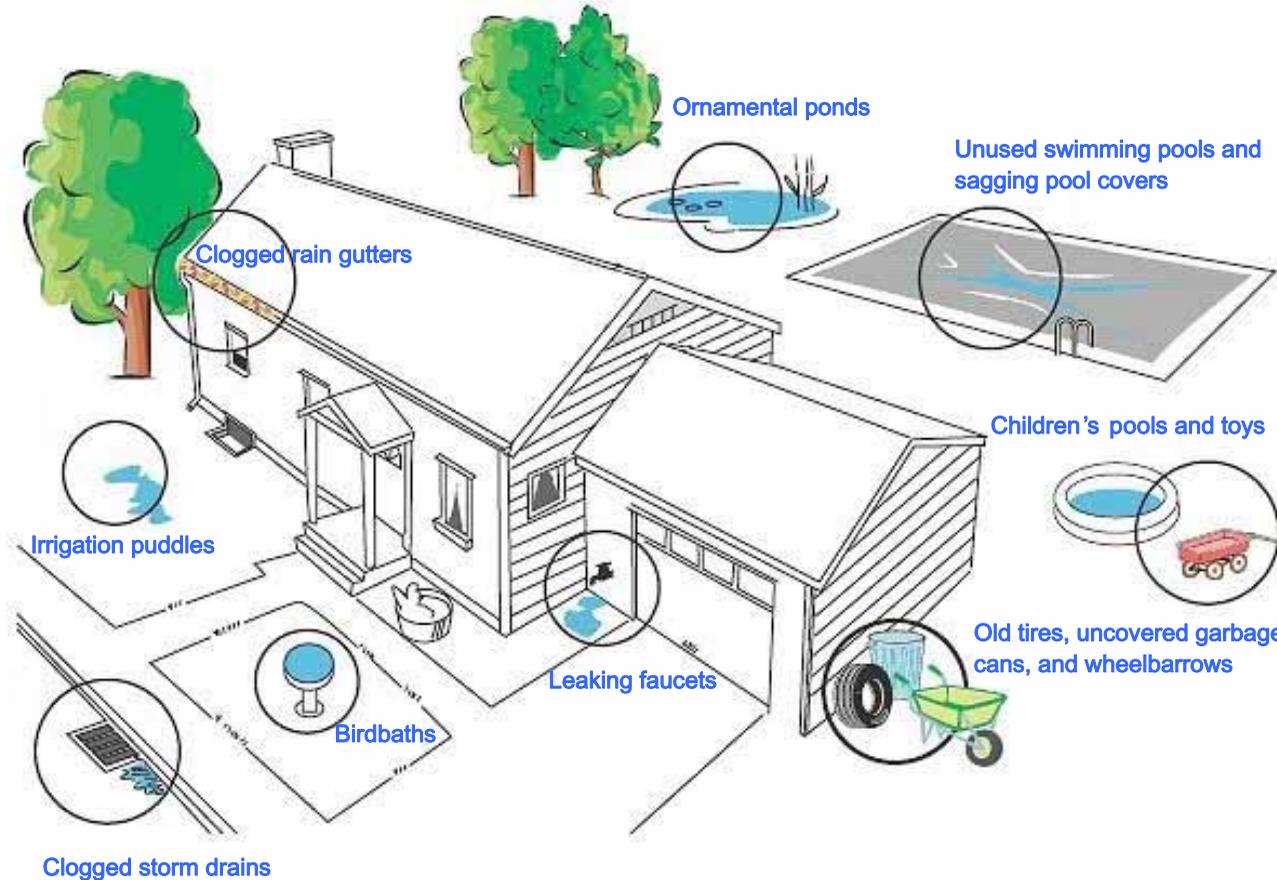
Mosquitoes can also spread diseases to humans through their bite.

In San Diego County there are 24 different types of mosquitoes. At least four types are known to spread diseases to humans such as:

- West Nile Virus
- St. Louis Encephalitis
- Western Equine Encephalitis
- Malaria

For more information about any of these diseases, please contact your doctor or visit [www.SDVector.com](http://www.SDVector.com).

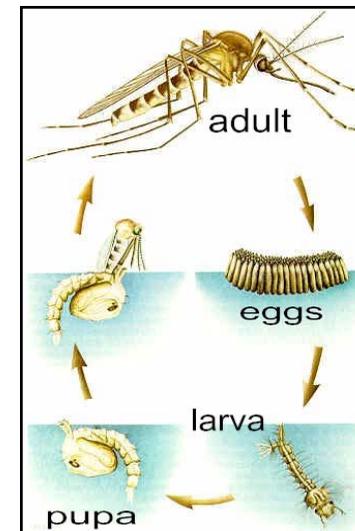
## Mosquito Breeding Locations Around the Home



## The Mosquito Life Cycle

During warm months a mosquito may complete its life cycle in a week. A mosquito has four stages in its life cycle:

1. **Egg**: The eggs are laid in standing water. Eggs hatch into larva in 2 to 3 days.
2. **Larva**: Larva look like tiny wiggling worms in the water. They come to the water surface to breathe and feed on organic matter, such as algae.
3. **Pupa**: Larva turn into pupa. This is the resting stage, pupae live in the water but do not feed.
4. **Adult**: Adult mosquitoes emerge from the pupa case in 2-3 days depending on temperature. The newly emerged female adults are ready to find a blood meal. The average mosquito will live for about 2 weeks.



## “Fight the Bite”: Protect Yourself

Prevent mosquito transmitted diseases by avoiding mosquito bites. Follow these tips to protect yourself from mosquito bites:

- Wear light colored long sleeves and pants to cover your skin when outdoors. This will make it easier to see a mosquito if it lands on you.
- Apply an insect repellent that contains either DEET, Picaridin, Oil of Lemon Eucalyptus, or IR 3535 to exposed skin or on top of clothing.



- Install or repair screens on windows and doors to keep mosquitoes out.
- Put mosquito fish or larvicide, such as “Mosquito Dunks” (Bti), in backyard ponds, fountains and unused pools to stop larvae from developing into adults. “Mosquito Dunks” are available at most home improvement stores.
- Avoid going outdoors during dawn and dusk hours when mosquitoes are most actively looking for a blood meal.
- Trim and thin shrubs and bushy plants where mosquitoes can rest and hide during the day.