

**FOR THE HEALTH OF IT!**

**MAY 31, 2024**

We have made it through another winter and a wet spring and now it is Summertime!

It's the glorious season of sunshine and being outdoors, but with this wonderful weather comes a pest. Mosquitoes.

So here are a few tips to prevent mosquito bites:

- Use insect repellents any time you are outdoors, follow the directions on the insect repellent
- Wear long-sleeved clothing
- Schedule outdoor activities to avoid the hours from dusk to dawn during peak mosquito season
- Repair damaged window and door screens
- Remove standing water from the areas around your home including birdbaths, gutters and tires

These steps can help you enjoy summer without mosquito bites.

For more information check out these websites:

[Mosquito-borne disease prevention | Mass.gov](#)

[Preventing Mosquito Bites | Mosquitoes | CDC](#)



Photo from Adobe Stock