



Are you a  
**MOSQUITO**  
**MAGNET?**

mosquito.buzz  
...stay outside

# TABLE OF CONTENTS

|                         |    |
|-------------------------|----|
| Introduction            | 3  |
| Carbon Dioxide          | 4  |
| Lactic Acids            | 5  |
| Blood Type              | 6  |
| Choice of Clothing      | 7  |
| Smells                  | 8  |
| Body Odour              | 9  |
| Fragrances              | 9  |
| Avoiding Mosquito Bites | 10 |
| Drain                   | 11 |
| Dress                   | 12 |
| Defend                  | 13 |



# INTRODUCTION

We've heard it time and time again; there's something about you, in particular, that mosquitoes just love. Is it your charming personality? No, probably not. Your exquisite taste in music and film? We think not. Is it something about your aura? Well, sort of.

What is it about you that makes those pesky mosquitoes bypass your buddies and start feasting on your seemingly special skin?

If you think you're a mosquito magnet, you might be on to something. There are a number of factors that make some people more attractive to mosquitoes, some we can control, and some we can't. In this guide, we'll go through some of the factors that make people attractive to mosquitoes, and how you can avoid mosquito bites and stay outside all season long.



**mosquito.buzz**  
...stay outside

Are you a  
**MOSQUITO  
MAGNET?**

# CARBON DIOXIDE

Whenever you exhale, you're releasing a plume (a visual pattern of carbon dioxide) for potential mosquitoes to sniff out and follow. Mosquitoes use sensors around their mouths to detect carbon dioxide, and the plume you leave allows them to zone in on you; they can sense it from up to 50 metres away.

Certain types of people naturally produce more carbon dioxide, so it makes sense that they tend to get targeted more. This includes larger or heavier people; they exhale more gases than smaller folk, making them more likely to be on a mosquito's radar. Equally, if you've just done some running and are a little short of breath, you might be surprised at all the mosquitoes trying to keep up with you.

Pregnant women are more at risk, too. It's been found that ladies with a bun in the oven exhale around 20% more carbon dioxide than non-pregnant women, so it's especially important to take extra precautions outside if you're pregnant, especially with Zika becoming more and more concerning.



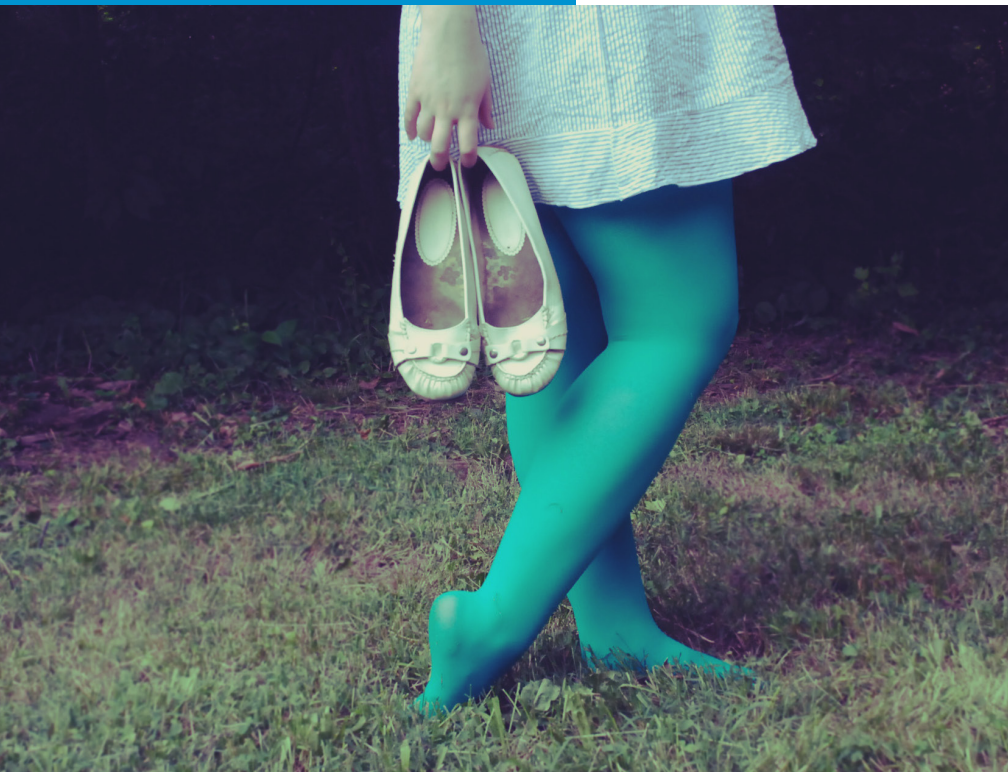
mosquito.buzz  
...stay outside

Are you a  
**MOSQUITO  
MAGNET?**

# LACTIC ACIDS

Humans secrete other goodies through our skin that mosquitoes are mad about. When we sweat, we emit lactic acids which mosquitoes sniff out and get drawn in by. The human body produces lactic acid naturally as it converts carbohydrates into energy, which is then emitted through our skin when exercising. It's also found in certain foods like yoghurt, fermented vegetables such as kimchi, sourdough bread, and wine.

Some people have more build-up of lactic acid on their skin, so if you've been working out or have been munching on any of the above, it'd be wise to wash up before relaxing outside. Equally, if you're basking in the glory of smelly socks or dirty clothes, maybe consider freshening up before getting too relaxed outside.



mosquito.buzz  
...stay outside

Are you a  
**MOSQUITO  
MAGNET?**

# BLOOD TYPE

In Canada, around 39% of people have type O blood. If that's you, then guess what - you are exactly Miss Mosquito's type.

Studies show that Type O's are twice as likely to get bit than Type A's, who make up about 36% of the population. Type B's (around 8%) were somewhere in the middle when it comes to mosquito attractiveness. Don't ask us why, though; scientists still haven't figured that out.

No matter your blood type, it's always a good idea to protect yourself with mosquito repellent and appropriate clothing if you're spending time outside.



mosquito.buzz  
...stay outside

Are you a  
**MOSQUITO  
MAGNET?**

# CHOICE OF CLOTHING

While it can be a little difficult to avoid the factors we've already mentioned, here's one you definitely can control.

Consider the size of mosquitoes. With their tiny little eyes, it makes sense that certain colours stand out to them more. Research shows that mosquitoes are attracted to dark colours, so it might be a good idea to opt for a more pastel tone.

Yellow, baby pink, or – if you dare – why not all-white? But whatever you do, don't choose blue. It's one of their favourite colours, which explains why those dodgy mosquito zappers usually have a blue light.

Mosquitoes tend to rest in shrubbery and decide on their target from a distance, and if you happen to be wearing a black dress or royal blue baseball cap, mosquitoes are going to find you easier to see.

They also have no problem biting through tight weave, so don't assume you're protected even if you're covered from head to toe. And if your clothes are overdue for a spin in the washing machine... well, that's a double whammy!



mosquito.buzz  
...stay outside

Are you a  
**MOSQUITO**  
**MAGNET?**

# SMELLS

Being aware of the factors that mosquitoes are attracted to can help you avoid them and the nasty diseases they carry.

For those of you who definitely are mosquito magnets, it all boils down to one simple fact; you stink. Good, bad... we don't know. But whatever the perspective, mosquitoes all have acute receptors that detect scents from up to 100 feet away. These are the primary indicators that female mosquitoes (the ones that do the biting) use to pick out their prey.

Having said that, all mosquito species are different; some species will bite anything warm-blooded, including birds, cows, dogs, cats or humans. On the other hand, other mosquito species prefer to dine exclusively on humans, such as the major Zika culprit *Aedes aegypti*, and the *Anopheles gambiae*, which has quite the penchant for feet and ankles over other exposed parts of the human body.

**In general, mosquitoes are attracted to the smell of carbon dioxide, lactic acid, and our blood. While we don't have a lot of control over emitting these smells, there are other smells that mosquitoes like that we can control.**



mosquito.buzz  
...stay outside

Are you a  
**MOSQUITO  
MAGNET?**

# BODY ODOUR

A combination of sweat and bacteria creates a scent on our skin that mosquitoes simply adore... but your significant other probably doesn't. That's right, we're talking about B.O. Bacteria is what gives our sweat a scent; old sweat that's been building up on the skin has had time to mingle with all that bacteria, which is oh so attractive to mosquitoes.

If you know you're going to be outside, do yourself a favour and give your skin some attention (also known as a shower). Don't forget to scrub your feet, and avoid wearing stinky sneakers or day-old socks - they're full of all your old sweat.

# FRAGRANCES

Fragrances, perfume and scented lotions are known to attract mosquitoes, particularly floral scents. When you're addressing that B.O. issue, be careful not to clean yourself with fragranced body wash, and certainly don't take any shortcuts by 'masking' your personal scent with perfume; B.O plus fragrance is basically a mosquito magnet 2-for-1 deal. If you want to be serious about avoiding mosquito bites, make the switch to unscented.



mosquito.buzz  
...stay outside

Are you a  
**MOSQUITO  
MAGNET?**

# AVOID MOSQUITO BITES

Of course we all want to avoid mosquito bites, but how many of us actually take the proper precautions? Apart from just spraying your skin with a repellent when you're spending time outside, there's a lot of simple things you can do to avoid getting bitten by mosquitoes this season.

According to the American Mosquito Control Association, when it comes to avoiding mosquito bites you've got to remember the 3 D's; **Drain, Dress and Defend.**



mosquito.buzz  
...stay outside

Are you a  
**MOSQUITO  
MAGNET?**

# DRAIN

Mosquitoes breed in water, so it's crucial to eliminate possible breeding areas. Draining standing water gives mosquitoes less opportunity to breed, which gives you less chance of getting bitten by one.

Mosquitoes only need about a bottle cap's worth of water to breed hundreds of eggs, so scan the area and drain any water filled containers that you can find. Here's a quick checklist;

- Get rid of any tires lying around the house - they're notorious for breeding thousands of mosquitoes
- Drill holes in the bottom of recycling containers
- Remove debris from gutters to avoid water collection
- Keep your pet dishes clean and change the water regularly
- Empty water from kids' toys
- Change water in bird baths
- Turn boats or canoes over
- Avoid water collecting on top of pool covers or tarps
- Drain water from bottles, buckets, barrels, lids - anywhere water collects



# DRESS

Our customers have mosquitoes under control at their own homes, but what happens when you're out and about? There's nothing worse than a party pooper that's scared of going outside, but at the same time, you've got to protect yourself.

Dressing appropriately is a simple way to deter mosquitoes from your personal space. Mosquitoes tend to be more attracted to dark clothing, so if you're going to an outdoor party or a patio bar, don't wear all black. Opt for light colours - they're more difficult for mosquitoes to see, so they're less likely to bite you. They can also easily bite through tight fitting clothing, so opt for loose fitting and long sleeved clothing, if you can.



**mosquito.buzz**  
...stay outside

Are you a  
**MOSQUITO  
MAGNET?**

# DEFEND

Probably the most common mosquito control practice is defending yourself with mosquito repellent and surface sprays. But it's important to know what you're buying; the best mosquito repellent is an effective one, and only three repellents are approved and recommended by the Environmental Protection Agency, so be sure to check the label for one of these active ingredients;

- DEET
- Picaridin
- Oil of lemon eucalyptus

According to AMCA, it's also important to follow a few guidelines when using these repellents;

- Only apply repellent to exposed skin, not clothing
- Keep them away from eyes, nostrils and lips
- Avoid applying repellents to kids' hands, since they often come in contact with the eyes and mouth
- Pregnant and nursing women should minimise the use of repellents
- Wash repellent off once you go back inside



mosquito.buzz  
...stay outside

Are you a  
**MOSQUITO**  
**MAGNET?**