



The Valley Buzz!

Aedes aegypti and Fall

Ever since *Aedes aegypti* and *Aedes albopictus* invaded our neighborhoods, we have seen two peaks in mosquito activity. Our native species, like *Culex quinquefasciatus* tend to be more active in the late Spring and Summer, while invasive *Aedes* tend to swell more in late Summer and into fall. This is where we find ourselves again as we creep toward Halloween. Take these steps to avoid these tiny bloodsuckers!

1. Dump and Drain standing water: Look for ANY pots, buckets, bowls, etc., that may be holding water and dump it out! Scrub the container clean with a brush to dislodge any eggs and rinse the container. Store them where they cannot get refilled.
2. Keep doors and windows closed, including garage doors. Mosquitoes will venture into the home and garage, so physical barriers are important.
3. Wear a repellent. Ones with Picaridin, Deet, Oil of lemon eucalyptus, and IR3535 are known to be the longest lasting and most effective. You may need to try a few different ones to find what works best for you.
4. Call us for help! Our technicians are trained and State certified to find and eliminate mosquito breeding sources. We can find the best way to reduce mosquitoes in your area.



Aedes Aegypti Female - notice the characteristic black and white scales



Aedes prefer to use small, hidden water sources like the above pot

Tricky Ticky!

As we move into cooler weather and the rainy season, it's time to talk ticks!

Ticks are small arthropods that attach to animals and drink blood for sustenance. They actually start with six legs, like an insect, but gain another pair during their development!

To avoid ticks this fall, follow these guidelines:

1. When hiking, camping, or walking in vegetated areas, tuck your pants into your socks.
2. Wear a repellent, especially around your ankles and legs.
3. Ticks tend to hang on the ends of vegetation when looking for a body to attach to, so avoid brushing against tall grasses and bushes - stay in the middle of the trail!
4. Perform a "tick check" (check your ankles, waist, armpits, etc.) when you get back home or camp.

To remove an embedded tick, grasp the head as close to the skin as possible with fine-tipped tweezers or a tick removal tool, and pull straight out. Do not try burning the tick, covering with vaseline, or grabbing the body of the tick.

Here is a great resource for all things tick!

[Tick Talk | Learn about Ticks, Tickborne Diseases, and Tick Prevention](#)



Photo Courtesy CDC:

<https://www.cdc.gov/ticks/about/tick-lifecycles.html>

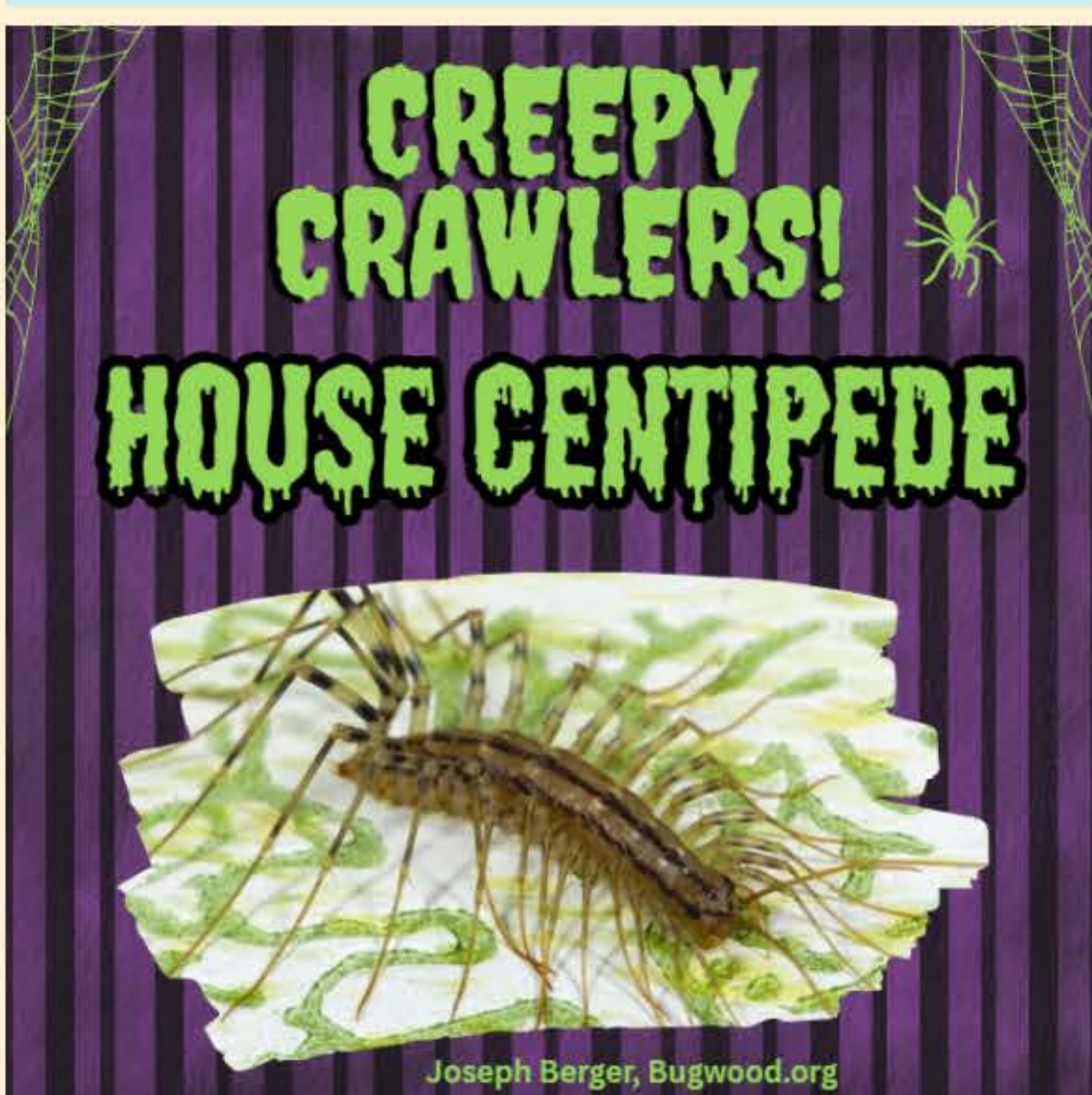
Usually, ticks go through four life stages: egg, larva (six legged), eight-legged nymph, and adult. After hatching from the eggs, ticks must feed on blood at every life stage.

House Centipedes: A Creepy but Helpful Houseguest!

House centipedes are a bizarre amalgamation of squiggly legs and feelers, with an almost accordion style movement that can chill some unsuspecting residents to the bone!

Despite their almost alien appearance and movement, house centipedes are not skulking around homes plotting our torture! In fact, they are quiet housekeepers who help keep other critters from getting out of control. They are insectivores, eating unwanted houseguests like cockroaches, silverfish, and termites while cruising around on their 15 pairs of legs!

House centipedes can live for several years, and prefer damp, cool areas. So even though it may be startling, these harmless critters can help with pest control- as long as you can live with all those legs!



Don't judge them on looks alone!



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