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**Protect yourself against mosquitoes and their diseases by adding mosquito prevention to your daily routine.**

*National Mosquito Control Awareness Week begins June 19-25, 2022.*

*Fight the bite! Avoid mosquito-borne virus transmission.*

**Coachella Valley, CA-** National Mosquito Control Awareness Week (NMCAW) reminds the public how to protect themselves from mosquitoes and the diseases they carry. For decades, our duty to the Valley’s residents has been to keep mosquito populations low and educate residents on how they can stop mosquitoes from biting them.

Our goal every year during mosquito virus season, which is the most intense during the hot summer months, is to make sure our residents avoid coming in contact with a mosquito that may be carrying a virus. We have technicians working all over the Valley that are experts in achieving this goal; however, we also need residents to take action to protect themselves.

 “Adding mosquito bite prevention to your daily routine can be as easy as applying insect repellent on top of sunscreen when outdoors,” says Tammy Gordon, Public Information Officer.

Join us virtually June 19-25, 2022, as we share protection tips, information on the viruses transmitted by mosquitoes, and how to choose the right repellent for you. Finally, will be closing NMCAW by going LIVE!

Follow the hashtag #NationalMosquitoWeek, our social media platforms @cvmosquito, and visit our website cvmosquito.org for more information.

**Prevent mosquito bites by following the three D’s:**

* **Drain: Empty out water containers at least once per week.**
* **Dress: Wear long sleeves, long pants, and light-colored, loose-fitting clothing when outside**
* **Defend: Properly apply an EPA-registered repellent such as DEET, picaridin, IR 3535, or oil of lemon-eucalyptus.**