

## ***Avoid the “bite” when out and about***



- **Use effective mosquito repellent on exposed skin**
  - 10% DEET lasts 2 hours, 10-20% 3-4 hours, 20-40% 4-6 hour
  - 10% Picaridin 2 hours, 20% 3-4 hours
  - 30% Extract of Lemon Eucalyptus (PMD) 2 hr.
  - 10% Citronella Oil 1 hr.
  - Reapply evenly over all exposed areas as needed
  - Do not apply to open areas on the skin
- **Avoid times when mosquitoes are most active (dawn and dusk)**
- **Wear loosely fitting long pants and long sleeve shirts**
- **Wear clothing pre-treated with insecticides**
- **Patches and wrist bands impregnated with botanical products do not offer effective protection from mosquitos**

*Cobble Creek Golf Course uses a non-toxic larvicide applied in and around its ponds and streams to reduce your exposure to mosquitoes. Bat houses are installed to encourage natural predators and our ponds are stocked with larva eating fish to reduce our mosquito population and make your golfing experience safe and pleasant.*