

Keep Away From Mosquitoes: Science Evidence-based Suggestion

IT is mid-summer, and it is also the time for mosquitoes. How can we prevent to be bitten by the little bloodsuckers? It is a question we really want to be answered. Let us listen to the experts how we can do that.

No more beer

Beer drinking can markedly boost your risk of being bitten. Mosquitoes can land on volunteers significantly increased after beer ingestion compared with before ingestion. Oh dear, please take care before swigging beer. Yes, you need make a choice between enjoying beer drinking and being bitten by mosquitoes.

Do not run

The mosquitoes know you are scared. If you are running for escaping being bitten, you are wrong. Because the more frequent you running, the easier for mosquitoes to find you due to the carbon dioxide you exhaled and substances in sweat, these can help mosquitoes home in on their prey. According to a study, physical activity can increase risk for bites by as much as 50%.

No dark clothes

Dark-colored clothing ups your risk of falling victim to the little vampires. Researchers said that black is the most attractive and then the red and then the grey and blue, and then khaki, green, light khaki, and yellow. Ok, right now you know what kind of clothes you need choose.

Do not naked your feet



The little bugs like the pungent aroma of dirty feet. In a study, scientists found that 75% of the mosquitoes homed in on his feet, but after he washed them with deodorant soap, the bugs bit randomly. Believe it not, it is the bug, yes, it is. They like the stinking smell.

No activity at full-moon night

Full moon, it is the time for reunion as the Chinese culture goes. Thinking what a bad time if being bitten by the tiny bloodsuckers at full-moon time. According to the American Mosquito Control Association, the mosquitoes are about 500 times more active when the moon is full. One recommendation is that avoid outside activities at dusk and dawn.

If you are pregnant

Keep away from mosquitoes is not that easy for the moms-to-be. A study showed that pregnant women can get bitten almost twice as often as women who are not that consequently increase the risk for parasite-borne diseases. Three reasons can explain this: 1) increased exhale volume at later in their

breath; 2) warmer of the pregnant women's abdomens; 3) changed endocrine system. So if you are pregnant, you also can prevent yourself from being bitten by avoiding above-mentioned tips.

If you are a blood type O

I cannot choose my blood type. Of course, nobody can. So keep in mind that you

are more attractive than others if you are a type-O blood human because mosquitoes are nearly twice more likely to land on your skin than others. It is the nature. Mosquitoes can identify blood type before they bite by smelling the substances people secreted.■

Conflict of Interests

None

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