MOMMY GOT A TICK
MOSQUITOES ARE BITING ME.

How to make soap to keep Ticks and Mosquitoes off children

Introduction

Have you ever noticed a swarm of irritating little creatures on top of your head when you go out in summer eves? Very annoying! Right? You go out to enjoy the summer evenings with your children, spouses, parents, grandparents, friends and colleagues but these little buzzing monsters spoil your evenings. Even more annoying and dangerous are invisible little ticks. Yes! Some are so small that you can't even see them with your bare eyes. Summer picnic is all about sitting on the cool grass and diving in to the savory of your delicious snacks but these ticks won't budge. Don't worry anymore. This eBook is a complete guide to help you and your little ones deal with ticks and mosquitoes. It also provides important information and facts on these little monsters. So, take your seats and enjoy the ride!

Types of Mosquitoes and how they can harm you

My dear readers more than 3000 species of these little monsters exist around the globe while about 176 exist in North America! I am going to list three most common mosquitoes found around the globe, the diseases they cause and how to cure the diseases.

Culex Mosquitoes

Culex mosquitoes are also know as house mosquitoes and come out of their hiding spots at night to attack you. They exist inside and outside too. Culex Pipens are most common in Northern US. Next time think twice before you leave your pet dishes unwashed and drains uncovered. Also dispose off old tires as these places are breeding ground for these plain brown and white striped mosquitoes. Females of the species lay about around 50 to 400 eggs in one

sitting on open water surfaces and containers! Yes that's too much. Culex restuans are similar sort of in built up and are found in. Central and Eastern US.

West Nile Virus

Symptoms

They cause West Nile Virus. It causes West Nile fever. 1 out of 5 people are affected by this fever. Symptoms include headache, nausea, body aches, diarrhea and rashes. The fever recovers with medication and treatment, however weakness doesn't for months.

Treatment

Over the counter medicines are used to treat West Nile fever and it usually goes away. A very few cases require hospitalization and special care.

Anopheles Mosquitoes

Anopheles mosquitoes are found both indoors and outdoors. They are also called marsh mosquitoes. These mosquitoes have about 460 species. These mosquitoes are the top most cause of human mortality around globe. It also transmits malaria which is second top cause of deaths in world. These mosquitoes are found in Eastern and Western United States. They mostly lay eggs on ponds or open still water surfaces such as marshes and swamps. My dear readers avoid going closer to such open water spaces between dusk and dawn.

Malaria

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Symptoms

Symptoms of malaria include chills, yellowing of skin, anemia, nausea, vomiting, muscles aches, headache and tiredness.

Treatment

Malaria is easily treatable with help of antimalarials. Chloroquine is used to treat malarial infection. It is an antimalarial and Covigo is the generic name of the drug. Some malarial stains are however, resistant to the medicine. The medicine acts upon malaria by killing the organism. It diffuses in to blood stream and hinders the process of malarial parasite and eventually kills it. For treatment of malaria, adults are given one 1000 mg dose. Later, after 8 hours the patient shall take their dose of 500 mg. After that on third day again a 500 mg dose is required. Meanwhile children are supposed to take the doses as per their body weights.

Aedes Mosquitoes

Aedes mosquitoes bite at day time instead of night. So, beware East Coast, Midwest, Pacific Northwest and Southern United States people! They love attacking humans. They cause many dangerous and some incurable diseases such as dengue, Zika and Yellow Fever. Dengue is also common in Pakistan, India and Nepal areas.

Dengue

Symptoms

Dengue can be fatal. Symptoms of dengue includes high fever, nausea, vomiting, aches and pains.

Treatment

There is no specific treatment for dengue. All that can be done is that you can improve your diet and fight dengue.

Yellow Fever

Symptoms

Yellow fever is an endemic in Africa. Patient dies within 7 to 10 days of getting it. Symptoms include yellowing of skin known as jaundice. Muscle pain is also caused.

Treatment

There is no treatment for yellow fever!

Types of ticks and how they can harm you

There are approximately 15 species of ticks but 5 types are the most common ones that can attack you or your pets!

American Dog Tick

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Wood tick is the most common tick. It is also known as American Dog tick. Small ticks feed on birds. Medium ticks feed on humans. Large ticks feed on dogs and racoons. The full-grown ticks are size of a grape and are brownish in color. They come out of their hiding spots to attack you in April, May and June. While from September onwards, they go away. They cause diseases such as Rocky mountain Spotted fever, Tularemia and Ehrlichiosis.

Rocky Mountain Spotted Fever

Symptoms

Symptoms of rocky mountain spotted fever are rashes, abdominal pangs, muscle aches, vomiting and fever.

Treatment

Doxycycline is used to treat this disease. All age humans can take this mediation, even your children.

Tularemia

Symptoms

Symptoms of tularemia include flu, rashes, ill health, chills, body and muscle aches. Fever also occurs.

Treatment

Antibiotics like doxycycline, streotomycin, gentamicine and ciprofloxacin are used to treat this disease. This treatment is taken for about 10 to 21 days and the patient completely recovers.

Ehrlichiosis

Symptoms

Ehrlichiosis is a bacterial infection which causes rashes in young children. Other symptoms include nausea, chills, fever and vomiting.

Treatment

Doxycycline is also used to treat this disease.

Lone Star Tick

These ticks are found in Illinois and feed on humans as well as other warm-blooded hosts. It is active from April till July. It can transfer Rocky mountain spotted fever, Tularemia and Ehrlichiosis like Wood tick but these diseases caused by this tick are not so problematic or effective. These are black and brown in color.

Tularemia

Symptoms

Symptoms of tularemia include flu, rashes, ill health, chills, body and muscle aches. Fever also occurs.

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Treatment

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Ehrlichiosis

Symptoms

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Treatment

Doxycycline is also used to treat this disease.

Deer Tick

Next time you go hiking, beware of Deer ticks! These monsters are found along hiking trails. Younger one feed on mice. Medium sized feed on humans and other mammals while large one feed on deer. They are reddish brown in color. They are present in spring and autumn. It is commonly found in northeastern United States, Michigan, Wisconsin and Minnesota. They cause Lyme disease and babesiosis.

Lyme

Symptoms

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Lyme disease if remains untreated, the infection might spread to joints, heart and even nervous system! Be very careful! The most common symptom is a rash called erythema migrans. Other symptoms are nausea, vomiting, chills and fever.

Treatment

Antibiotics cure the patient withing 4 weeks but the confusion that comes with the disease often lasts six months, so this time could be really painful for patient.

Brown Dog Tick

Protect your dogs from reddish brown little monsters. These are found in kennels of dogs, under rugs, behind radiators and in furniture. It is found throughout United States. It usually gets behind years of dogs or between their toes to feed! They then fall off in their hiding spaces and lay 3000 eggs! They can't survive outdoor winters. They don't carry any disease to humans.

Winter tick

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Sorry my dear readers, your deer, cattle and horses are not safe from these monsters even in winters! They attach themselves to these hosts in larva stages of growth and stick throughout their entire lives on these poor animals. However, these ticks do not feed on humans or cause any diseases.

Monsters that don’t hide under your beds but around you!

Mosquitoes and ticks are found around you. I will list below most common places where you can find these monsters.

Ticks

- Ticks can be found in stone walls because they are fully moisturized
- They are found in overgrown shrubs. Trim off such shrubs if they grow on your personal property.
- Clear away any leaf piles or litter, next time you mauve your lawn. Ticks are abundant in such rubbish.
- Avoid high wooded and tall grassy area without proper full clothing. Don’t let your children and pets play in such areas.
- Dog Ticks are often found in your house furniture, behind hanging draperies on your walls and under rugs. Clean all these spaces regularly and use sprays and powders to kill these monsters.

Mosquitoes

- Avoid going near ponds and marshes at night time. Prohibit your children from playing near such areas at evening time as mosquitoes prefer to stay closer to water spaces because they are their breeding grounds.
- Dengue spreading mosquito often lays its eggs in clean water containers, so don't let any such clean water remain uncovered.
- Thoroughly check your kitchens or washrooms for any mosquito nets.
- Mosquitoes are attracted to carbon dioxide, heat and light. They actually hide under your bed! They hide behind your furniture and in your room drawers to attack at night!

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Gear up to fight the little monsters!

- **Wear clothes which fully cover your skin.**

Cover areas of exposed skin by wearing long-sleeved shirts, long pants, boots, and hats. Tucking in shirts, tucking pants into socks, and wearing joggers instead of sandals will Reduce risk.

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- **Bed nets.**

Install proper mosquito nets on the doors and windows of your house, as well as on your beds. They also provide essential protection to travelers staying in accommodations, lacking adequate window screens and air conditioning. Bed nets that do not reach the floor should be tucked under mattresses. Treating bed nets with a pyrethroid insecticide helps maximize their efficacy. Travelers may opt to buy a pretreated net or, as an alternative, apply the insecticide after purchase. Nets treated with a pyrethroid insecticide will be effective for several months if not washed. Long-lasting pretreated nets may be effective for much longer.

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- **Protection from ticks**

After coming home from hiking or playing outdoors, check your entire body. Remove any attached ticks promptly. Maintain vegetation around your house, especially near children's play areas.

- **Stay alert**

Mosquitoes that carry these viruses are found in the city or in the country, in wooded areas and forests. They can bite and transmit diseases at any time of day or night.

- **Remove standing water**

Mosquitoes can breed in tiny amounts of water. Once a week, dump or drain tires, gutters, birdbaths, wheelbarrows, toys, pots, and planters.

- **Apply repellents.**

Applying repellents to clothing and skin can provide an added layer of protection. Always follow instructions on the label when applying repellents.

HOW TO SAFELY APPLY INSECT REPELLENT:

- Put on sunscreen first.

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- Don’t apply repellents under your clothes.
- Don’t spray directly onto face; instead, spray your hands and rub repellent on your face.
- Avoid your eyes and mouth.
- Don’t apply on injured or irritated skin.
- Don’t allow children to apply repellent themselves.
- Wash your hands after you apply repellent.

Some effective repellents

DEET

DEET (N,N-diethyl-3-methylbenzamide) is the standard and most **effective** broad-spectrum insect-**repellent**component with a long-lasting effect on **mosquitoes**, ticks, as well as biting flies, chiggers, and fleas.

Proven Mosquito and Tick Spray

Just as effective as our other picaridin-based picks, Proven's spray comes in a convenient transparent bottle, but it has only a single cap and limited sizes.

Those who don't want to apply these can use Incidental repellents such as:-

Avon Skin So Soft Bath Oil

This is a popular option for people who want to avoid chemicals. It repels mosquitos. However, the effects last only for about two hours, so you need to reapply very often if you choose this product.

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Victoria Secret Bombshell perfume

Much to the surprise of researchers, Victoria Secret Bombshell perfume actually repelled mosquitos quite effectively for up to two hours. So, if you like this perfume, it might help you avoid mosquito bites while smelling good. You may need to reapply to keep the mosquitos away longer.

Natural effective repellents

Chemical repellents can be harmful and risky for children especially so natural repellents and some essential oils may be effective in keeping mosquitoes away because they block their sense of smell, making it harder

for these insects to land on a human to feed.

Citronellal

Citronella is a well-known mosquito repellent. In a dose by dose comparison, citronella is initially as effective as DEET. However, citronella oil evaporates quickly, meaning that it is only effective for a short time. However high concentrations of citronella can cause skin irritation.

Neem

Neem oil has traditionally been used as a natural insecticide to repel harmful insects including mosquitoes and ticks. By applying neem to your skin, mosquitoes and ticks will be naturally repelled. Neem seed oil has been shown to kill tick larvae in cattle. Strong evidences indicate that it repels ticks and mosquitoes. Neem can effectively provide protection from mosquitoes for up to 3 hours.

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Lemongrass

Lemongrass is an herb with a subtle citrus flavor. Combination of lemongrass essential oil and olive oil can provide 98.8% protection for 2.5 hours against mosquitoes.

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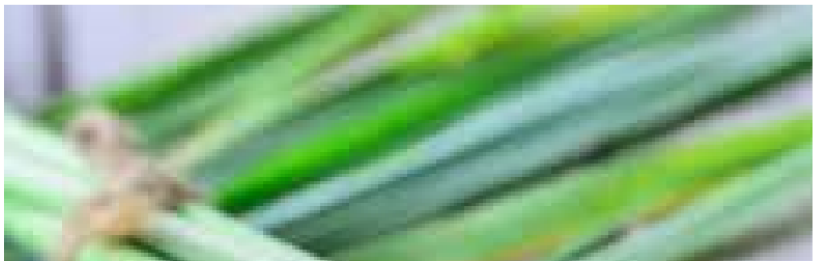

Cloves

Cloves may also help prevent bothersome mosquito bites.

Basil

Basil is a common ingredient in many cuisines, but it may also be a moderately effective mosquito repellent. Studies prove that basil essential oil provides up to 100% protection for more than 6 hours against yellow fever mosquitoes.

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Ingredients for mosquito and tick repellent soaps for children with measurement

1. Olive Oil: 566.99 grams (39% of total oils)
2. Almond Oil: 326.01 grams (22% of total oils)
3. Coconut Oil: 311.84 grams (21% of total oils)
4. Palm Oil: 141.74 grams (9% of total oils)
5. Palm Kernel Oil: 75.12 grams (5% of total oils)
6. Castor Oil: 56.69 grams (4% of total oils)
7. Citronella Essential Oil: 46 grams
8. Eucalyptus Essential Oil: 21 grams
9. Tea Tree Essential Oil: 8 grams
10. Filtered Water: 566.99 grams
11. lye: 212 grams

<u>Various Repellents for Soap</u>

a) Pennyroyal
b) Lemongrass
c) Citronella

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d) Lavender
e)Cinnamon
f) Eucalyptus
g) DEET (N,N-diethyl-meta-toluamide)
h) Icaridin / picaridin (hydroxyethyl isobutyl piperidine carboxylate)

Procedure for making the soap

Note:
Be sure to measure as accurately as possible here!

Steps 1: Create a lye solution. Measure out 212 grams of dry lye into a container. Now measure out your distilled water. Weigh out 566.99 grams of distilled water. Finally, empty your measured lye portion into your filtered water to create the lye solution. Note: Pour your dry lye into the water and never the water into your lye. Know that a solid smoke will be available as you make your lye solution, and your lye water blend will warm up significantly.

Step 2: Next, weigh out the entirety of your oils as per the insect repellent soap formula as depicted previously. Make sure to weigh everything precisely. When each of your oils is measured, soften them down to a liquid structure. Make sure to utilize a low warmth setting.

Step 3: During the period the oils for our insect repellent soap formula dissolve and the lye arrangement keeps cooling down, we will set up our additives. For this step, we will mix the

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insect repellent essential oil blend using completely authentic essential oils. In discrete dishes, measure out 46 grams of citronella essential oil, 21 grams of eucalyptus essential oil and 8 grams of tea tree essential oil. Once precisely gauged, combine them all into one holder.

Step 4: After the oils have melted down completely. Move the oils mixture and, if necessary, your lye solution in a sink filled with ice water to cool them down.

Step 5: At this step, your additives are prepared to be integrated into your insect repellent soap recipe, and your lye solution and oils mixture have been cooled. Carefully empty your lye

solution into your melted soapmaking oils while stirring manually with a heat and chemical safe mixing utensil. Keep mixing manually until your batch has an even colour and texture. Now empty in your pre-measured essential oils and stir them until you once again reach an even colour and texture.

Step 6: Empty your completed soap into your Soap Mould. Allow your soap to set in the mould for almost a day or then again until it sufficiently solidifies. When solid, empty your portion of soap from the mould.

Step 7: Next, slice your log of soap into bars. Move all of your soap bars on a rack to cure. It would be best to allow your bars of soap to cure for about 6 -8 weeks for great results. Step 8: Enjoy your all-natural Mosquito and Ticks Repellent Soap

Benefits of Homemade Mosquito and Ticks repellent Soap

- No Harsh Chemicals. DEET is a chemical that is used as an active ingredient in many insect repellents. It has contradictory reports regarding its safety.
- Better for your skin. People with sensitive skin should rejoice to know that natural repellents are better for your skin
- Natural alternatives work better.
- Better for your body. It smells better. Peppermint oil is a natural energizer.
- Healthy for pets. It is safe for your family, pets, and the environment

Note: the topic below is to advise against the use of DEET while making the mosquito and tick repellent soap

DEET for Children

DEET (N, N-diethyl-3-methylbenzamide) is a chemical found in insect repellents. DEET protects against biting or biting mosquitoes, ticks and mosquitoes. Canadian researchers say that DEET repellant can be used safely on children to protect them from mosquito bites. These researchers have summarized the studies conducted to date on the safety of N, N-diethyl-meta-toluamide (DEET), and their findings have been published in priority on the website of the Journal of the Medical Association. Canadian, they are considered so important. They point out that millions of people have used DEET without a problem since it was introduced 50 years ago. According to them, only ten children experienced neurological issues after being exposed to DEET during this period, but the product was never formally identified as the source of the problem. The authors of the study conclude that parents should not hesitate to use DEET to protect their children when necessary, with a little common sense and judgment. They also do not distinguish between the different concentrations of DEET available on the market, arguing that a product containing 30% DEET is no more or less toxic than a product which has only 5%

(The difference is the length of the protection offered: six hours at 30%, compared to only two hours at 5%).

The American Academy of Pediatrics goes against using products containing more than 15% DEET on children under 12 years of age. Health Canada goes even further, setting the maximum acceptable level at 10%. The federal agency also recommends against using DEET on children under six months of age. However, certain precautions remain in order. If no danger for pregnant women has yet been detected, Health Canada nevertheless recommends using the product with caution. Also, many experts advise applying DEET to clothing rather than directly to the skin, when possible, in addition to avoiding applying it to the hands and face to minimize the risk that it may not be ingested. If swallowed, DEET can put the victim into a coma in less than an hour. Also, note that products containing more than 50% DEET can cause skin irritation if used excessively. Finally, it is recommended to wash the skin as soon as the protection is no longer required. Other experts, such as the famous doctor Andrew Weil, qualify DEET as a "toxic and unwanted" substance and suggest turning to other products. There are several natural mosquito repellents on the market, the effectiveness of which is, however, variable. Not all products contain the same concentration (amount) of DEET. This amount is shown as a percentage, such as DEET 10%. Insect repellents containing a higher concentration of DEET provide more extended protection. In Canada, it is not possible to obtain products with a DEET concentration greater than 30%.

Note:

- Do not use mosquitoes or tick repellents that contain DEET for kids of 6 months and less. Instead, use a fine mesh netting to cover your baby's stroller or playpen if they are outside.

- The maximum concentration of 10% DEET should be used for kids of 6 months to 2 years (One application per day 2.5 hours to 4.5 hours)

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- The maximum concentration of 10% DEET should be used for kids from 2 to 12 years old (No more than three applications per day, 2.5 hours to 4.5 hours) The maximum concentration of 30% DEET should be used for kids over 12 years (5 to 8 hours)

- Although DEET is not a known danger to unborn babies or breastfed infants, pregnant or breastfeeding women may consider other solutions, such as wearing protective clothing and avoiding exposure to mosquitos and ticks.