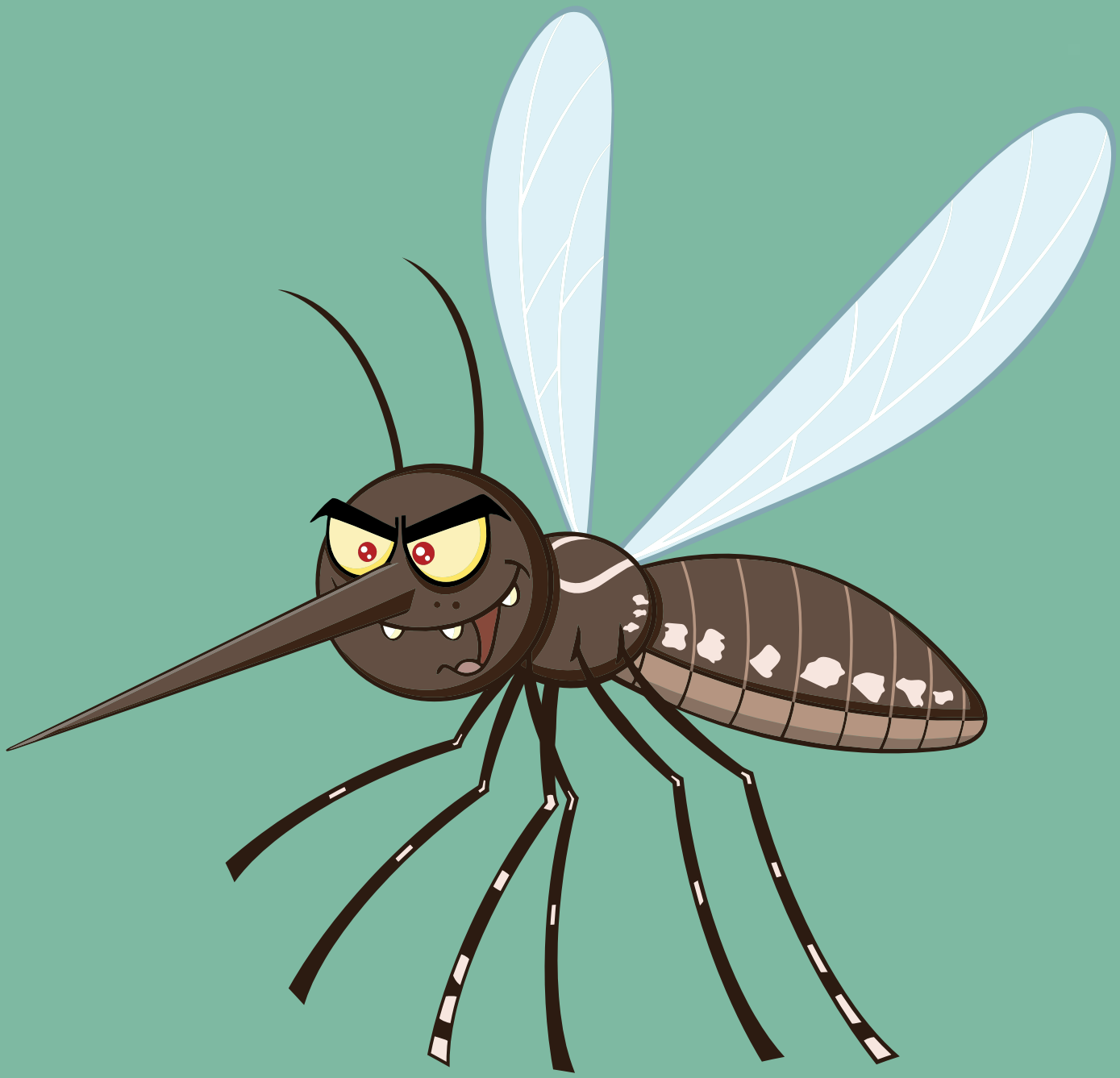
MOSQUITO BITES ARE BAD!



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

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American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

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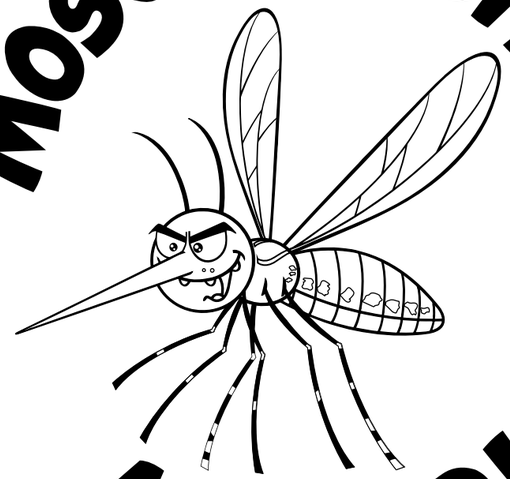
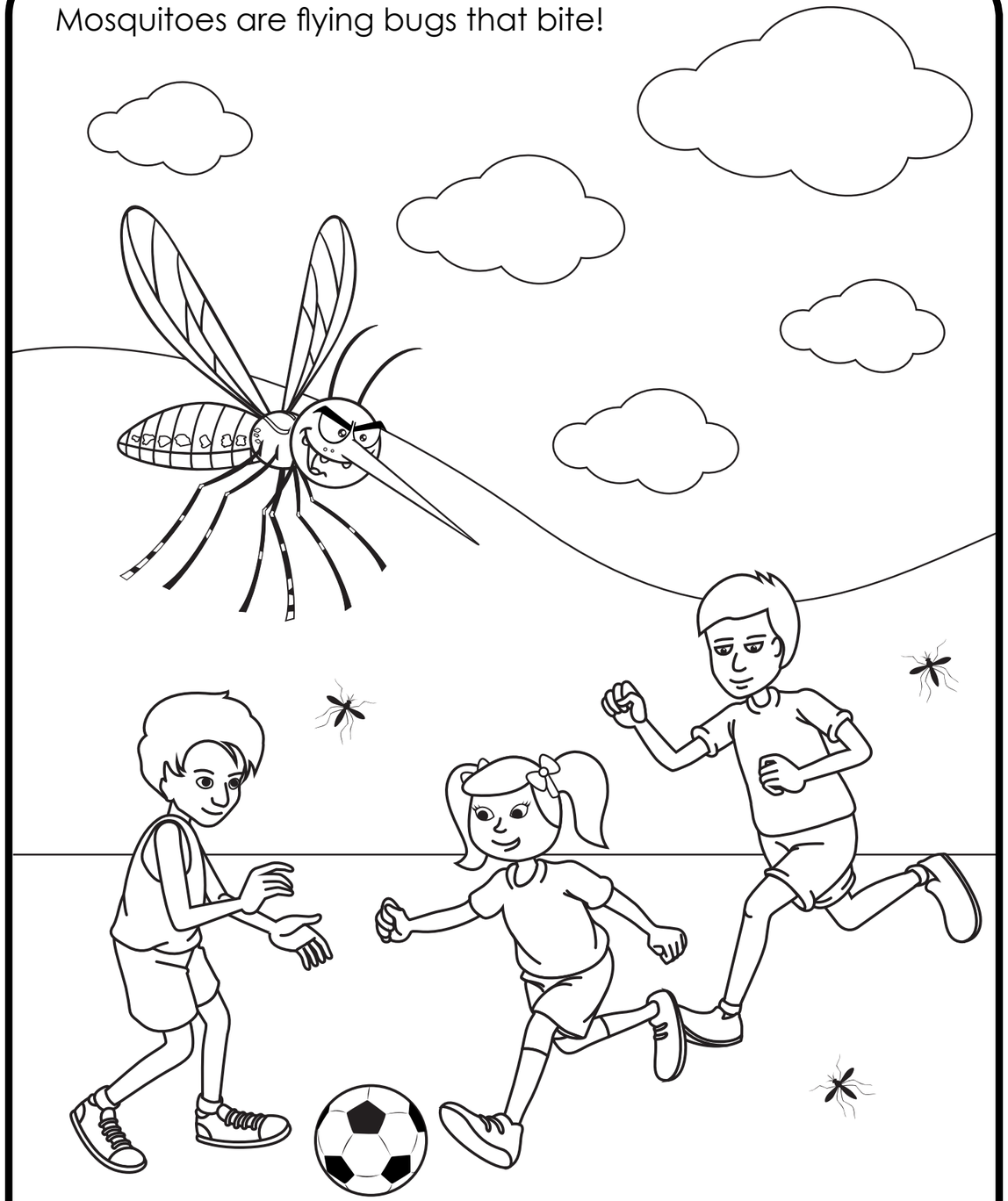


NAME: _____

Note to Parents and Educators

The Centers for Disease Control and Prevention has created this activity book to offer parents and educators an interactive way to talk to kids about how mosquito bites can make you sick. It is important to note that mosquito bites can spread viruses like West Nile, Zika, dengue, chikungunya, and others.

Mosquitoes are flying bugs that bite!



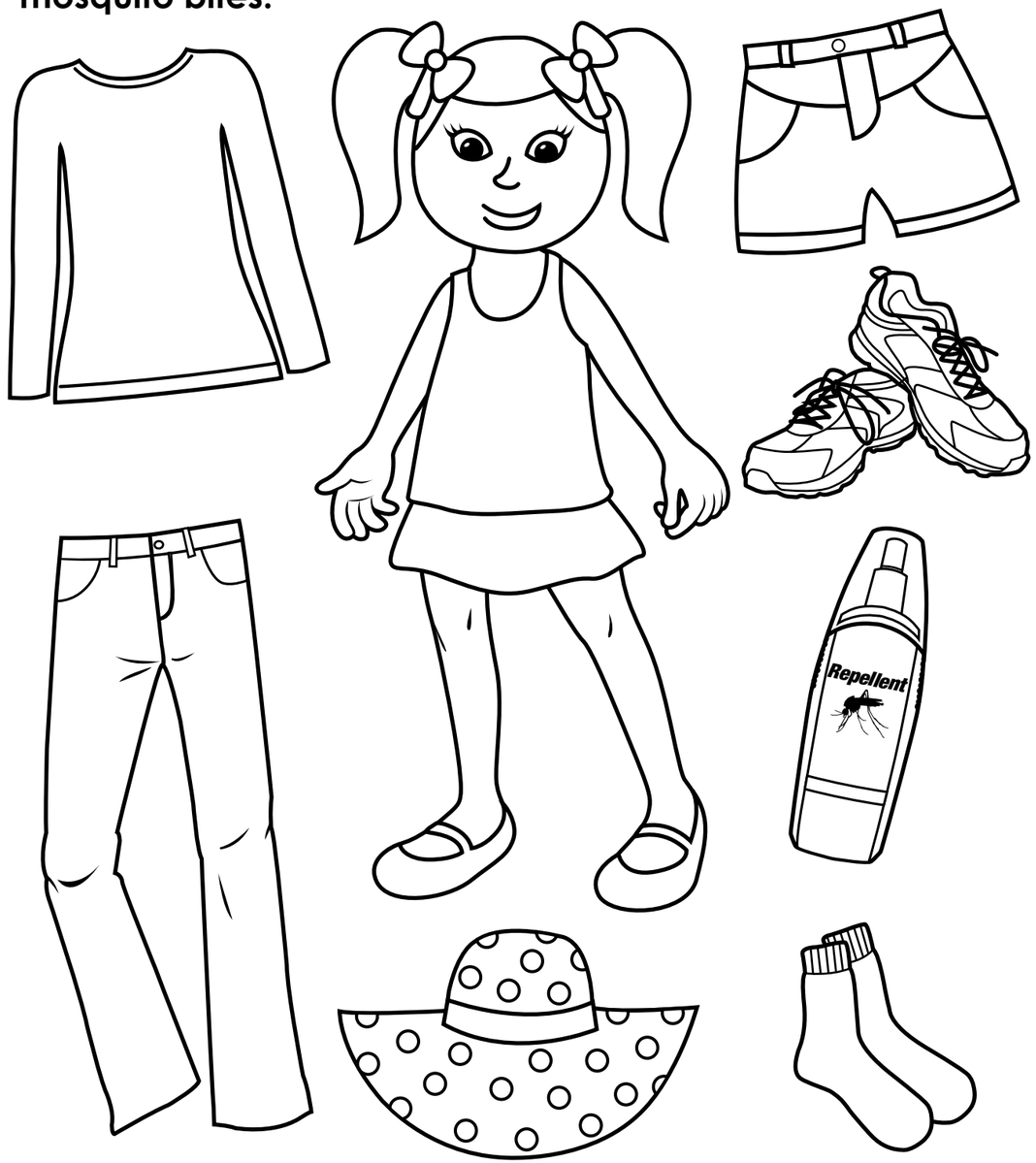
Some mosquito bites make you itch, but mosquito bites can make you sick, too.

The best way to stay healthy is to not get bitten! Be a hero. Protect yourself from getting mosquito bites.

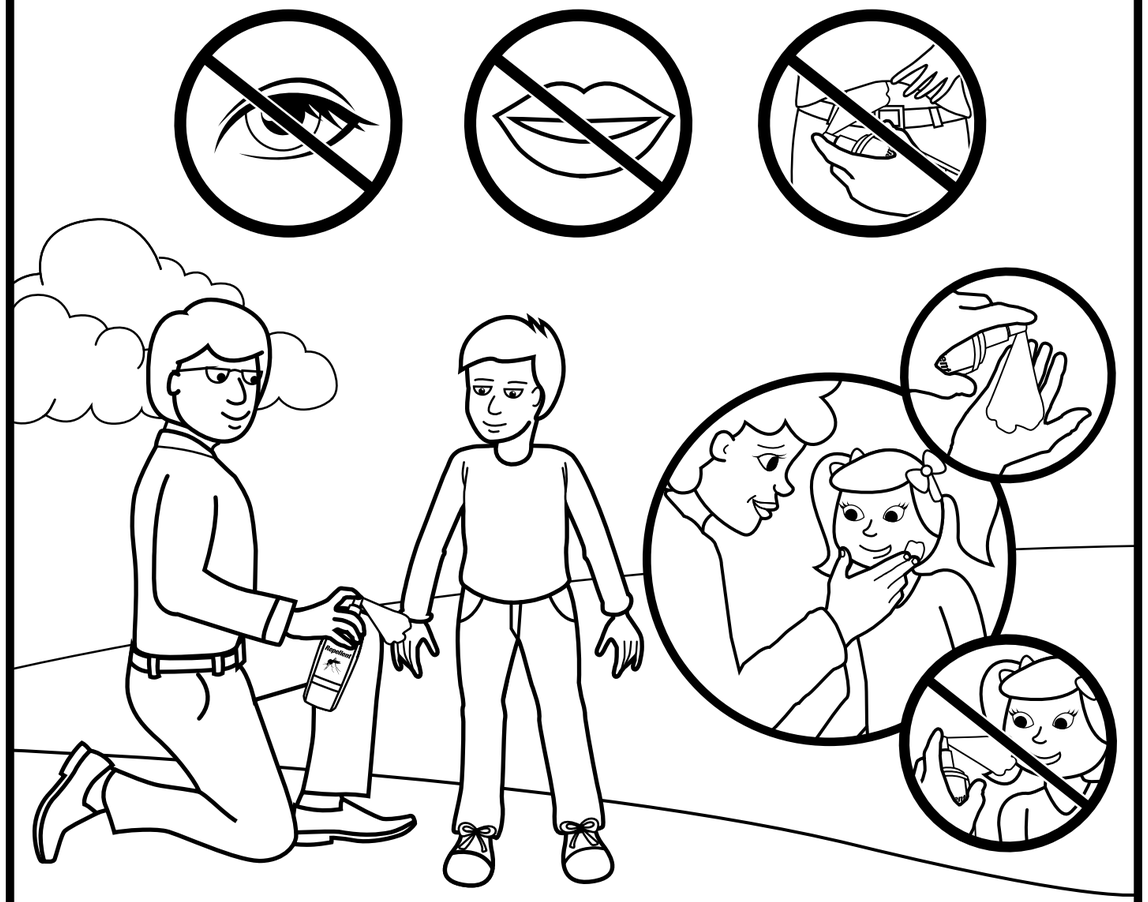
FIGHT THE BITE

When you are getting dressed, pick out long-sleeved shirts and pants. Don't forget shoes that cover your feet! Mosquitoes can't bite your skin if it is covered up!

Color the clothes you need to stay safe from mosquito bites.

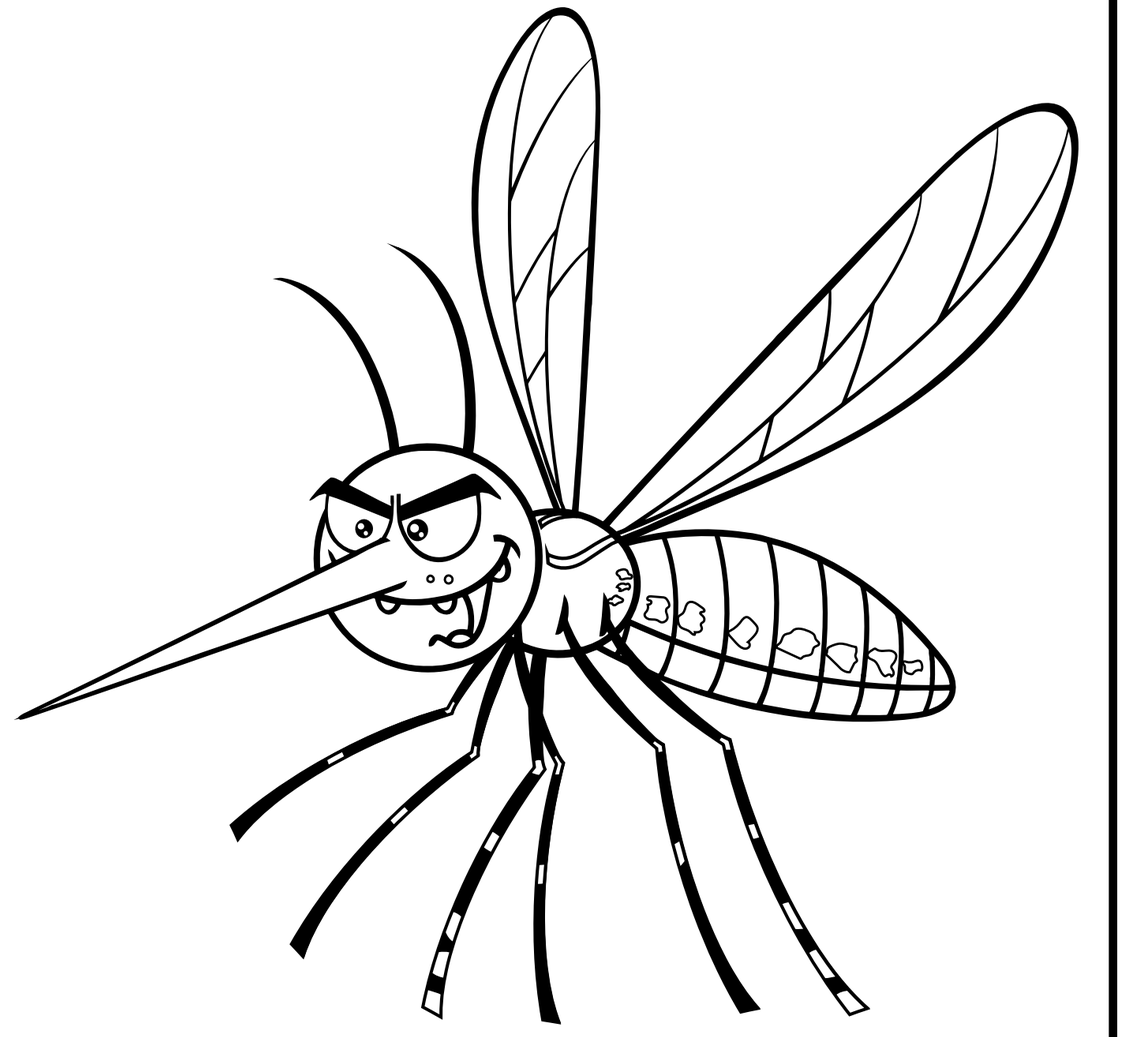


To help protect you from mosquito bites, ask a grown-up to put bug spray on you. The bug spray will go on your skin but not your eyes, mouth, or under your clothes. Make sure to put bug spray on outside and do not spray it around any food or animals!



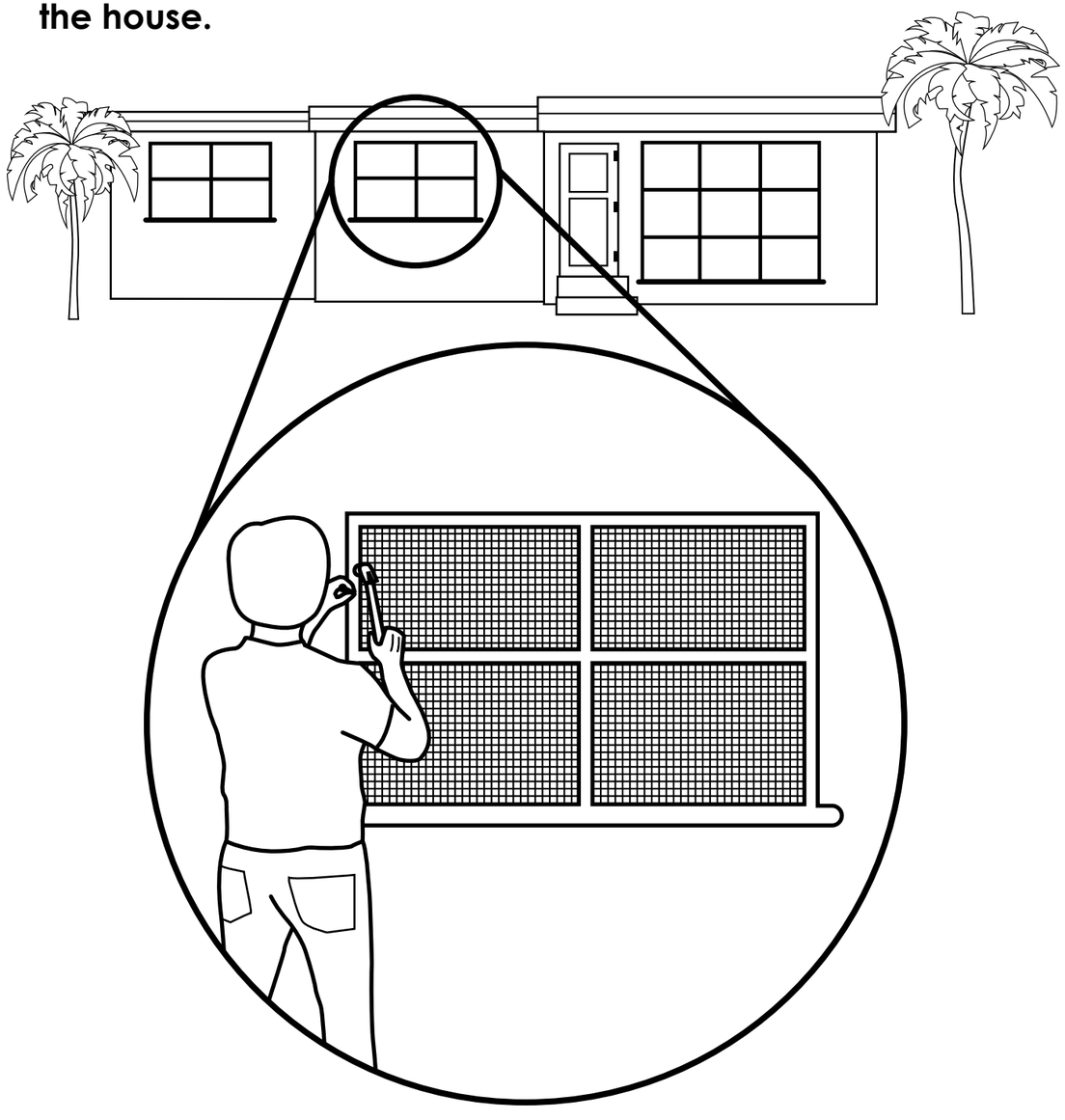
Be very careful with bug spray! Grown-ups should put bug spray on their hands and then spread it on your face. Don't spray directly on the face!

Did you know that a mosquito can bite you and then bite another person? People can get sick from the same mosquito! It is important to protect yourself from mosquito bites.



Help keep mosquitoes outside! Don't leave the door open. Remind a grown up to close all the windows and doors in your house. If screens are broken or have holes in them, help a grown-up fix them!

Color the doors and windows that need to be kept closed on the house.



Mosquitoes need water to lay eggs.

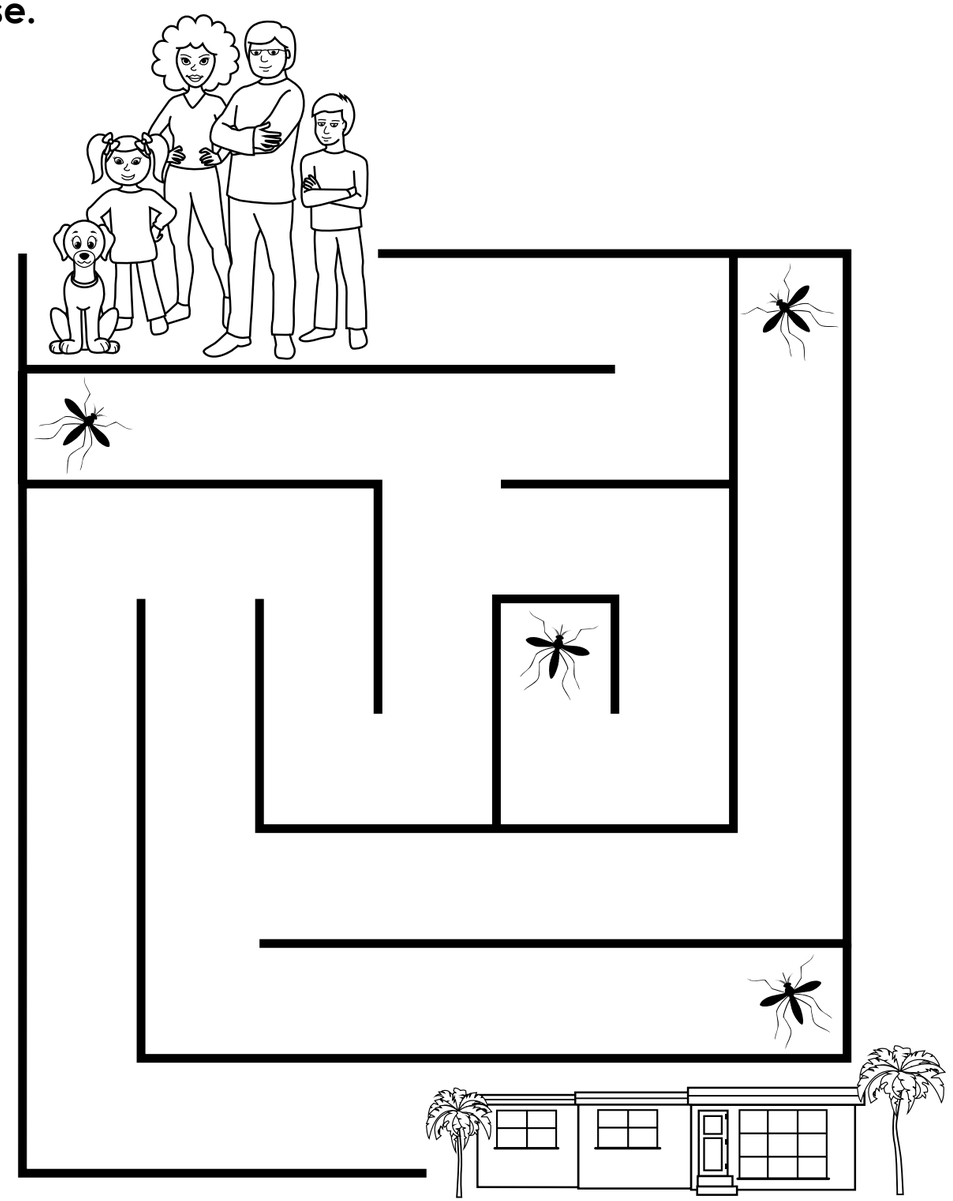
Once a week, empty and scrub, turn over, cover, or throw out items that hold water, like buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home. Help your parents turn over things that are heavy!

Color all of the items with water that need to be emptied.

MAZE

Don't get bitten!

Help the family avoid mosquitoes and get inside their house.



WORD SEARCH

You have learned lots of ways to stop mosquito bites!

Circle the words below. The words can be across, down, or even diagonal.

W V D C H S W F F R O W P N V
A Z R M P J C N D K Z U W X X
R D L V F X P R Q P E X J Z V
F D G E T V S B E L A D K B X
J X X A N O W A T E R N U U C
B G A W R D W Q P R N P T G B
W D P D O O R S V C W S I S B
J C I I K A V L M K O A T P Q
C W F C X P T E F V E E I R X
H V A B D L I E A M N M G A G
R M E G D M T V Z V W A E Y U
D K W T X J B E Q E Z T B N C
R X Q V M W A S N G O F H X L
V N E W Q G D K D J V V M M D
M Y C W M M Y S F F O H O X H

SLEEVES	SCREENS
PANTS	DOORS
BUG SPRAY	NO WATER
NETS	

FIGHT THE BITE

Cut Here

GREAT JOB!

_____

(Your Name)

is ready to stop mosquito bites!

Remember:

- Use bug spray
- Wear long sleeves and pants
- Keep mosquitoes outside! Stay in air conditioning and use screens on doors and windows
- Once a week, empty, scrub, cover or throw away anything outside with water in it

Here are a few things I learned:

1_____

2_____

3_____

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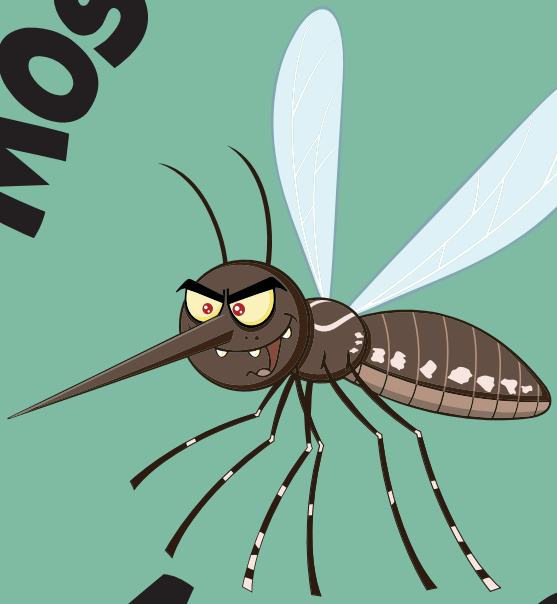

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