



**FIGHT**

**THE BITE**

**DAY AND NIGHT**

Coloring Book

Color and learn what you  
can do to prevent Zika Virus.

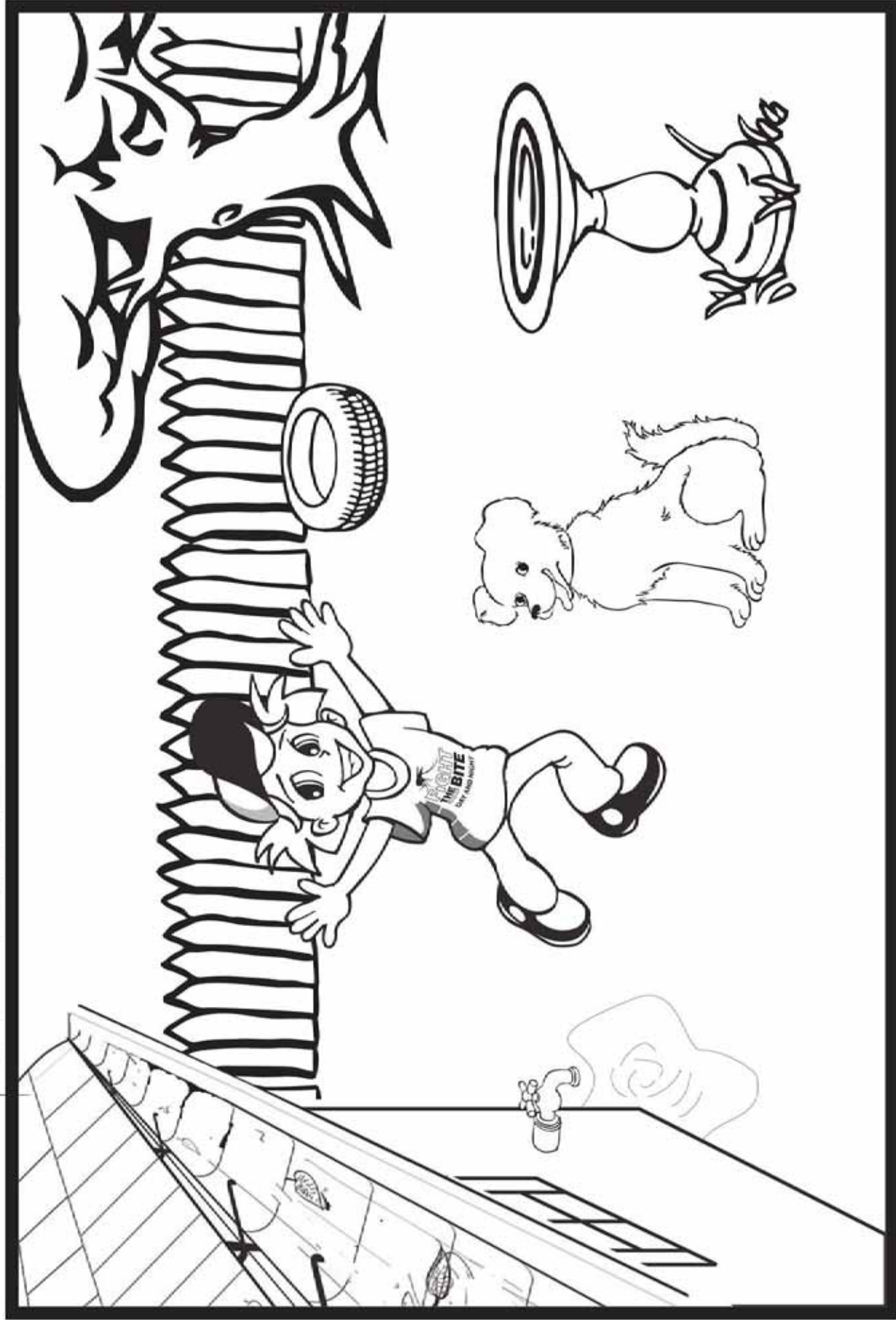


Kentucky **Public Health**  
Prevent. Promote. Protect.



# FIGHT THE BITE

Color this image and circle 4 places that hold standing water that might attract mosquitos.



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



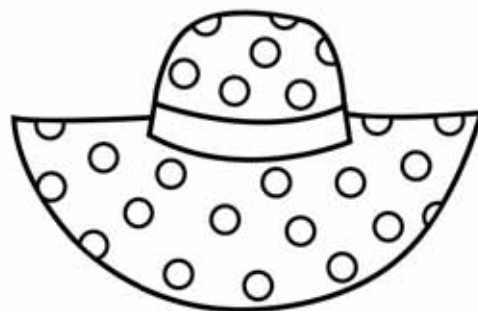
The best way to stay healthy is to not get bitten! Be a hero.  
Protect yourself from getting mosquito bites.



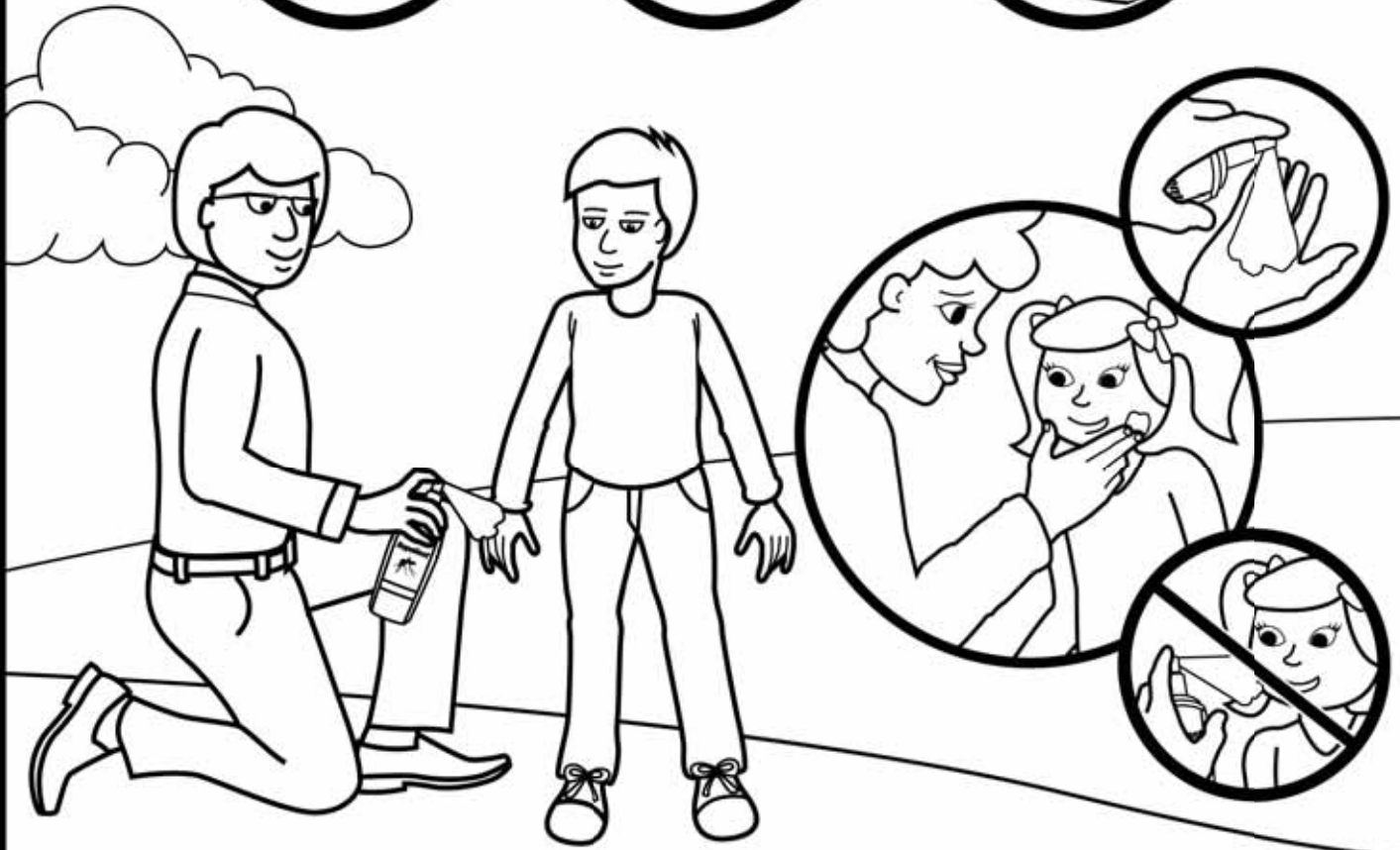
**FIGHT THE BITE**

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!



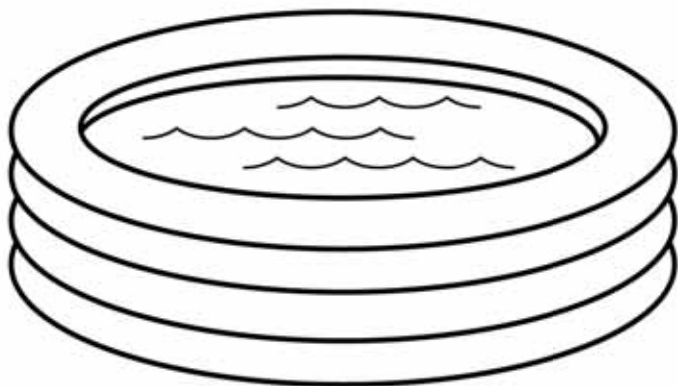
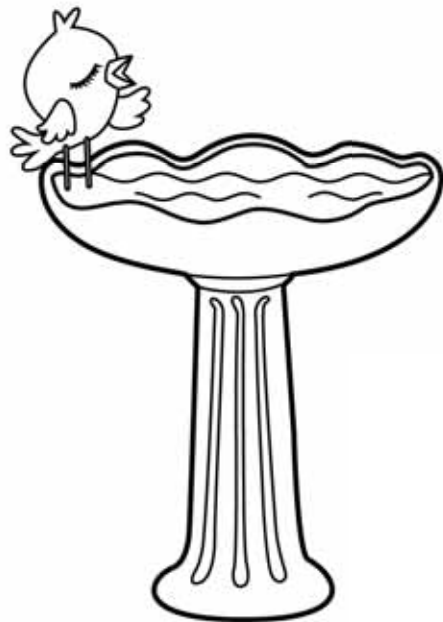
Be very careful with bug spray! Grown-ups should put bug spray on their hands and then spread it on your face. Don't spray directly on the face!



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!

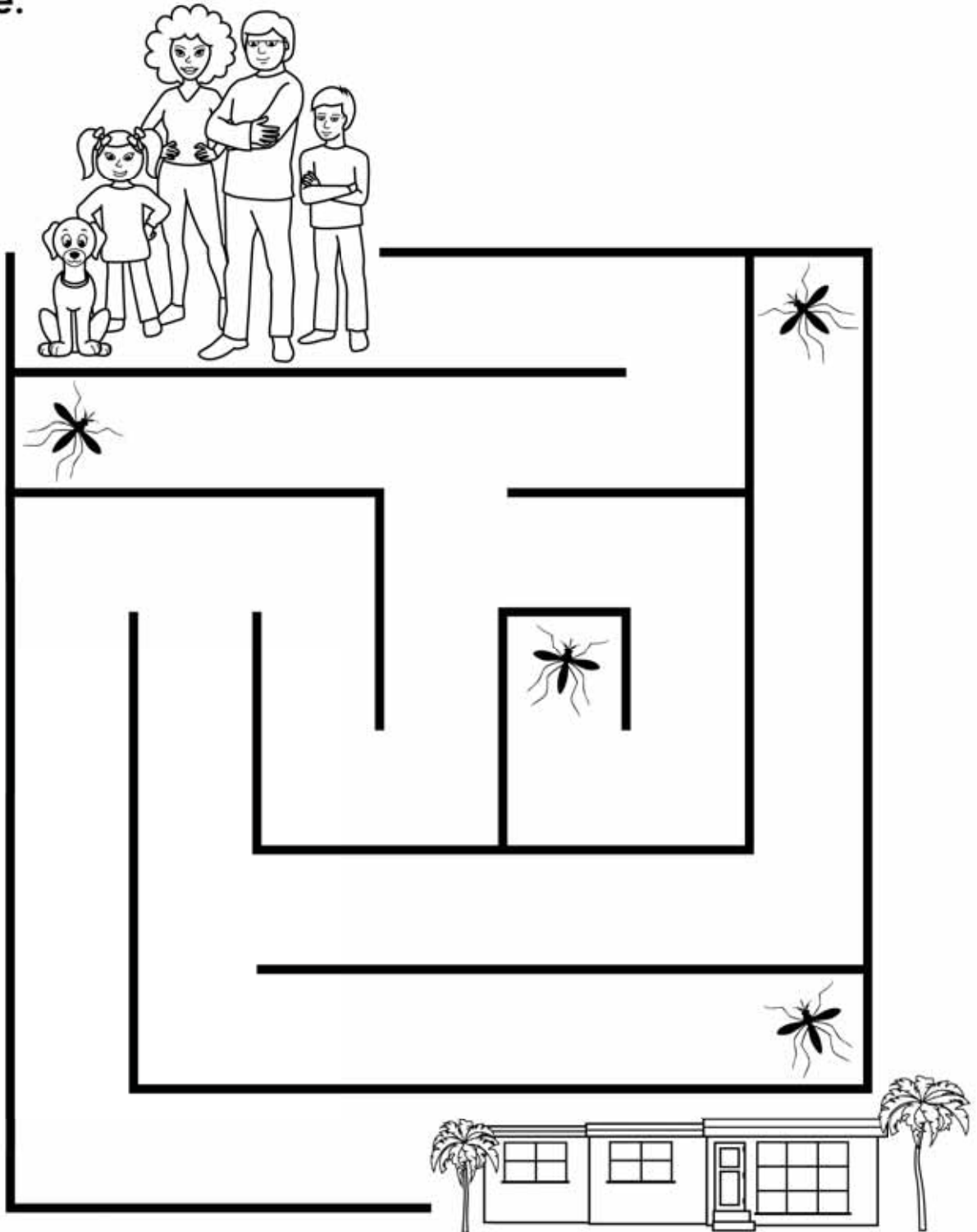
**Color all of the items with water that need to be emptied.**



# 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.**

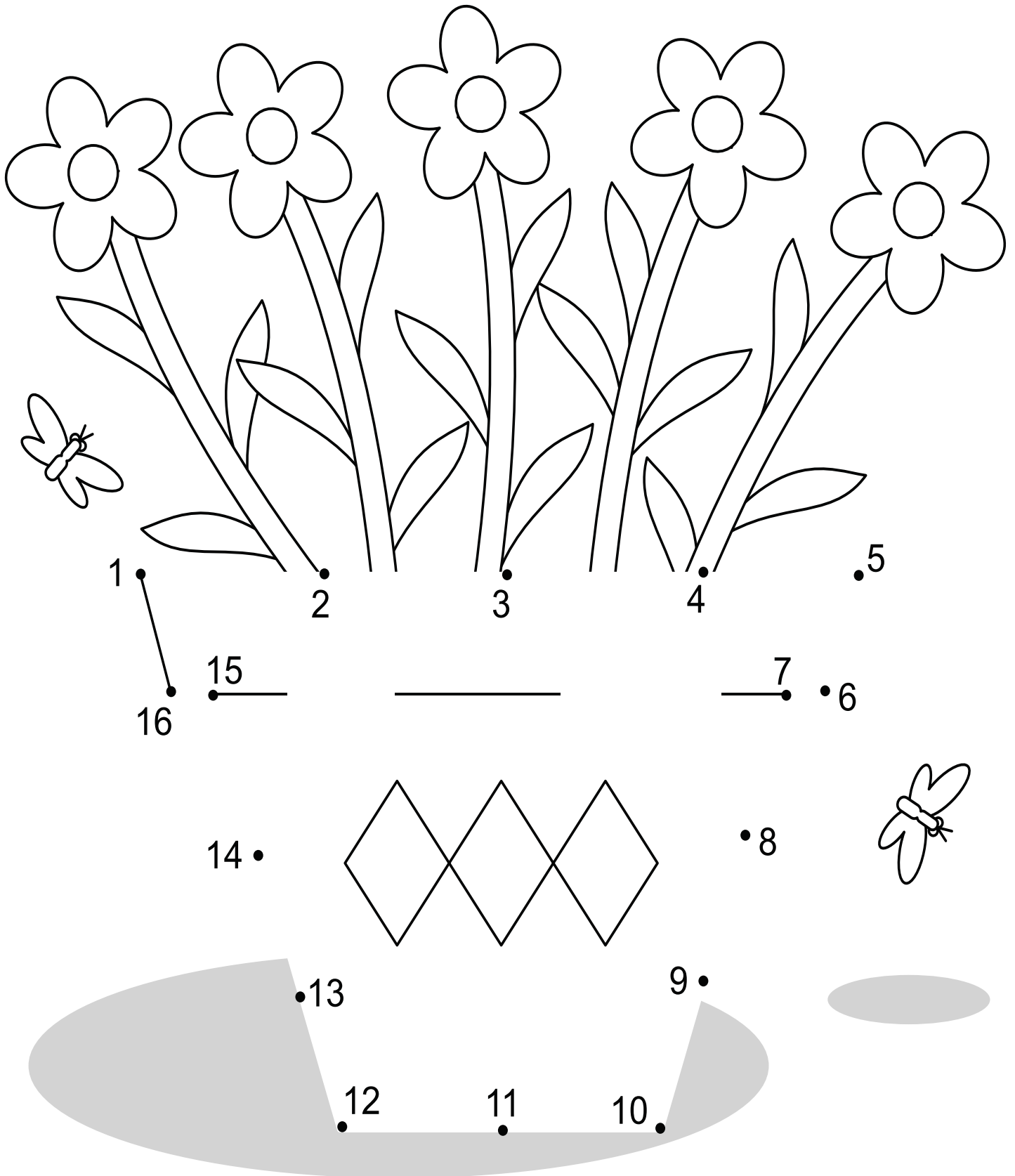
W V D C H S W F F R O W P N V  
A Z R M P J C N D K Z U W X X  
R D L V F X P R Q P E X J Z V  
F D G E T V S B E L A D K B X  
J X X A N O W A T E R N U U C  
B G A W R D W Q P R N P T G B  
W D P D O O R S V C W S I S B  
J C I I K A V L M K O A T P Q  
C W F C X P T E F V E E I R X  
H V A B D L I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



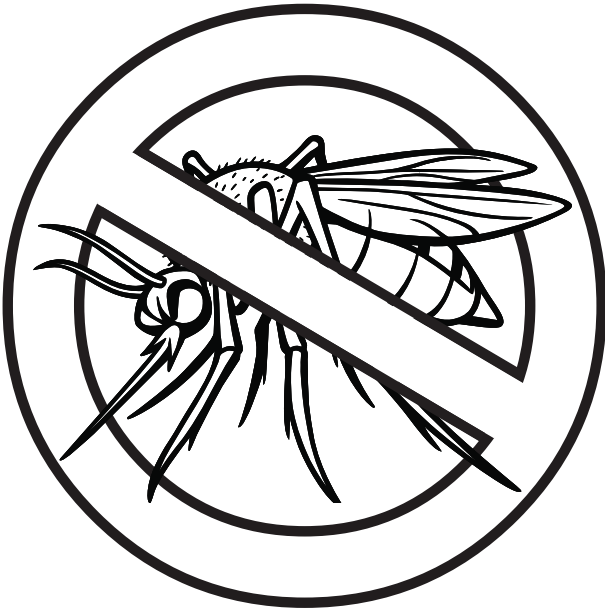
**FIGHT THE BITE**

Change water in vases and pots holding flowers and cuttings twice weekly.



**TEAR OUT THIS PAGE AND SHARE WITH A PARENT OR TEACHER.**

Avoid exposure to viruses that are transmitted by mosquitoes, like Zika Virus, West Nile Virus, Eastern Equine Encephalitis, and St. Louis Encephalitis.



## **STOP RAISING MOSQUITOES IN YOUR YARD**

It's a fact: all mosquitoes need water in which to develop. Listed in the checklist are some helpful tips on how to reduce sources of water in your yard which are potential breeding sites.

## **PREVENTION IS KEY**

Take an active role in reducing your exposure to mosquitoes. Eliminate breeding sites before mosquitoes become a problem, and reduce your chances of being bitten by wearing protective clothing and repellents. Avoid fragrances and dark-colored clothing which attract mosquitoes.

## **USE THIS CHECKLIST TO INSPECT YOUR YARD AT LEAST TWO TIMES A WEEK.**

- Dispose of unused containers that collect water in your yard such as old buckets, cans, bottles, or jars.
- Repair leaky pipes and outside faucets, and keep drains and gutter unclogged so the water does not collect in those areas.
- Change the water and scrub the sides of bird baths, animal troughs, and pet watering dishes often to get rid of mosquito eggs.
- Properly discard unused tires, make holes in them, or store them in a covered area so that water cannot collect in them.
- Turn wheelbarrows, tubs, children's wading pools, and boats upside down or store them under cover when not in use.
- Keep weeds, vines, and grass trimmed since mosquitoes use these shady areas as resting places during hot daylight hours.
- Fill tree holes with sand or mortar so that water does not collect in them.
- Change water in vases and pots holding flowers and cuttings twice weekly.



Mosquito bites are bad.  
Mosquito bites can even be dangerous.  
If you know and practice the **3Ds - Dress,  
Drain and Defend** - you can prevent Zika.

For more information, go to the Kentucky Department for Public Health ([healthalerts.ky.gov](http://healthalerts.ky.gov)) or call your county health department or health care provider.



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