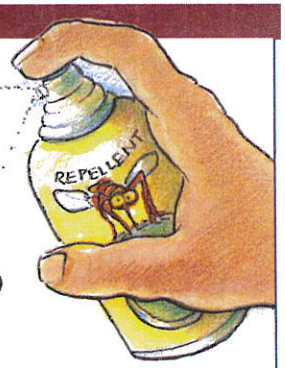


Outside play is lots of fun. Try to do it every day! Just remember – wear bug spray to keep mosquitoes away!

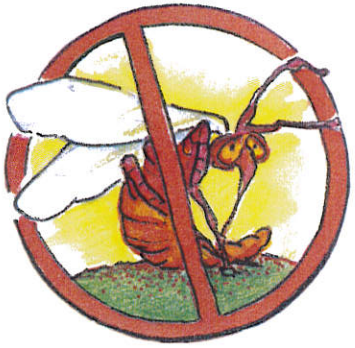
Kids:
Ask an adult to help you apply bug spray (often called repellent).

- An adult should spray it on their hands first, then put it on your face and other places that are not covered up by your clothes.

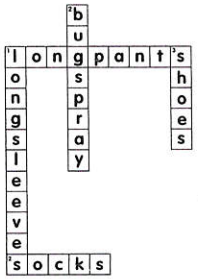
Parents and caregivers:
Use an EPA-registered insect repellent.

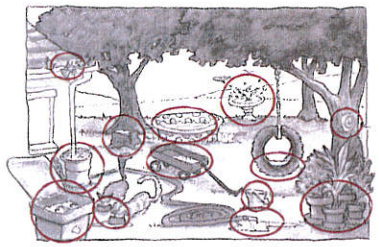
- Always follow the product instructions.
- Keep bug spray away from eyes, nose and mouth – and any scrapes or cuts.
- Put sunscreen on first – then insect repellent.

Be mosquito-free!



Answers to Puzzles





CODE: Mosquito-free is the way to be!

SAN BERNARDINO COUNTY
Public Health
Preparedness and Response Program

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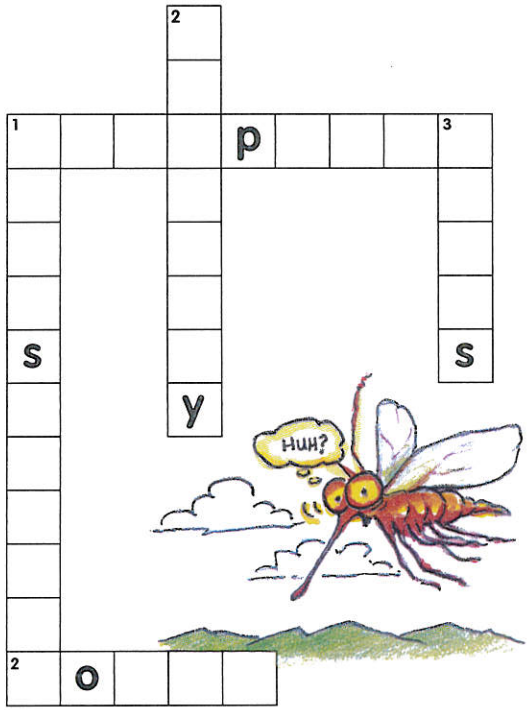
Mosquito-Free You and Me

Games and Puzzles

A mosquito (mos-KEE-toe) is a flying insect. Mosquitoes bite. Bites itch. Sometimes mosquito bites can make you sick. These games and puzzles can help you learn how to be mosquito-free!

Dress to defend against mosquitoes.

- Wear long sleeves and long pants, so they can't find a place to bite.
- Protect your feet with socks and shoes.
- Use bug spray on the parts of your body that you can't cover.



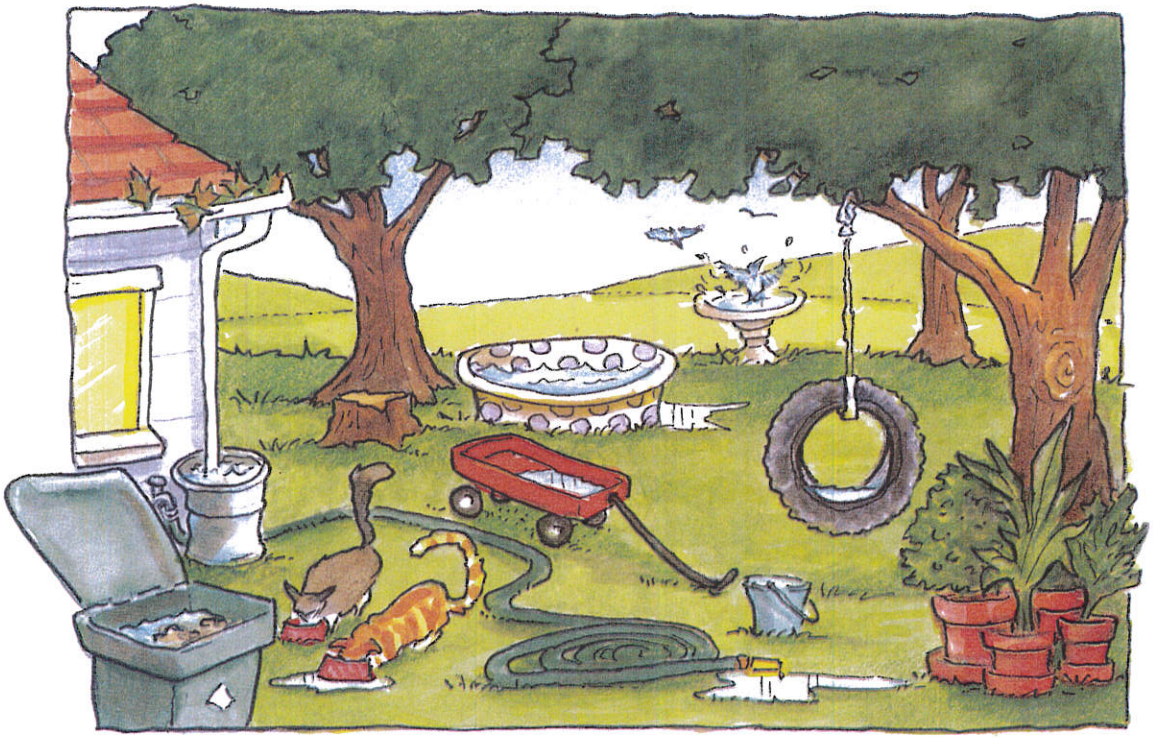
Across

1. Protect your legs with ____ ____.
2. Cover your ankles with____.

Down

1. Protect your arms with ____ ____.
2. ____ ____ protects the parts you can't cover.
3. Protect your feet with ____.

Mosquitoes lay their eggs in water. Circle all of the places in the picture that can catch water. Then look around your own home – dump or drain the water every week!



Spots that may collect water include:

Barrel
Birdbath
Bucket
Garbage can
Leaky hose
Pet dishes
Planters
Rain gutter
Tire
Toys
Tree holes

Use this code to discover an important message:

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

13	15	19	17	21	9	20	15	6	18	5	5	9	19	20	8	5	23	1	25	20	15	2	5!		