

MOSQUITO ACTIVITY BOOK



JOIN THE FIGHT AGAINST WEST NILE VIRUS

For more info, call (858) 694-2888 or visit SDFightTheBite.com



County of San Diego Vector Control Program

Prevent ◇ **Protect** ◇ **Report**

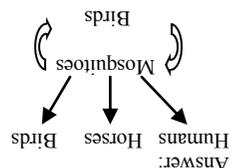
What is West Nile Virus?

Mosquitoes do not just bother us. They can also carry diseases. One of those diseases is called West Nile virus (WNV). You can only get WNV from the bite of an infected mosquito. Mosquitoes get WNV from biting an infected bird. Usually mosquitoes just bite birds. Sometimes they have to bite other animals to get the blood they need to lay their eggs. Mosquitoes will bite any animal with blood, even humans.

Most people who get infected with WNV do not feel sick. Some people feel like they have the flu. They can get a fever, headache, feel tired or get a body rash. West Nile virus can make some people very, very sick by infecting their brain. The best way to protect yourself from West Nile virus is to not get any mosquito bites.

How do you get WNV?

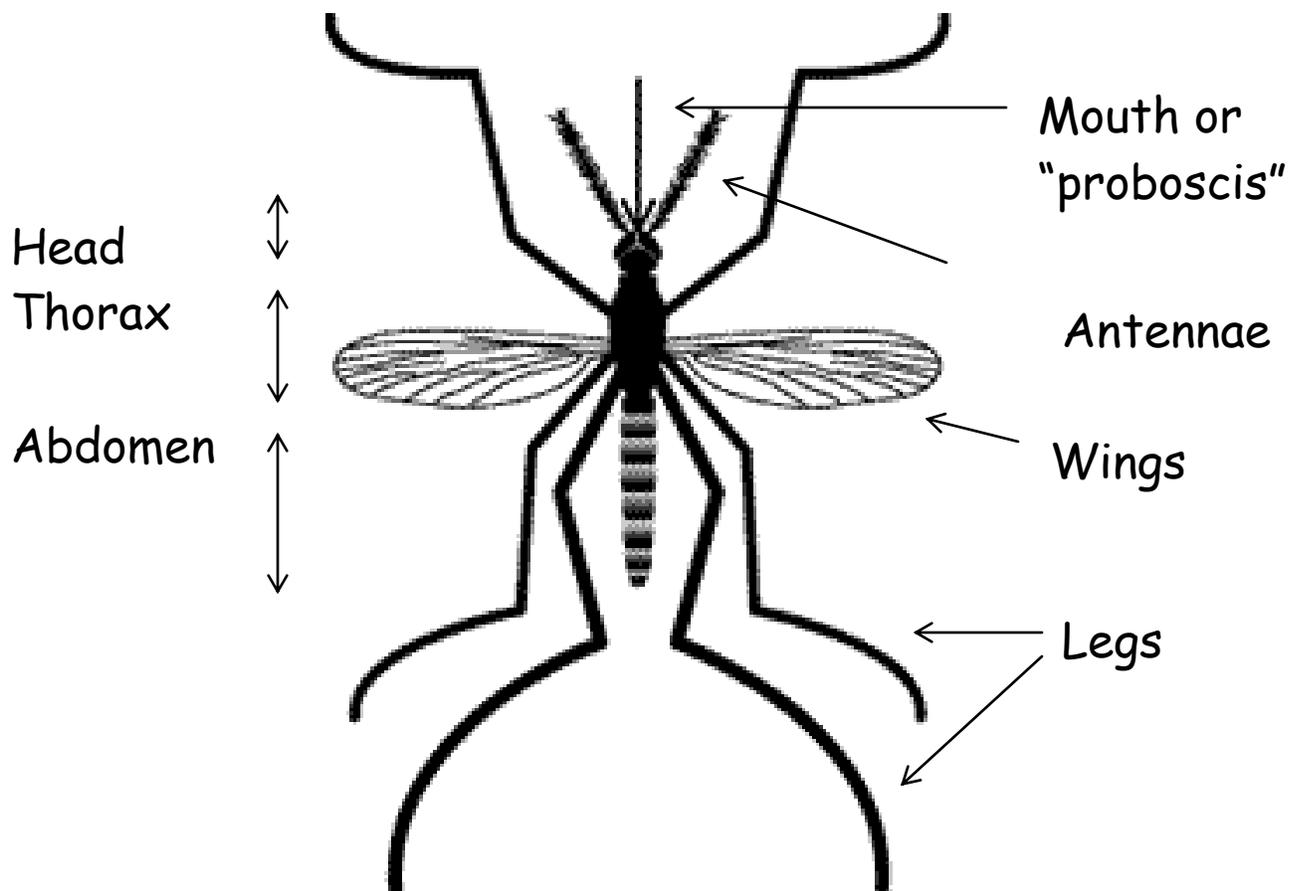
Draw arrows in the correct direction to show how West Nile virus is spread.



What is a Mosquito?

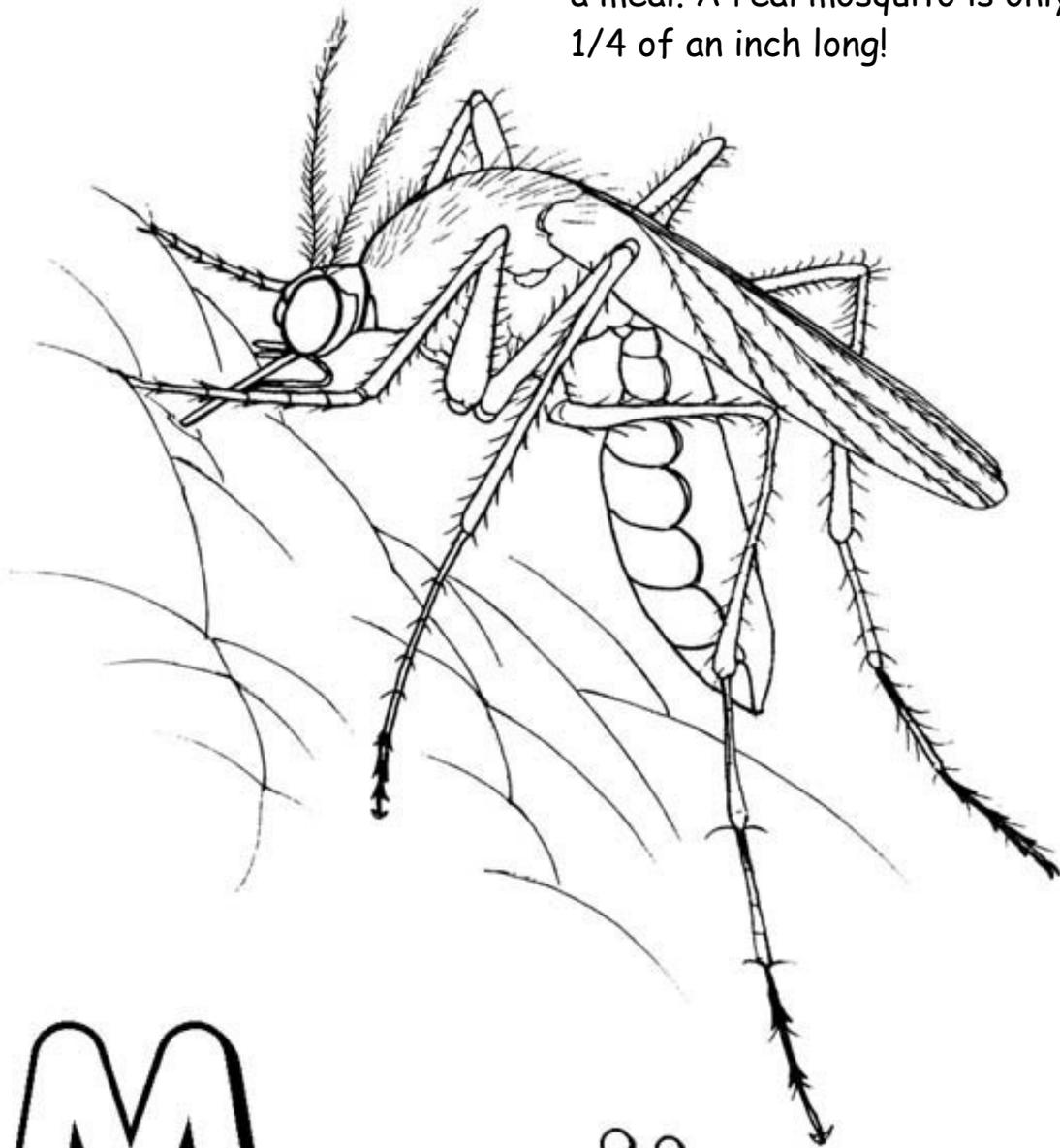
Mosquitoes are insects. This means they have no backbone and are divided into three parts: the head, the thorax, and the abdomen. The head has eyes, a mouth, and one pair of antennae. The mouth is long like a needle. It is called the proboscis. This is how female mosquitoes can bite animals through skin to get blood. The thorax has three pairs of legs and usually one pair of wings. The abdomen contains the guts and reproductive organs.

Mosquito Anatomy



Color Me!

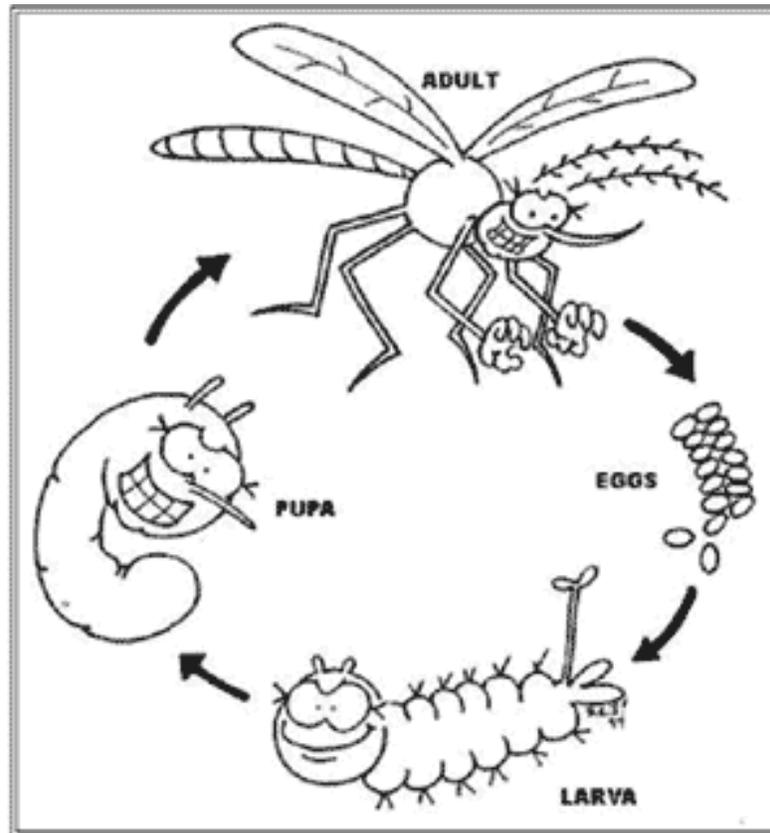
This mosquito is about to have a meal. A real mosquito is only 1/4 of an inch long!



Mosquito

Mosquito Life Cycle

"Metamorphosis" is a developmental change in form or structure of an animal. A mosquito goes through 4 different stages in its life!



The **EGG** stage: Female mosquitoes lay their eggs in standing water. The water only needs to be 1/2 an inch deep! The eggs take about 2 to 3 days to hatch.

The **LARVAL** stage: When the eggs hatch, the creatures that come out are called larvae. Larvae look like tiny wiggling worms in the water.

The **PUPA** stage: After shedding their skin three times, the larvae turn into pupae. Mosquitoes need to breathe during this stage, but they do not eat.

The **ADULT** stage: The adult comes out of the pupa stage in about 2 to 7 days. The average mosquito will live for about 2 weeks. After the female mates and has a blood meal, she is ready to lay her eggs.

Prevent Mosquitoes

Word Search

Are mosquitoes living in your yard? Search for words that are places where mosquitoes can live around your house. If you have any of these things in your yard, be sure to check them for water at least once a week. If you find water, **DUMP IT OUT!**

Find the words listed below. The words can be forward, backward, up, down, or diagonal!

EMPTY CANS
BIRD BATH
TOYS
BUCKETS

KIDDIE POOL
WHEELBARROW
TREE HOLES
PLANT SAUCER

WATER DISH
TIRE SWING
DRAINS
WATERING CAN

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

What do Mosquitoes Eat?

Only female mosquitoes bite! Male mosquitoes drink plant nectar. Female mosquitoes suck the blood from living animals and humans so they have enough nutrients to make their eggs. Besides humans, they bite all sorts of animals like birds, horses, dogs, cats, and snakes!

Which Foods Do Only Female Mosquitoes Eat?

Circle the types of food that **female** mosquitoes eat.



Mosquito Word Search

Can you find the words in the puzzle? They go up, down, diagonal and backwards!

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

WORDS

MOSQUITO
 LARVA
 BITE
 REPELLENT
 ABDOMEN
 FISH
 PUPA
 RASH
 BLOOD
 THORAX
 WATER
 EGG
 DEET
 HEAD

Mosquito Bites

When a mosquito bites you to drink your blood, she injects her saliva into you. Mosquito saliva is an anti-coagulant, which stops our blood from clotting.

When a mosquito bites your skin, you may get an itchy bump. Most of us are allergic to mosquito saliva. That's why mosquito bites itch!



This mosquito just had a blood meal.

Become a member of the San Diego County Vector Control Program's **SWAT TEAM!**

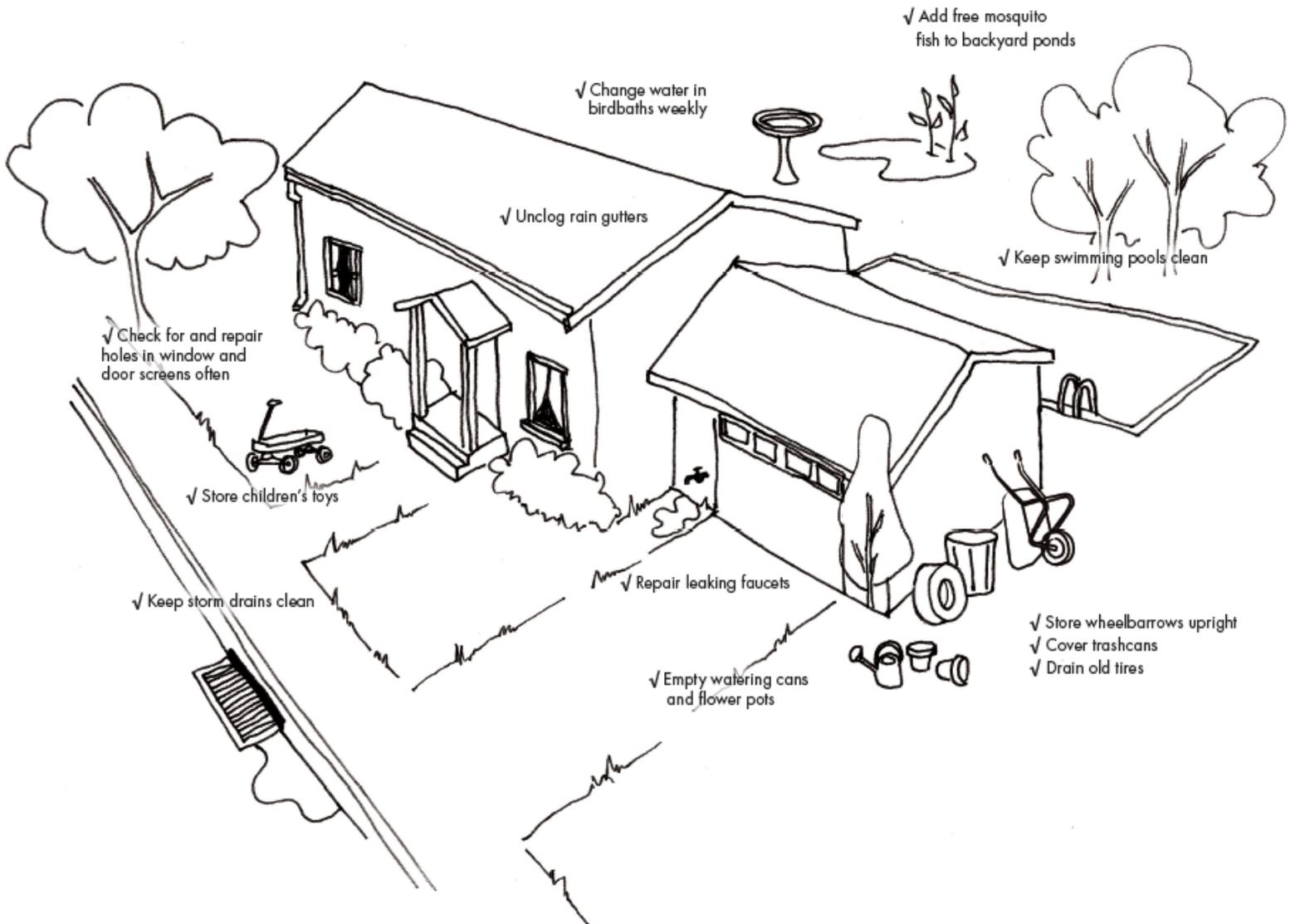
The San Diego County Vector Control Program needs your help! With an adult, use the map on the back of this page to find places that collect standing water around your home. Remember: Mosquitoes only need 1/2 an inch of standing water to lay their eggs. Then, use the next page to draw a picture of how you plan to "Fight the Bite". (Hint: There are great ideas throughout the whole book!)

Once you are done, tear out pages 9-12 of this book and mail them back to the Vector Control Program. In the future, we may use your drawing for display at one of our San Diego County offices. After we receive your map and drawing, we will send you an official certificate and badge to welcome you as a new member of the San Diego County Vector Control Program's **SWAT TEAM!**



Prevent ◇ **Protect** ◇ **Report**

Circle or draw the areas around your home where you found and dumped out standing water.



Grown ups can report green pools and dead birds to the Vector Control Program.

Name: _____

Adult's Signature: _____

Draw your own picture of how you will “Fight the Bite”!

Remember:

- ◆ Prevent mosquito breeding areas
- ◆ Protect yourself from bites
- ◆ Report dead birds and green pools!

Name: _____

School and Grade Level: _____

Adult’s Signature: _____

County of San Diego
Vector Control Program
5570 Overland Ave., Suite 102
San Diego, CA 92123

Place
Stamp
Here

Instructions to Send:

1. Tear out pages 9–12 from the book.
2. Fold on the dotted lines.
3. Make sure the address appears on the outside.
4. Staple or tape closed.
5. Place a stamp and put it in the mail!

Protect Yourself!

Mosquitoes can find us because they can smell carbon dioxide, a chemical in our breath. The mosquitoes that spread WNV are most active at dawn and dusk. How can we keep mosquitoes from biting us? By wearing insect repellent! Choose insect repellent that has DEET, Picaridin, IR 3535, or Oil of Lemon Eucalyptus in the ingredients. You can also stay inside at dawn and dusk and wear light colored clothing with long sleeves and pants when you play outside.

What Should You Use to Protect Yourself?

Circle the items that you can use to keep mosquitoes from biting you.

1		5		9		13	
2		6		10		14	
3		7		11		15	
4		8		12		16	

Answers: You should have circled #1, 3, 4, 5, 6, 8, 10, 11, 13, and 16. Wear insect repellent!

Solve the Secret Code

A message about mosquitoes is hidden in the lines below. Use the key to solve the code and reveal the message.

Key:

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

Answers: Fight the bite; Wear insect repellent; Stay indoors during dawn and dusk; Wear long sleeves and long pants

Color Me!



Did you know that mosquitoes only need 1/2 an inch of water to lay their eggs?

Plants and mosquitoes have one thing in common, they need water to grow! When you water your plants, make sure not to water them too much because extra standing water is a perfect place for mosquitoes to lay their eggs!

Environmental Fact:
Overwatering also wastes water and money. It is bad for your plants too!

Word Scramble!

See if you can unscramble these words to learn more about mosquitoes!

1. **EREELNLTP**

Remember to always use insect _____ when you play outdoors.

2. **DIISEN**

Stay _____ at dawn and dusk because mosquitoes love to bite at those times.

3. **GLTIH**

Wear _____-colored, long-sleeved shirts and pants outdoors so you can see if mosquitoes land on you.

4. **LHFA**

Mosquitoes only need _____ an inch of standing water to breed.

5. **NTALP**

Empty pails, buckets, and _____ saucers when there is water in them.

6. **IHFS**

Mosquito _____ love eating mosquito larva!

7. **FMEALE**

Only _____ mosquitoes bite animals and humans.

8. **ESWT ILNE RIUVS**

Mosquitoes can carry diseases, like _____
_____ that can make people sick.

9. **ITBE**

People can only get West Nile virus through the _____ of an infected mosquito.

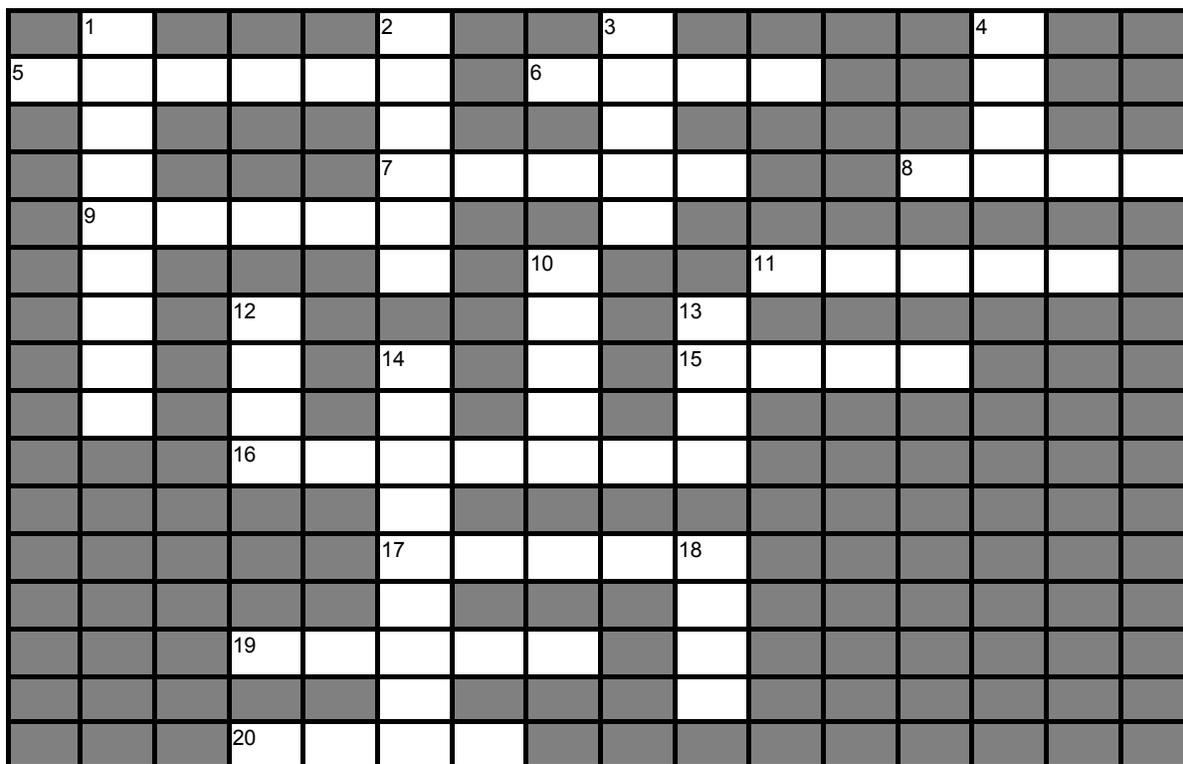
Answers: 1. repellent; 2. inside; 3. light; 4. half; 5. plant; 6. fish; 7. Female; 8. West Nile virus; 9. Bite

Color Me!

Birdbaths are great for birds, but not if they're full of mosquitoes! Make sure to change the water in birdbaths every week so mosquitoes can't grow there! You can also put mosquito fish into the birdbath. They love to eat mosquito larvae!



Mosquito Crossword Puzzle



ACROSS

5. Only _____ mosquitoes bite you
6. Mosquitoes _____ birds, humans, and other animals
7. A mosquito's body is divided into _____ parts
8. At this time in the morning mosquitoes are active
9. Second stage of the mosquito life cycle
11. When you go outside you should wear _____-colored clothing so you can see if mosquitoes land on you
15. Mosquitoes only need half an _____ of water to breed
16. Even though a mosquito bite can be itchy, try not to _____ it
17. Mosquitoes bite humans to drink their _____ for food
19. Mosquitoes need _____ to lay their eggs
20. At this time in the late afternoon mosquitoes are active

DOWN

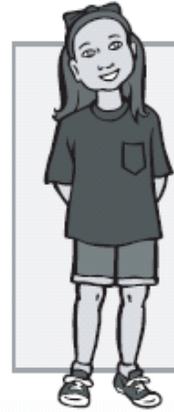
1. You can apply this to your skin to keep mosquitoes away
2. Male mosquitoes usually drink plant _____
3. These are on cars, but they can also breed mosquitoes if there is water in them
4. Third stage of the mosquito life cycle
10. At this stage of the mosquito lifecycle they are flying and biting
12. Mosquitoes lay 100-200 _____ in water
13. You can put mosquito _____ in ponds to eat mosquito larvae
14. Birds like to drink from these and mosquitoes can breed in them
18. In warm weather the entire mosquito lifecycle can be completed in 3-5 _____

WORDS

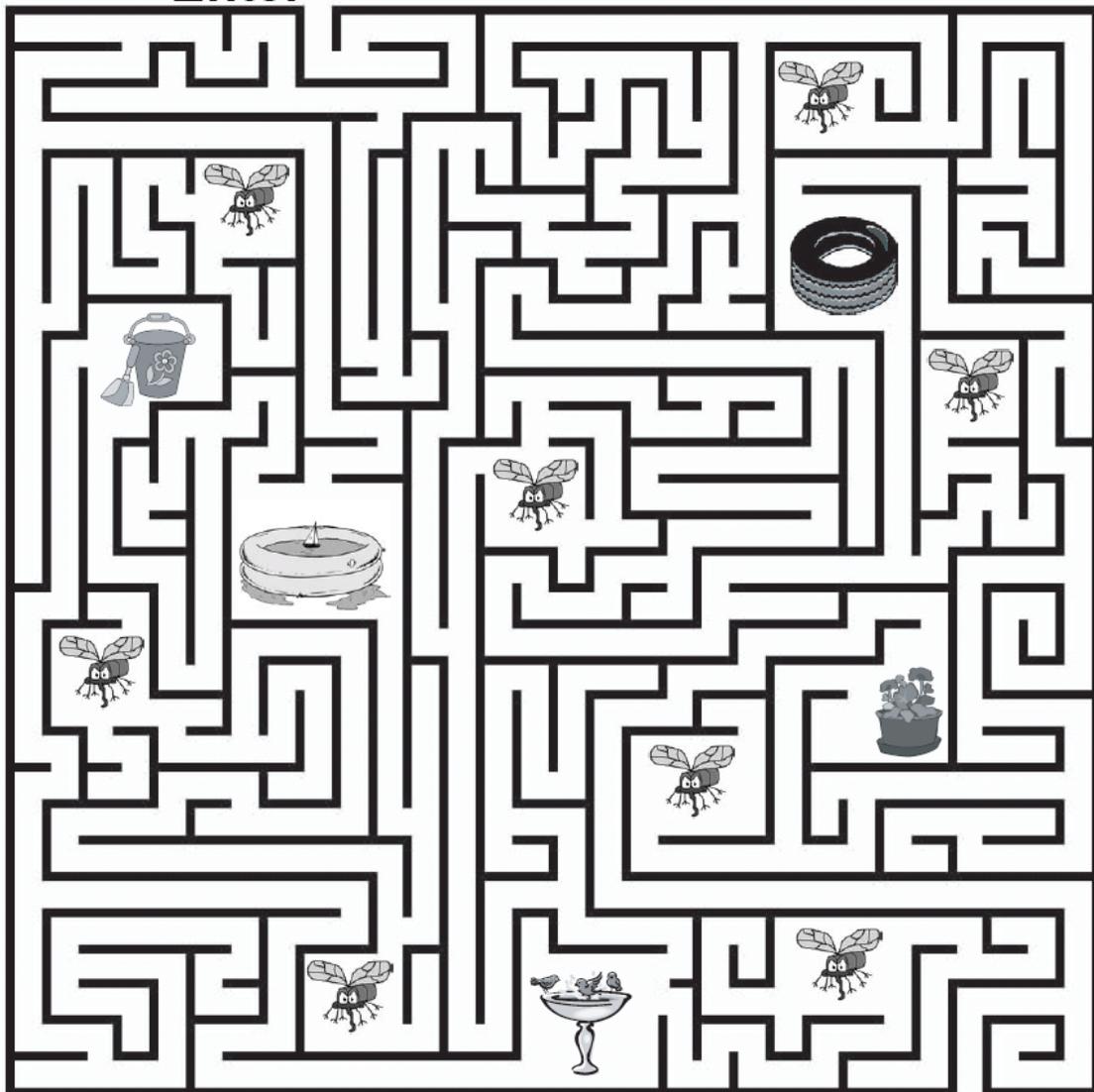
- repellent
- nectar
- tires
- eggs
- fish
- birdbaths
- pupa
- days
- female
- inch
- dusk
- dawn
- light
- larva
- water
- blood
- scratch
- three
- adult
- bite

Help Hannah Through the Maze

Hannah needs to dump out all the containers of standing water where mosquito larvae grow. Can you help her get to each container without getting bitten by a mosquito?



START



FINISH

Mosquito Jokes and Facts!

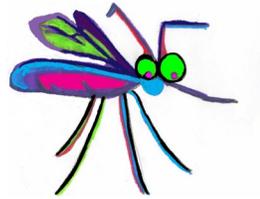


Q: What has six legs, bites, and talks in code?
A: A morse-quito!

There are at least 24 different types of mosquitoes in San Diego County!



Q: What has antlers and sucks blood?
A: A moose-quito!



Q: What is a mosquito's favorite sport?
A: Skin-diving!

There are 10 trillion mosquitoes in the United States every year!

Did you know that a female mosquito can lay over 200 eggs at a time? That's a lot of eggs!

Q: Why did the mosquito go to the dentist?
A: To improve her bite!