MOSQUITO ACTIVITY BOOK

FIGHT the Bite

JOIN THE FIGHT AGAINST WEST NILE VIRUS
For more info, call (858) 694-2888 or visit SDFightTheBite.com

Prevent ◇ Protect ◇ Report

County of San Diego Vector Control Program
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**

- **Head**
- **Thorax**
- **Abdomen**
- **Mouth or “proboscis”**
- **Antennae**
- **Wings**
- **Legs**
This mosquito is about to have a meal. A real mosquito is only 1/4 of an inch long!
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

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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
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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.

1  2  3

4  5  6  7

8  9  10

Answers: #2, 5, 7, 8, 10
Mosquito Word Search

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

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WORDS

- MOSQUITO
- LARVA
- 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!
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: ______________________________________
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. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 
11. 
12. 
13. 
14. 
15. 
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.

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

Did you know that mosquitoes only need 1/2 an inch of water 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 RIVUS
   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!

Did you know? The Vector Control Program provides mosquito fish for free!
# 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  
10. At this stage of the mosquito lifecycle they are flying and biting  
11. When you go outside you should wear _____-colored clothing so you can see if mosquitoes land on you  
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  
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  
18. In warm weather the entire mosquito lifecycle can be completed in 3-5 ____

**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  
5. Eggs  
6. Fish  
7. Birdbaths  
8. Pupa  
9. Days  
10. Female  
11. Inch  
12. Dusk  
13. Dawn  
14. Light  
15. Larva  
16. Water  
17. Blood  
18. Scratch  
19. Three  
20. Adult  

**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?
Mosquito Jokes and Facts!

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

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

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

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

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!