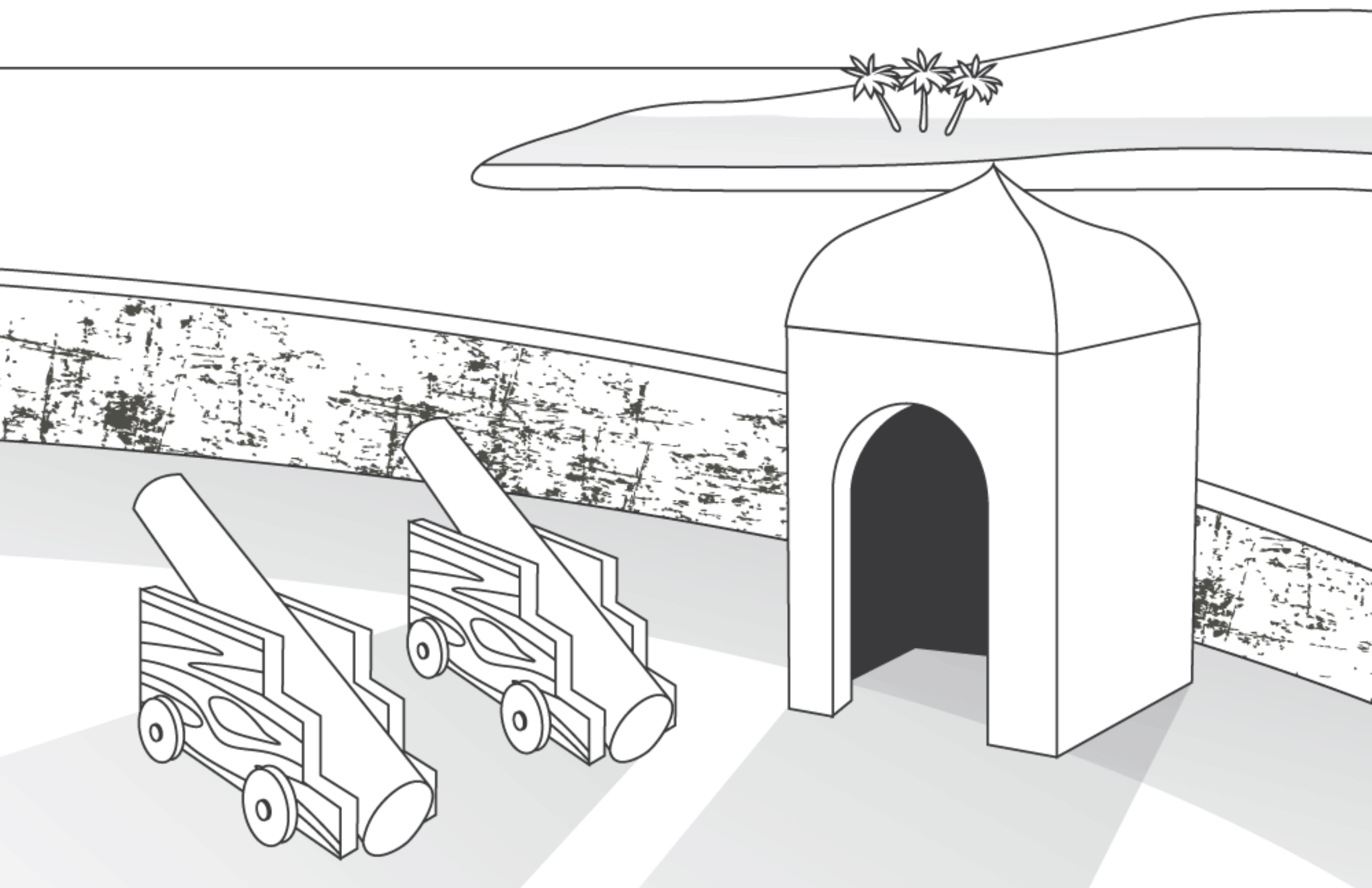




MISS SKEETA'S



Department of Public Health & Social Services
Division of Environmental Health
Mosquito Surveillance and Control Program



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MAKE ME COLORFUL!



MISS SKEETA'S

ACTIVITY BOOK



**HI KIDS! MY NAME IS
MISS SKEETA!**



I was born in the
Guam Environmental
Public Health
Laboratory where my
friends raised me up
from just a tiny
egg.

"Most mosquitoes suck blood and drink nectar, but I love
fiesta food, especially chicken kelaguen and red rice! Yum!"



I want to teach you about mosquitoes and how to protect yourself from getting bitten because mosquito bites can make you sick.

COLOR THE FIESTA **FOR MISS SKEETA AND HER FRIENDS!**



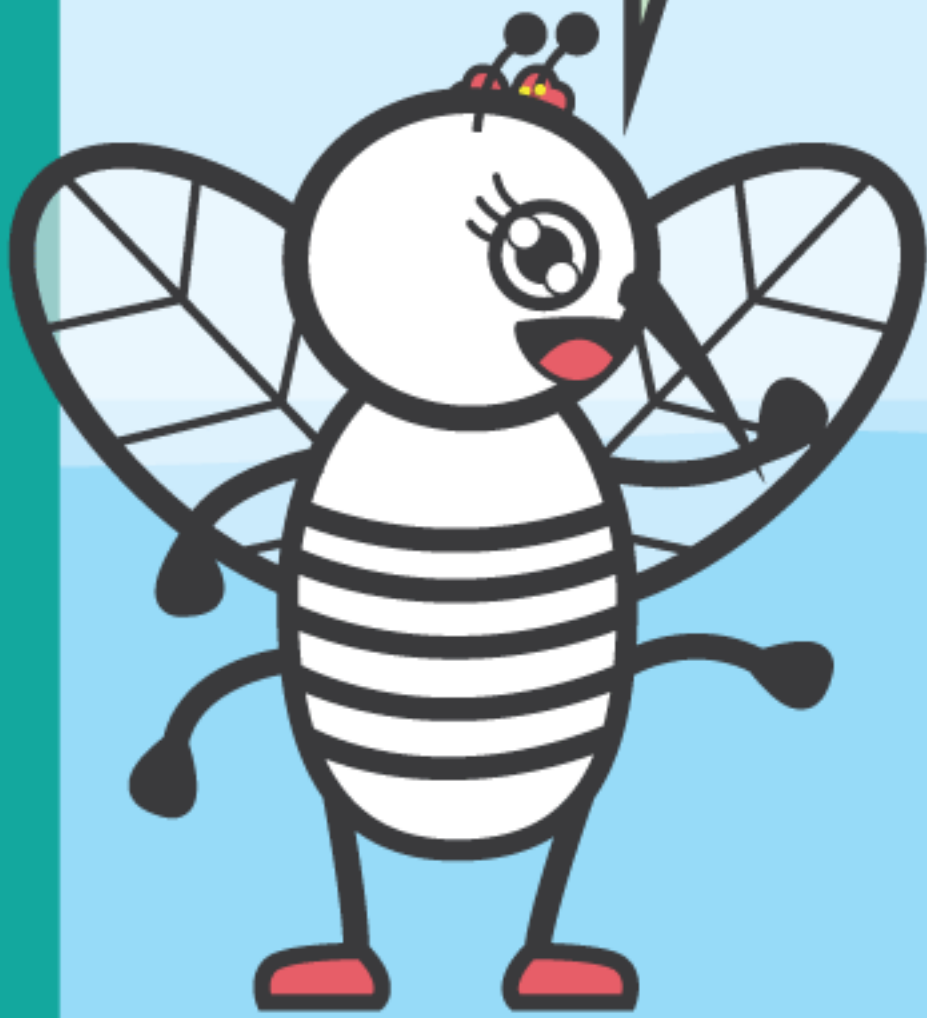
LET'S CELEBRATE!



THE MOSQUITO LIFE CYCLE!

Mosquitoes have a very interesting life cycle.

They go through four stages: **EGG**, **LARVA**, **PUPA**, and **ADULT**



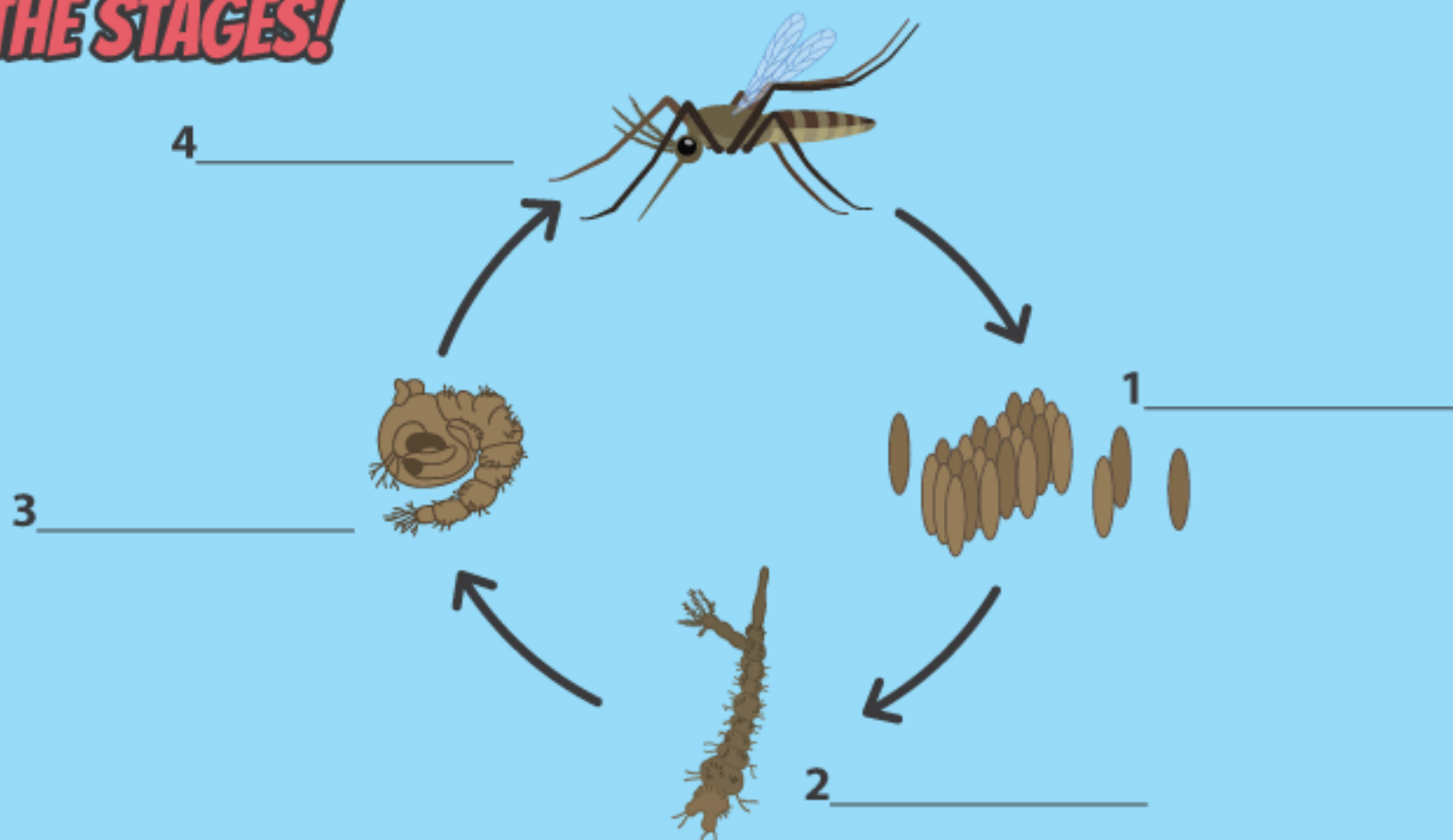
EGGS are oval and are laid one at a time or attached together to form "rafts" that float on the surface of the water.

LARVAE look like little worms that live in the water. They hang upside-down at the water surface to breathe. They eat during this stage.

PUPAE In this stage, they rest and do not eat. When they see light or feel movement, they tumble toward the bottom. This is the time the mosquito starts to change into an adult.

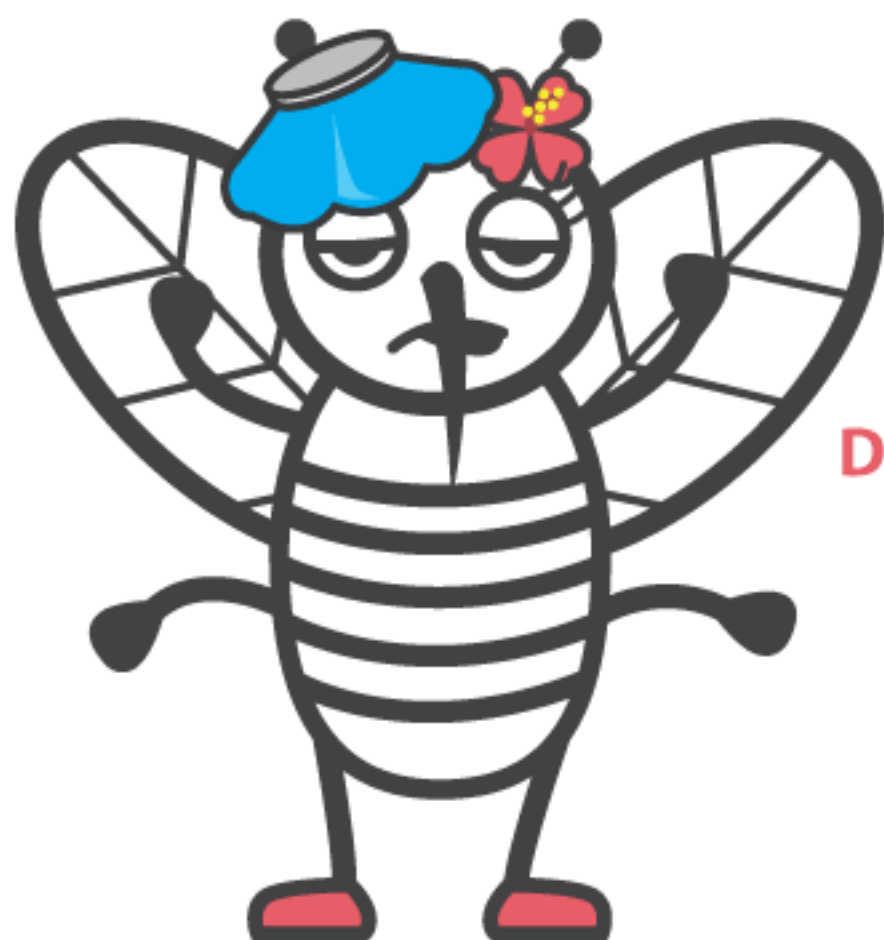
ADULTS hatch from pupae. They rest on the surface of the water for a short time to dry. When they are dry, they can fly away. Only the adult female mosquito bites humans and animals because she needs blood to make eggs. Male mosquitoes do not suck blood. They only drink nectar.

FILL IN THE STAGES!



ANSWERS: 1. Eggs 2. Larvae 3. Pupae 4. Adults

FIND OUT ABOUT MOSQUITO DISEASES!



“Did you know that mosquitoes are the most dangerous animals in the world? That’s because when they bite, they can spread diseases like

DENGUE, ZIKA, CHIKUNGUNYA, and MALARIA



to many people and make them sick.

Those are hard words to say!”

Kids, can you **FIND** all the words that deal with mosquito diseases in the jumbled letters?



DENGUE	MOSQUITO
ZIKA	BITE
CHIKUNGUNYA	PREVENT
MALARIA	FEVER
DISEASES	ACHES
SICK	RASH

WORD SEARCH

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



**YOU CAN *COUNT* ON MISS SKEETA!
COUNT THE DOTS!**



Miss Skeeta wants to teach you ways to help prevent you and others from getting sick.

You can *COUNT* on my tips to help you stay safe and healthy!

UNBUZZ THESE WORDS!



Mosquitoes can lay eggs in things that can hold water. One of the best ways to help prevent mosquitoes from laying eggs is to get rid of standing water.

To reveal the secret message, unscramble these letters to form things that can hold water! Then, match them to the numbers on the chalk board!

SIRET ₁

EROWFL TOP ₁₁ ₈ ₁₃

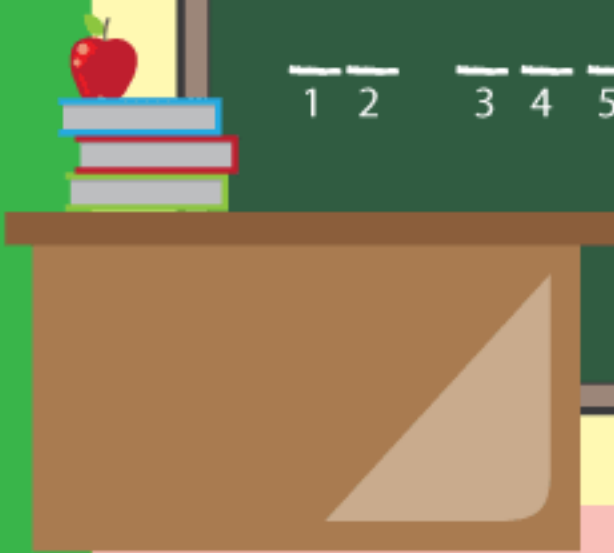
RAJ ₃ ₁₅

DIRB HATB ₆

TUCKEB ₄ ₉ ₇ ₂

NGIMMISW LOOP ₅ ₁₄ ₁₀ ₁₂

ANSWERS: It just takes a cupful of water!
ANSWERS: 1. Tires 2. Jar 3. Bucket 4. Flower Pot 5. Bird Bath 6. Swimming Pool



SEARCH & FIND

OUTSIDE YOUR HOME!

There are a lot of things outside your house that can collect water. If you see them, you and your parents can empty them out or throw them away.



Can you **SEARCH & FIND** all the items in the picture that can hold water? Circle them all!

- 1 Rain Gutters
- 2 Leaky Faucets
- 3 Pet Dishes
- 4 Rain Catchment Tanks
- 5 Swimming Pools
- 6 Drums, Buckets, and Barrels
- 7 Wheel Barrows
- 8 Construction Blocks
- 9 Bird Baths
- 10 Bromeliads
- 11 Holes in a Tree
- 12 Discarded Tires
- 13 Puddles
- 14 Toys
- 15 Tarps
- 16 Trash
- 17 Bamboo
- 18 Ponds
- 19 Water Lily
- 20 Flower Pots and Saucers



SEARCH & FIND

INSIDE YOUR HOME!

Mosquitos can also come inside and live in your house! Here are some Miss Skeeta tips for inside your house.



Can you **FIND** all the items in the home that can allow mosquitoes to bite you or grow indoors? Circle them all!

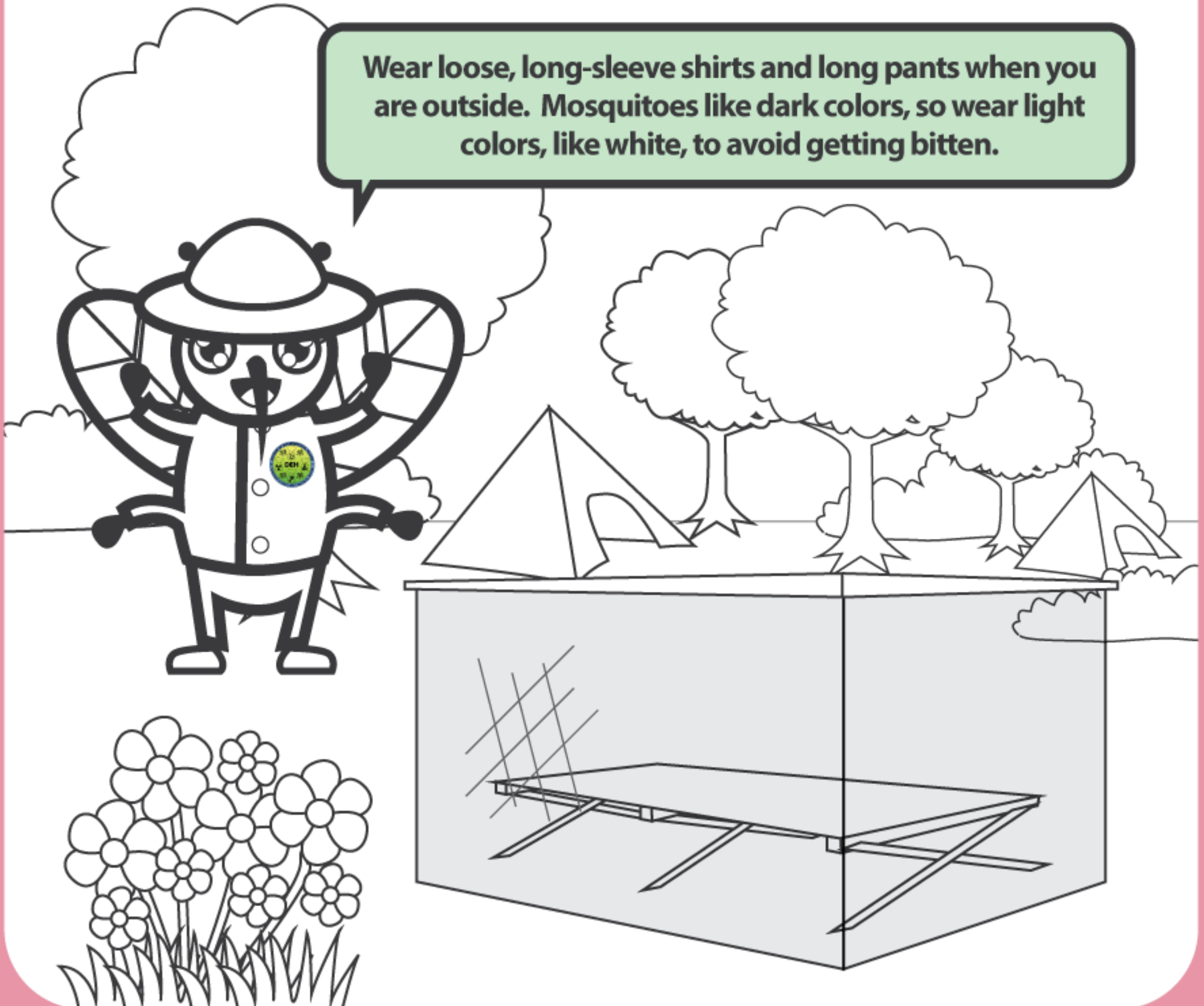
- 1 Vases and flower pots indoors can hold water. Changing the water often can keep mosquitoes from laying eggs in them.
- 2 Window and door screens are a great way to keep mosquitoes outside.
- 3 Fix any holes in your window or door screens.
- 4 Clean and empty pet dishes every couple days.
- 5 Fix leaky faucets and toilets.



HOW TO **PREVENT MOSQUITO BITES!**

You can prevent mosquito bites by knowing where mosquitoes live, how to repel them, and how to get rid of them. One of the best ways to keep mosquitoes from biting you is to simply cover your skin! Staying in a mosquito net can also protect you. Let's **COLOR** the picture!

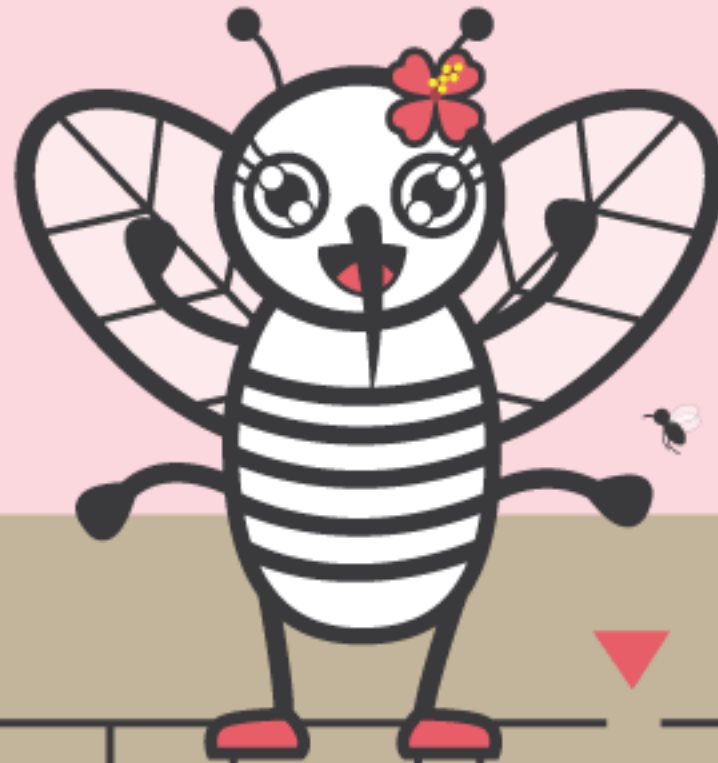
Wear loose, long-sleeve shirts and long pants when you are outside. Mosquitoes like dark colors, so wear light colors, like white, to avoid getting bitten.



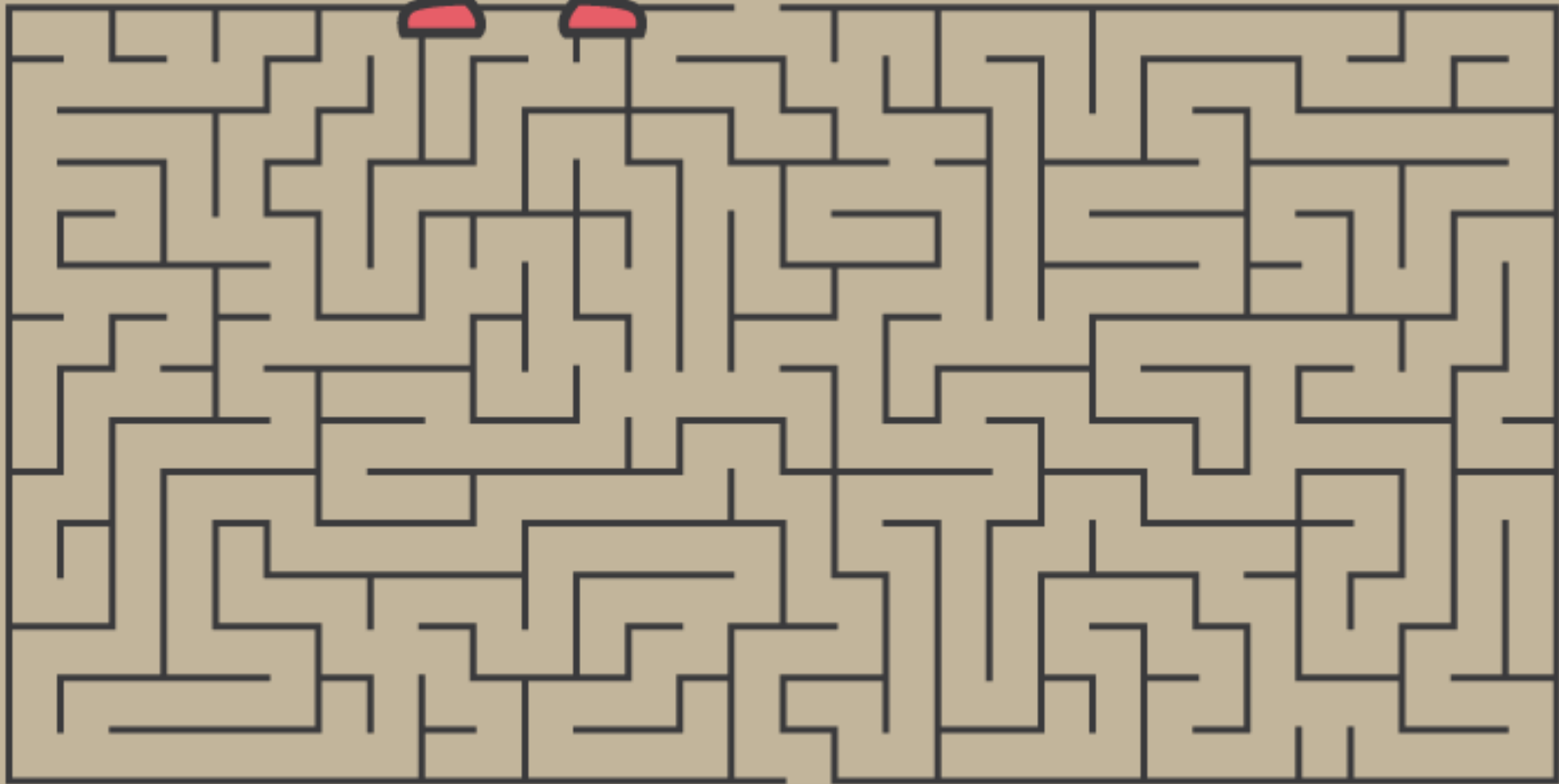
LEARN ABOUT MOSQUITO REPELLENT!

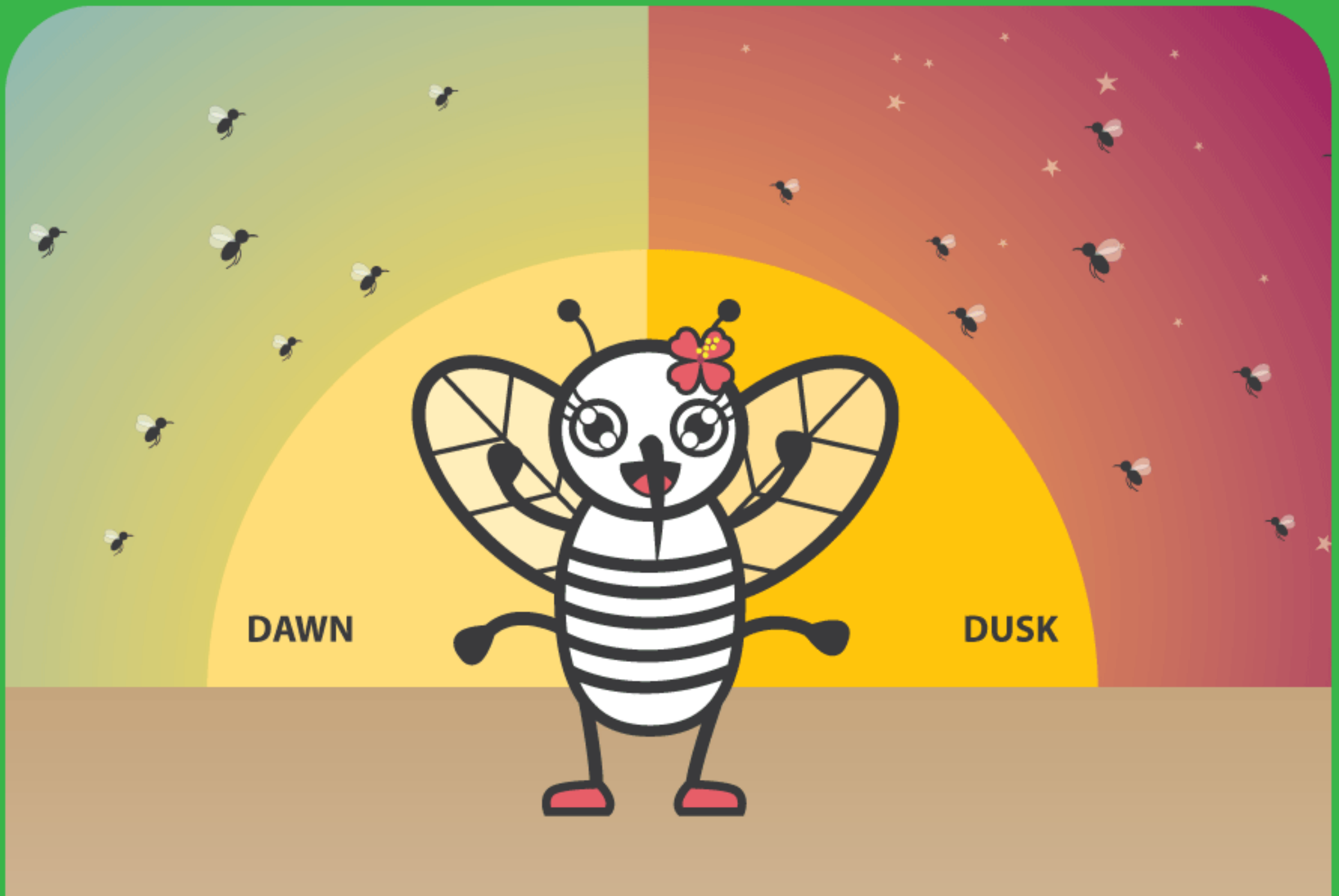
Mosquitos don't like the smell of mosquito repellent. Do not spray the mosquito repellent under your clothes or directly into your face. Have your parents apply it for you. When you are using sunscreen, apply it before the mosquito repellent.

HELP MISS SKEETA THROUGH THE **MAZE!**
KEEP HER AWAY FROM THE MOSQUITOES!



Apply mosquito repellent to uncovered skin when you are outside.





FUN FACTS ***ABOUT MOSQUITOES!***

Mosquitoes are most active at dawn (when the sun comes up) and at dusk (when the sun goes down). You should stay indoors during these times or protect yourself with the right clothes and mosquito repellent.

HERE ARE MORE INTERESTING **FACTS** ABOUT MOSQUITOES!



An adult mosquito can live as long as five months!



Mosquitoes like to bite certain people. It has to do with the chemicals produced from your skin.

A female mosquito can drink about three times its own body weight in blood in a single blood meal!



Mosquitoes can fly about 1 to 1.5 miles per hour!

The word "mosquito" means "little fly" in Spanish and Portuguese!



Mosquitoes are attracted to people who breathe heavily. We often see them circulate around our heads because we breathe through our mouth and nose!



Mosquitoes can sense carbon dioxide (CO₂) from up to 100 feet away!

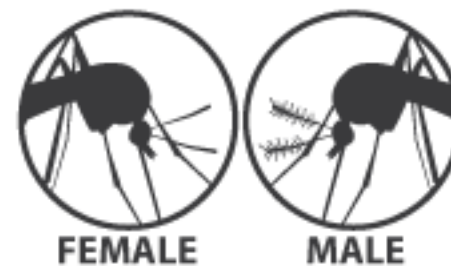


Female mosquitoes have a sharp tongue called a proboscis, which has two tubes. One tube injects a substance in your body, so your blood won't clot. The other tube sucks up the blood! Eww!

Only the female mosquito feeds on blood. They use blood to nourish their eggs. When they are not trying to produce eggs, females eat nectar from flowers like males do!

There are more than 3,500 mosquito species in the world!

Mosquitoes receive information about their habitat through their long antennae and eyes. The males have bushier antennae than females!



...297...298...299...
almost there!

Fish, spiders, frogs, birds, and dragonflies eat mosquitoes!



**BUZZ
BUZZ**

The mosquito's wings beat about 300-600 times per second! Wow! This is what creates their buzzing sound!



MISS SKEETA'S MOSQUITO **CRAFT!**

Let's make a
PIPE CLEANER MOSQUITO
together! Get your
parents to help!

YOU WILL NEED:

- Scissors
- 1 Brown (or black) pipe cleaner cut into three even pieces
- 1 Brown (or black) pipe cleaner cut into 2/3rds of its original length (we won't use the 1/3rds piece left for this mosquito, but you can use it to make a second mosquito)
- 1 White pipe cleaner cut into 2/3rds of its original length
- 1 White pipe cleaner cut to 1/3rds of its original length (the rest of the white pipe cleaner from above)
- 2 Googly eyes
- Glue

INSTRUCTIONS:

STEP 1

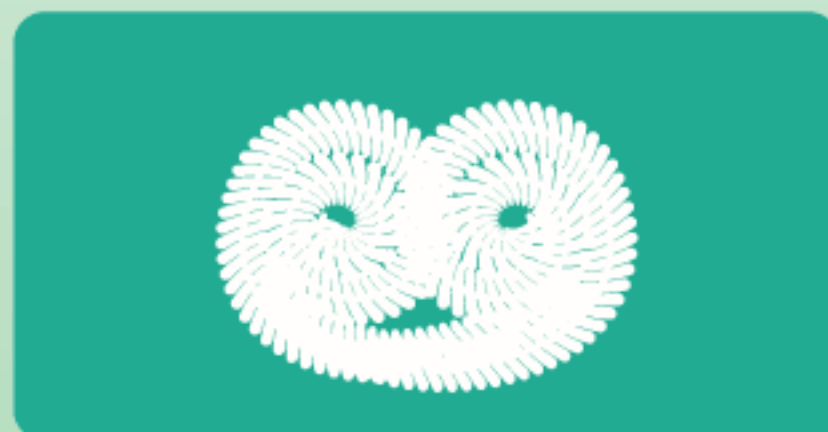
To make the eyes, take a WHITE 1/3rds length pipe cleaner, roll both ends of the pipe cleaner in toward the center of the pipe cleaner to form a base for the googly eyes.

STEP 2

Stick the googly eyes to the rolled up WHITE pipe cleaner with glue.

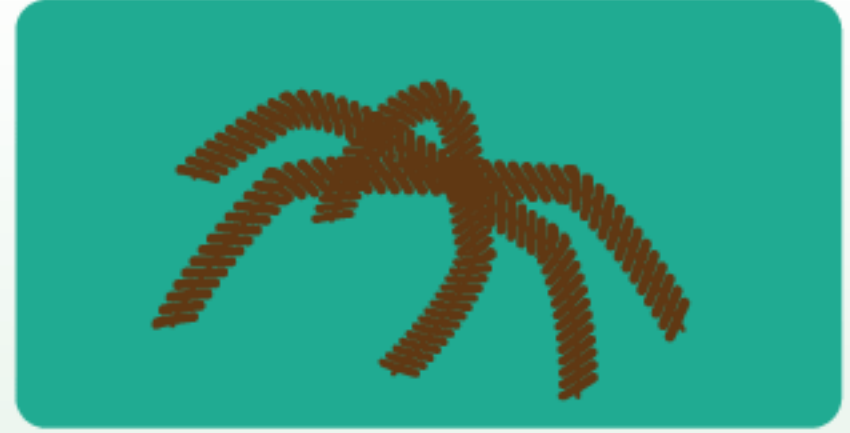
STEP 3

To make the wings, take the WHITE 2/3rds length pipe cleaner and fold the ends toward the center. Twist to secure.



STEP 4

To create the legs, twisting together the three smaller, brown pipe cleaners at their center. Bend the ends to make the joints.

**STEP 5**

Join the pieces together! Take the remaining brown pipe cleaner (2/3rds piece) and thread it through the eyes and over the wings. Twist it completely circle around the wings and eyes and make sure it's on tight.

**STEP 6**

Add the legs underneath the eyes and wing and again twist the 2/3rds piece of brown pipe cleaner in a full circle underneath the legs. Make sure they're on tight!

**STEP 7**

To form the mosquito's body, fold the back end of the 2/3rds piece of brown pipe cleaner in half and twist at the base to form a body for your mosquito.

**STEP 8**

Make a tiny bend at the end of your mosquito's nose to give it character.

**STEP 9**

TA-DA! Your mosquito is now complete! Have fun and show your friends! Teach them what you learned about mosquitoes!





Meet Miss Skeeta, the Department of Public Health & Social Services, Division of Environmental Health's mascot as she guides you through some helpful tips on mosquito bite prevention and protection!

MISS SKEETA'S ACTIVITY BOOK

For more information, contact the
Division of Environmental Health's
Mosquito Surveillance and Control Program
at (671) 735-7221 or visit <http://www.dphss.guam.gov>



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