



MISS SKEETA'S HELPFUL MOSQUITO TIPS



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



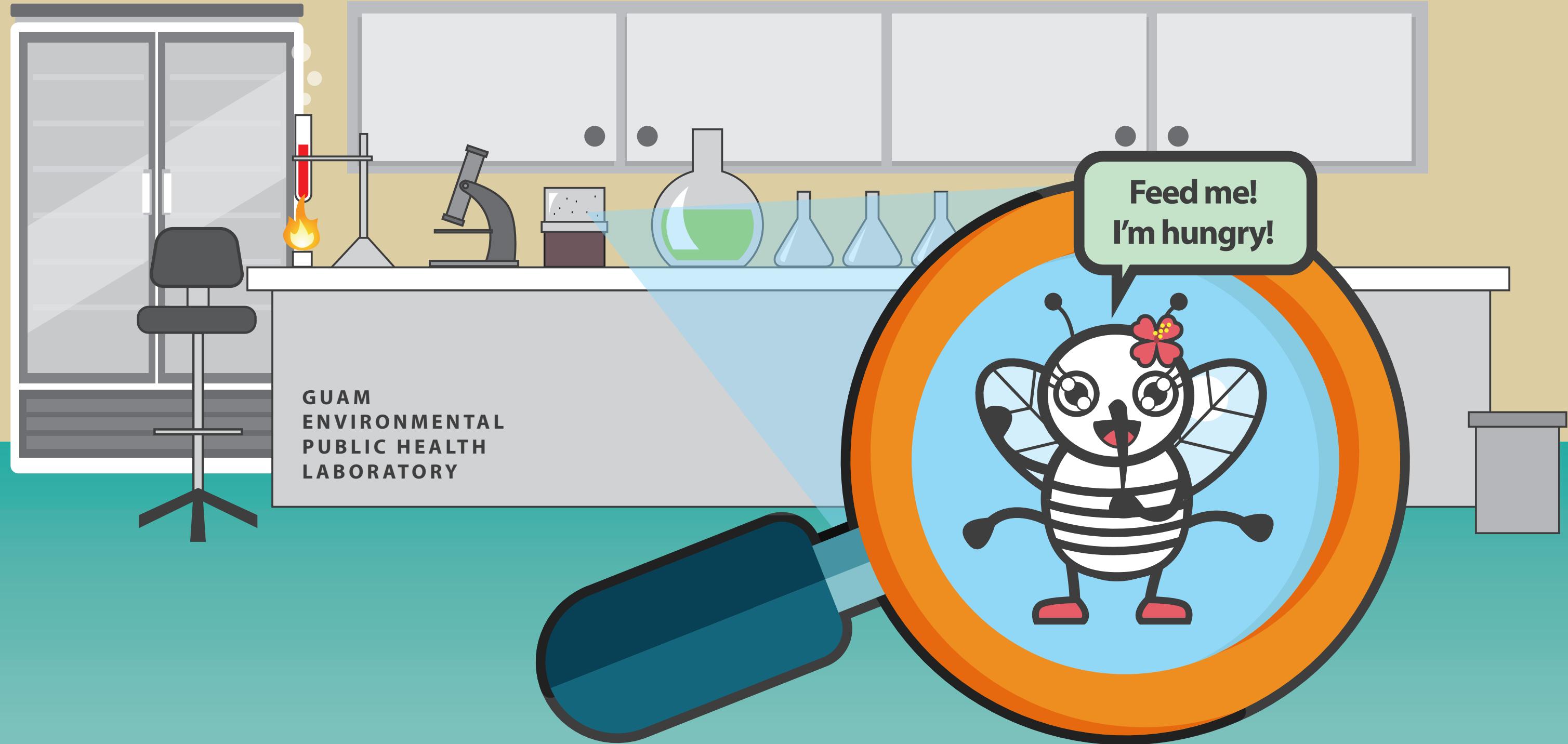
FIGHT THE BITE!



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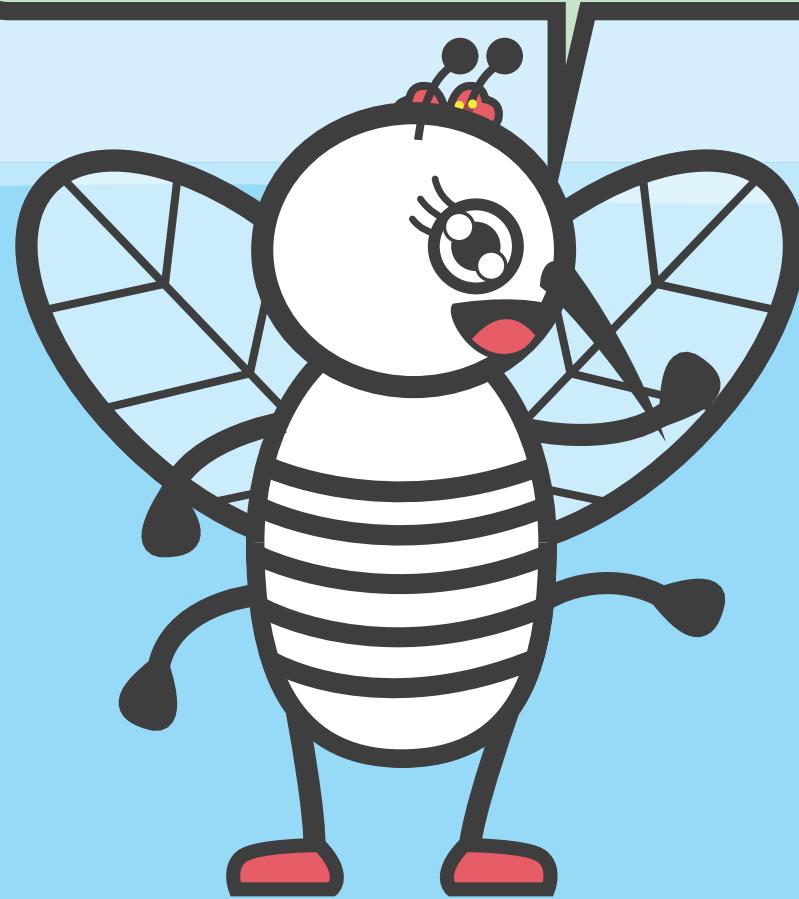
**Born in the Guam Environmental Public Health Laboratory,
Miss Skeeta emerges as the new mascot for mosquito prevention and control!**



Miss Skeeta is not like other mosquitoes; she is very friendly and can talk. Miss Skeeta enjoys local fiestas and the people she meets. She has fallen in love with the people of Guam and the fiesta food, such as chicken kelaguen and red rice. She promises to never bite her human and animal friends.

THE MOSQUITO LIFE CYCLE!

Mosquitoes go through four stages of its life cycle:
EGGS, LARVAE, PUPAE, and ADULTS. You can tell
each stage by how they look.



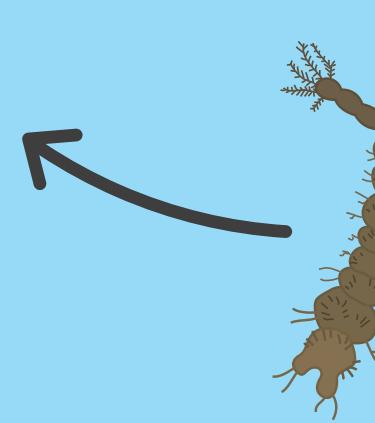
ADULT MOSQUITOES

Only the adult female mosquito bites humans and animals because she needs blood to make eggs.



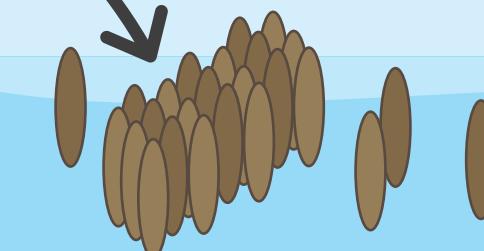
PUPAE

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.



LARVAE

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.



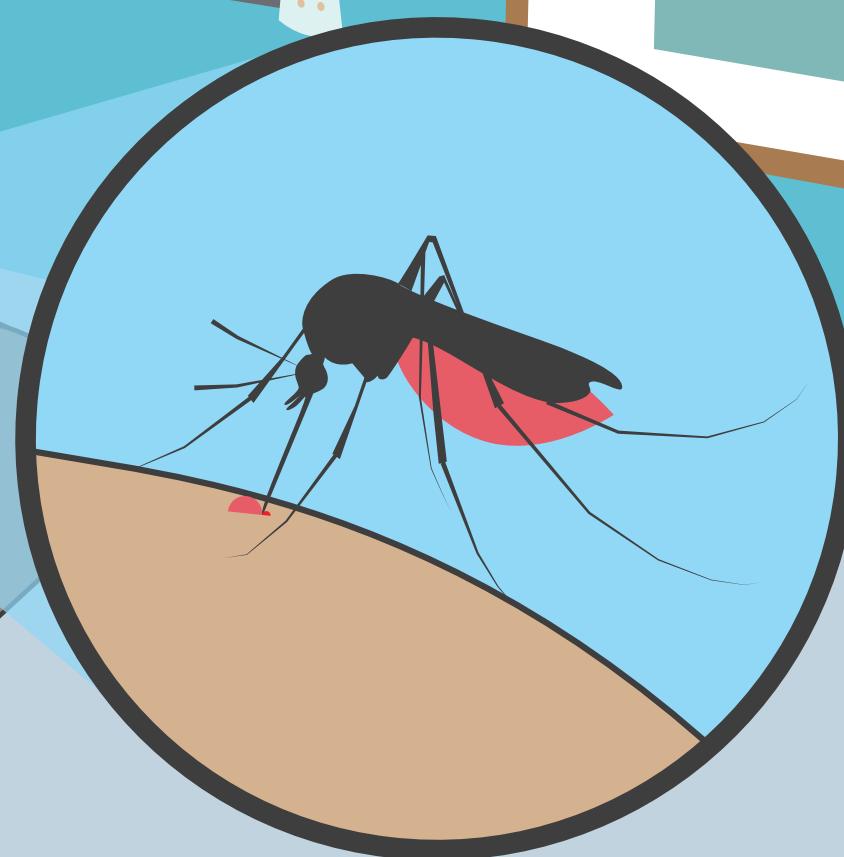
EGGS

Eggs are oval and are laid one at a time. Some mosquitoes attach them together to form "rafts" that float on the surface of the water.

Miss Skeeta wants to teach you about the life cycle.



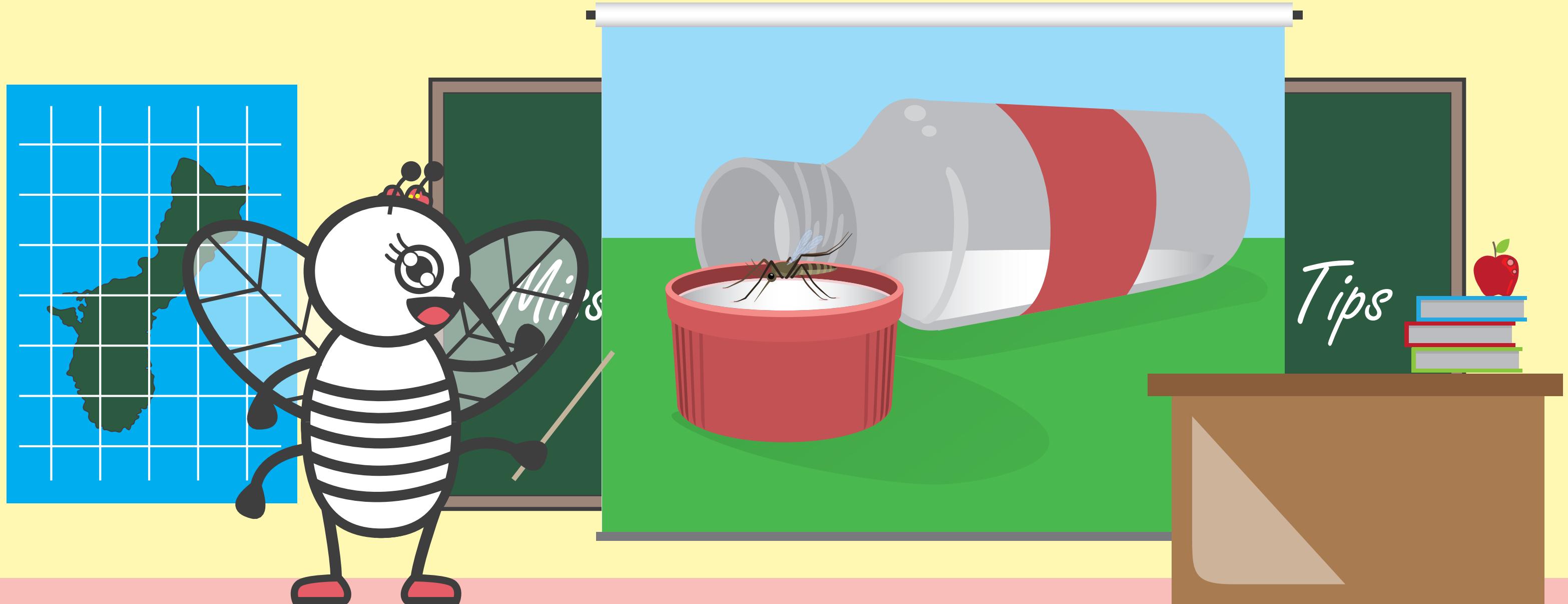
Those are hard words to say!
Say them with me:
DENGUE FEVER! ZIKA! CHIKUNGUNYA! MALARIA!



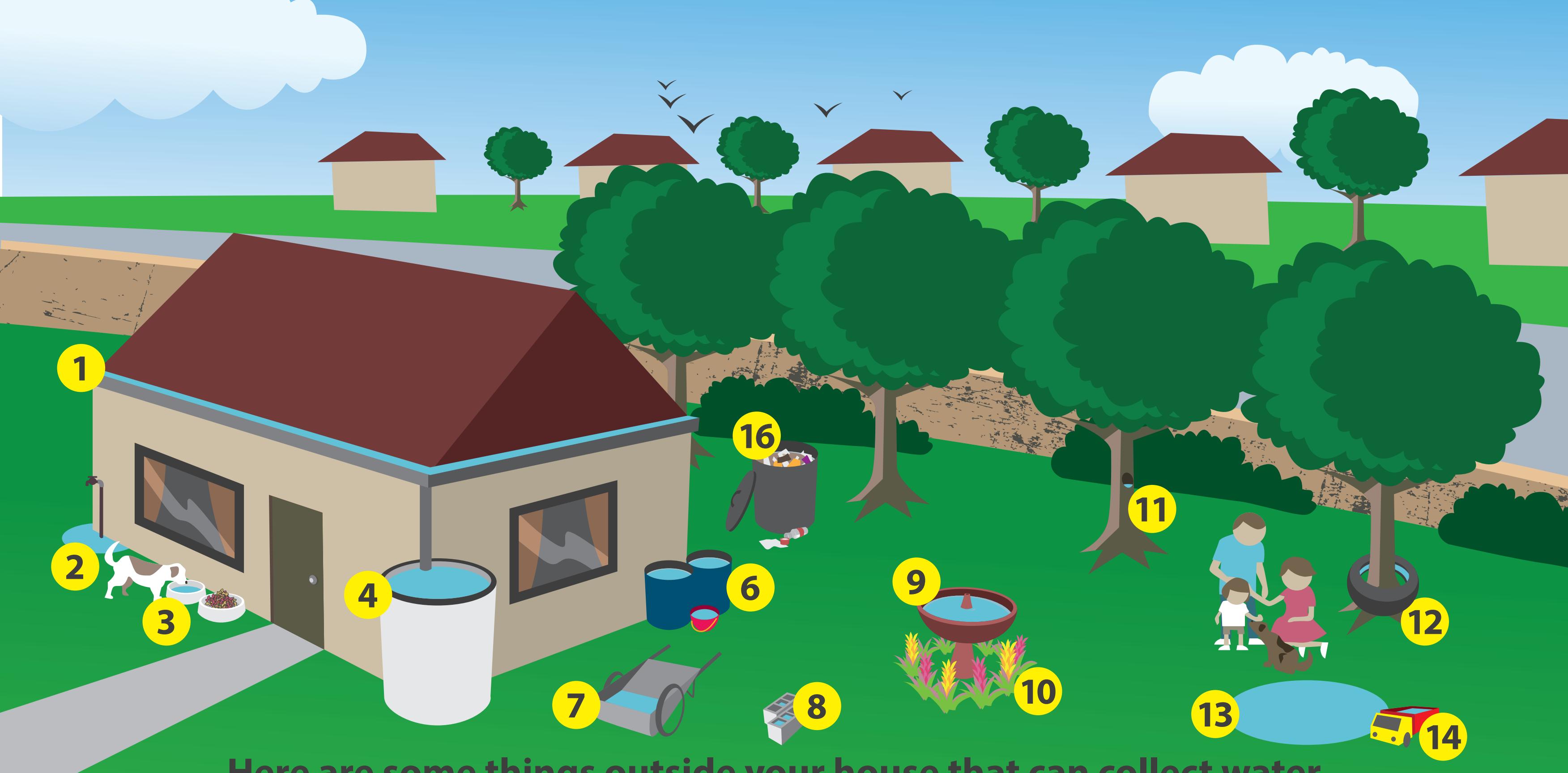
**Did you know that mosquitoes are the most dangerous animals in the world?
That's because when they bite, they can spread diseases
like Dengue Fever, Zika, Chikungunya, and Malaria to people.**



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



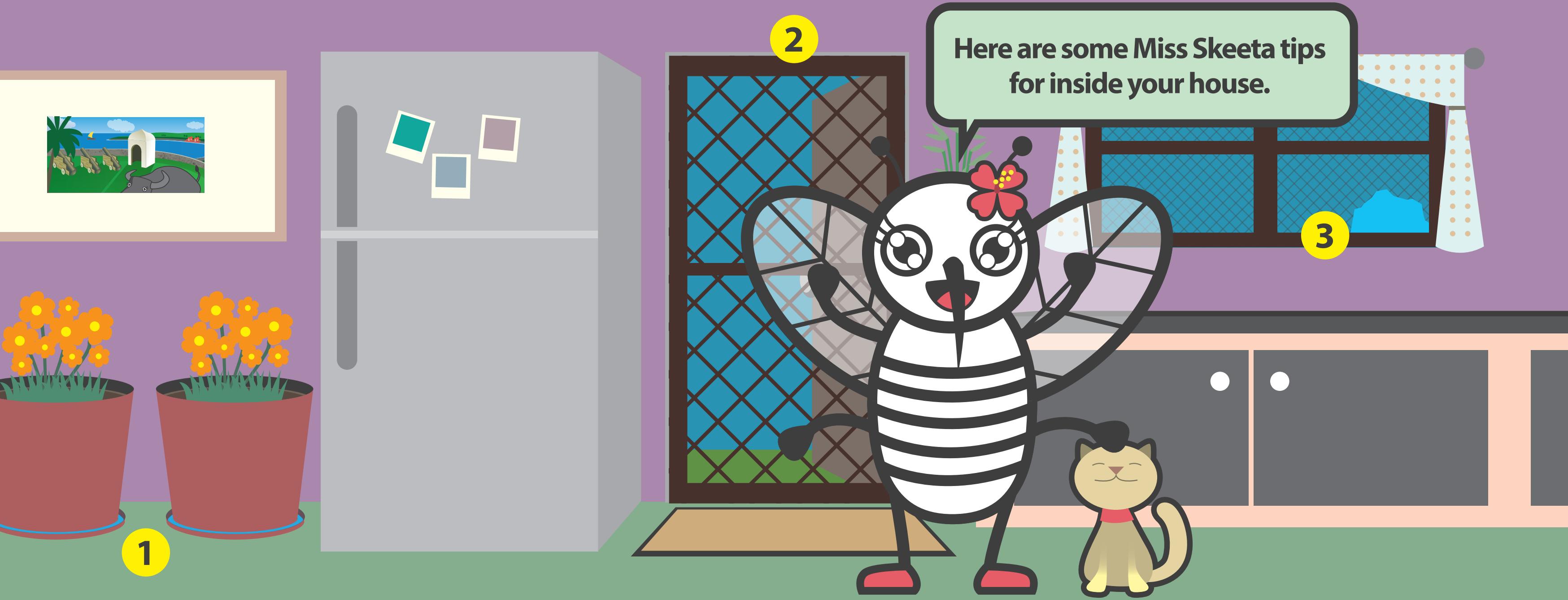
**“One of the best ways to help prevent mosquitoes from laying eggs
is to get rid of standing water. They can even lay their eggs
in just a capful of water!”**



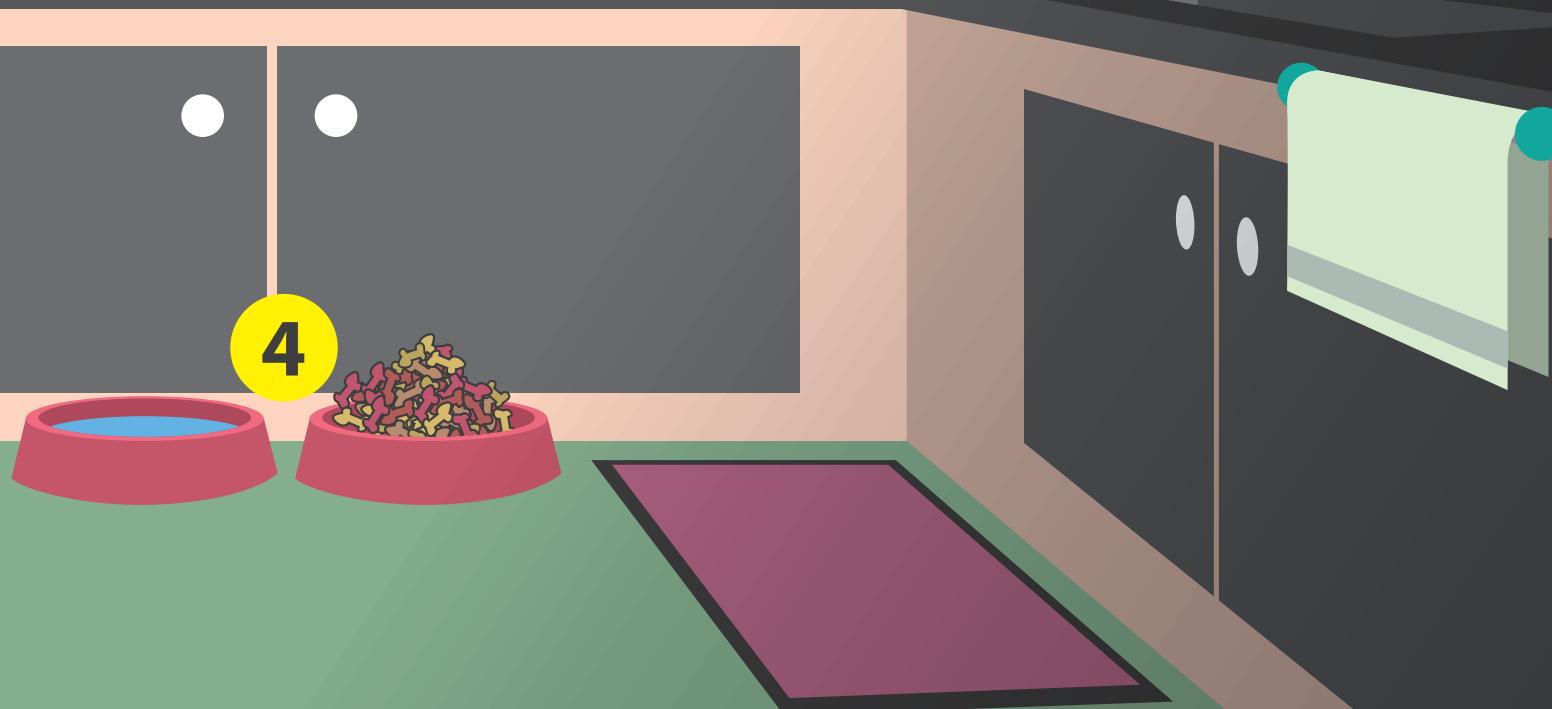
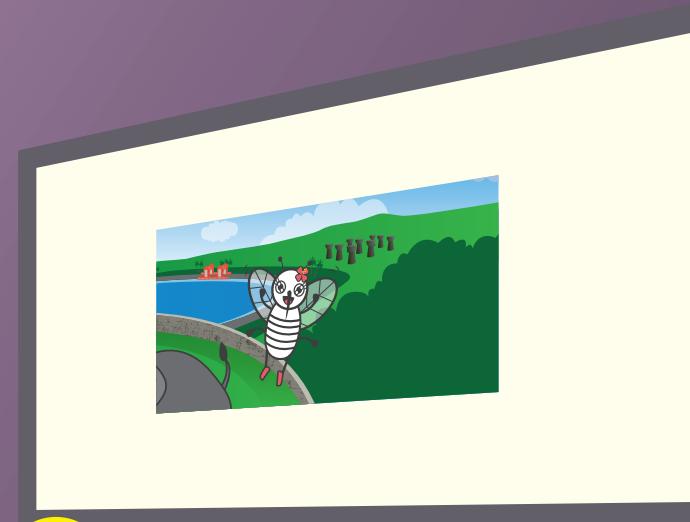
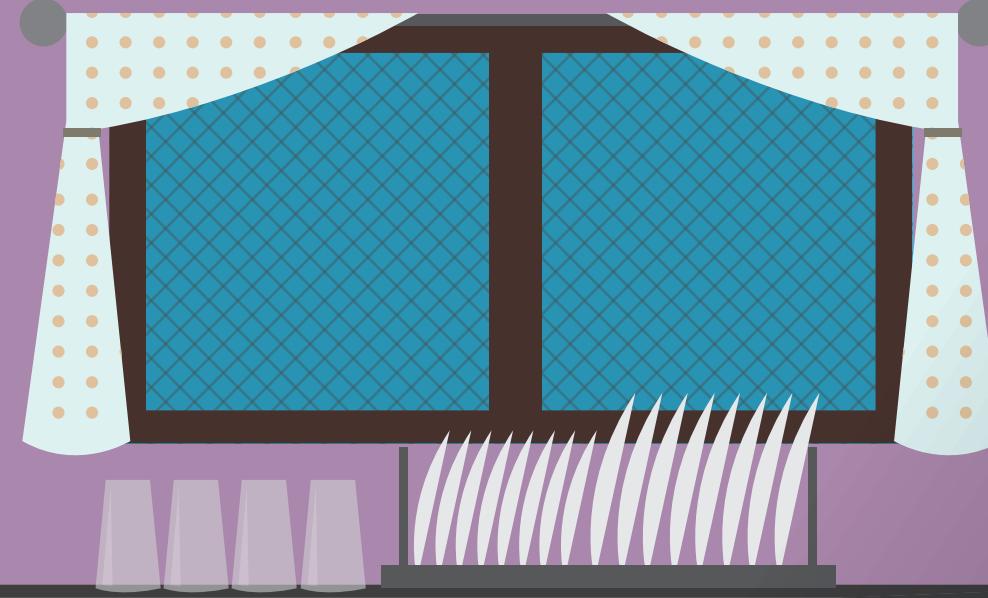
Here are some things outside your house that can collect water.
If you see them, you and your parents can cover them,
empty them out, or throw them away.



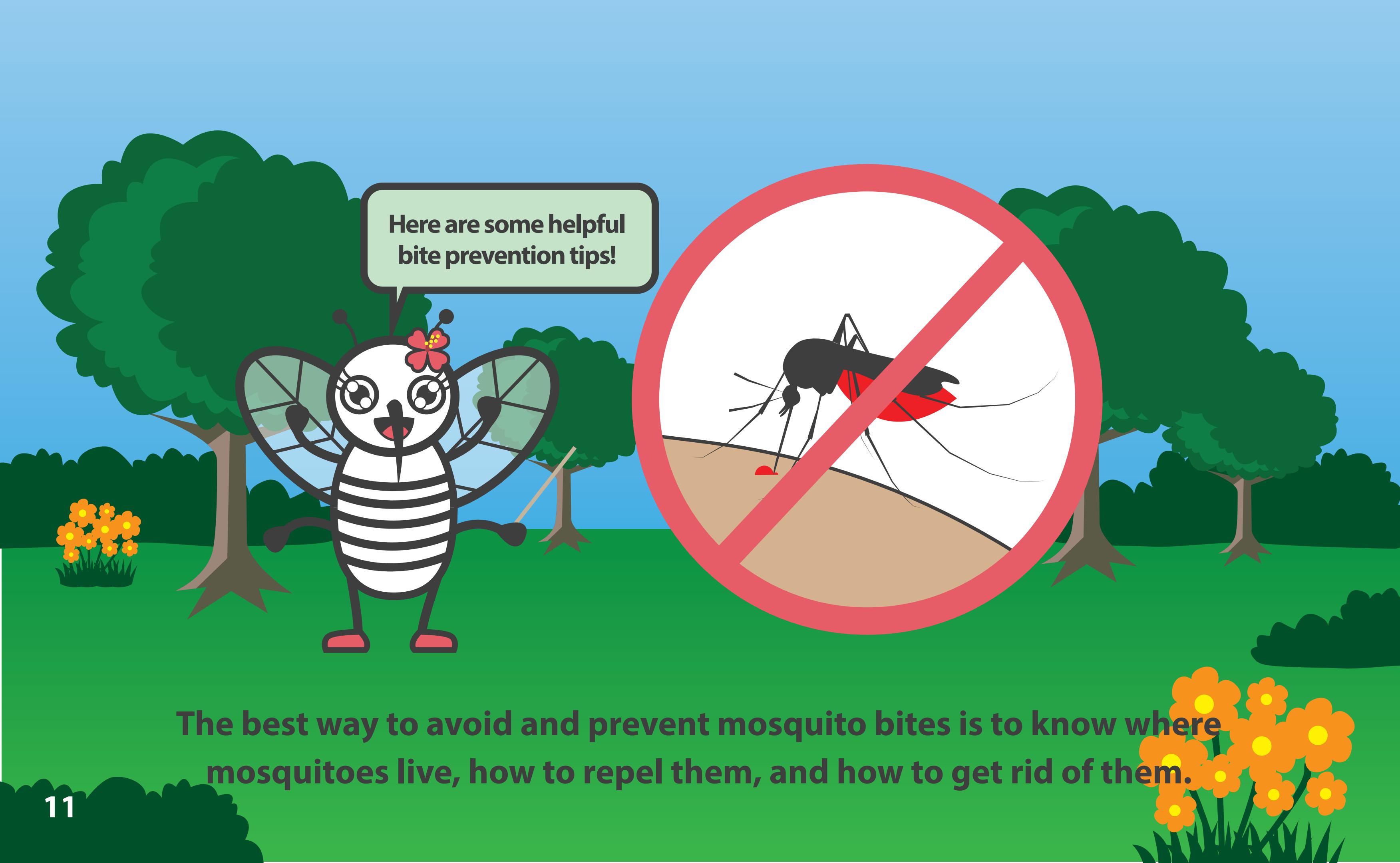
- ① Rain Gutters
- ② Leaky Faucets
- ③ Pet Dishes
- ④ Rain Catchment Tanks
- ⑤ Swimming Pools
- ⑥ Drums, Buckets and Barrels
- ⑦ Wheel Barrows
- ⑧ Construction Blocks
- ⑨ Bird Baths
- ⑩ Bromeliads
- ⑪ Holes in a Tree
- ⑫ Discarded Tires
- ⑬ Puddles
- ⑭ Toys
- ⑮ Tarps
- ⑯ Trash
- ⑰ Bamboo
- ⑱ Ponds
-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



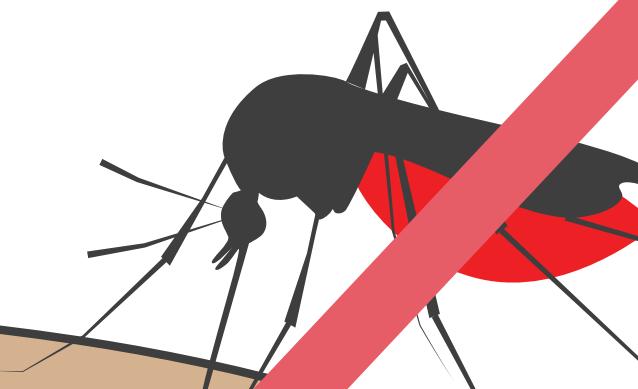
Mosquitoes can also come inside and live in your house!



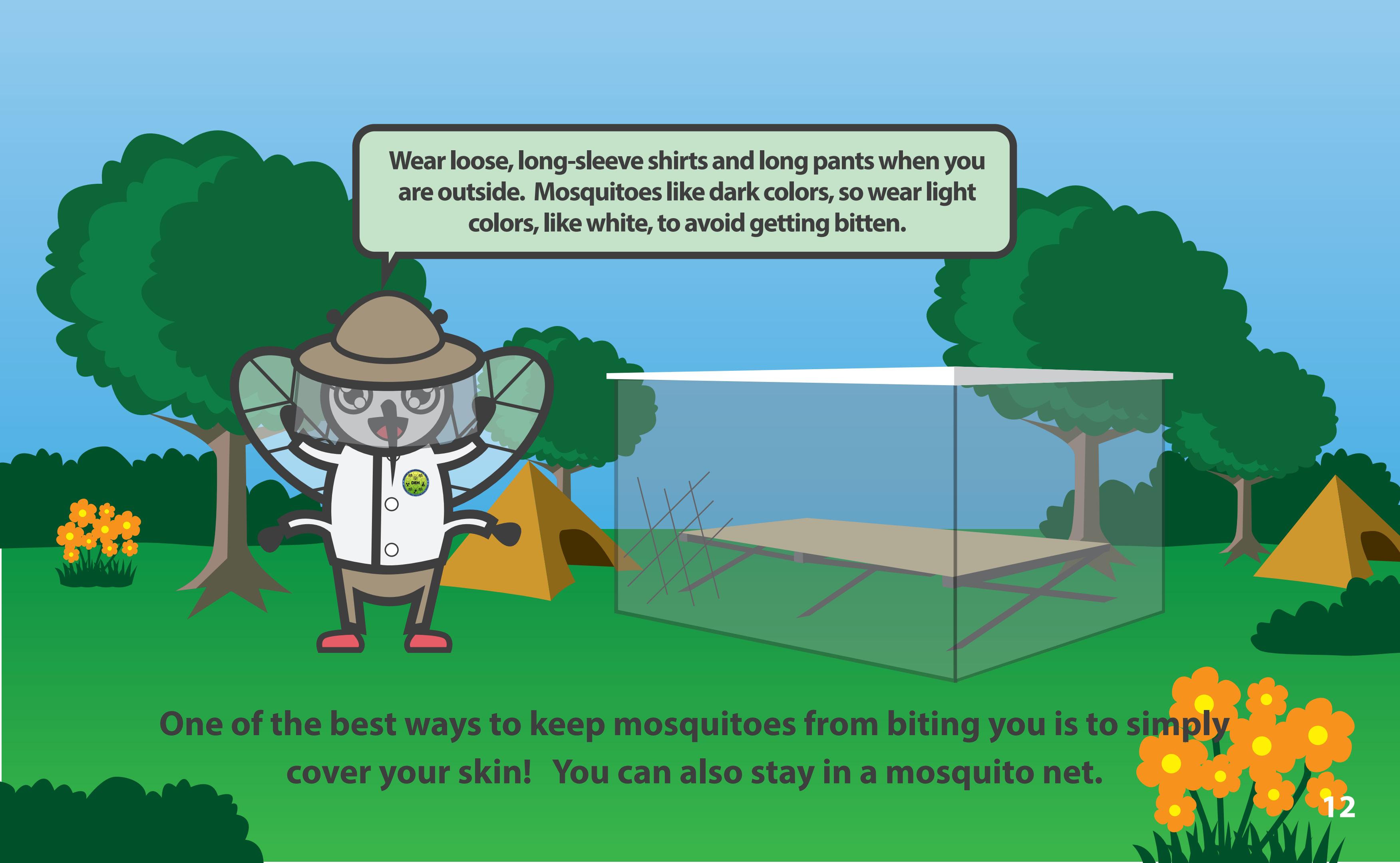
- 1 Vases and flower pots indoors can hold water. Changing the water often can keep mosquitoes from laying eggs in them.**
- 2 Window and door screens are a great way to keep mosquitoes outside.**
- 3 Fix any holes in your window or door screens.**
- 4 Clean and empty pet dishes every couple days.**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



Here are some helpful
bite prevention tips!



The best way to avoid and prevent mosquito bites is to know where mosquitoes live, how to repel them, and how to get rid of them.

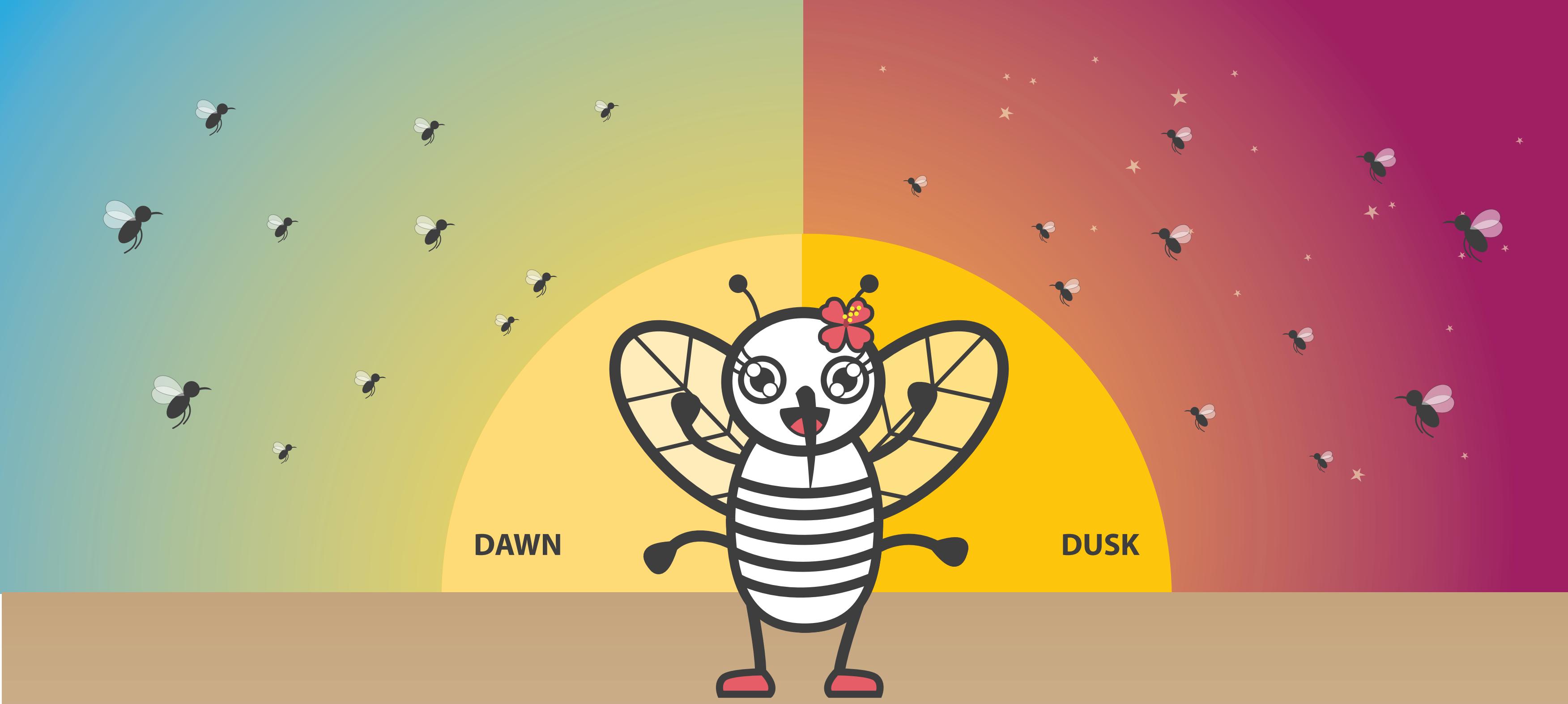


Wear loose, long-sleeve shirts and long pants when you are outside. Mosquitoes like dark colors, so wear light colors, like white, to avoid getting bitten.

One of the best ways to keep mosquitoes from biting you is to simply cover your skin! You can also stay in a mosquito net.



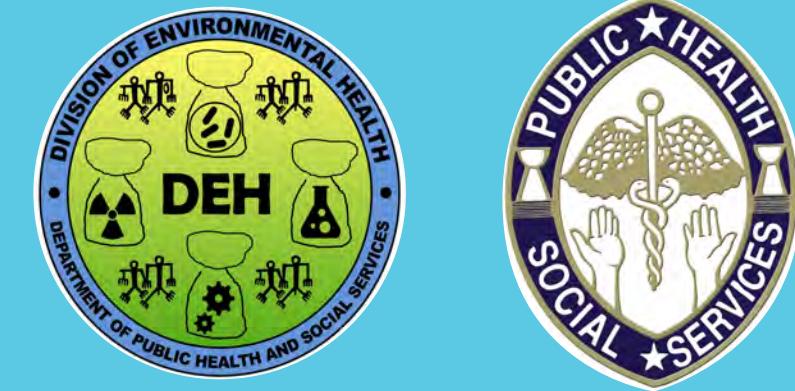
Mosquitoes don't like the smell of mosquito repellent. Don't spray the mosquito repellent under your clothes or directly into your face. Have your parents apply it for you. When you are using sunscreen, put it on before the mosquito repellent.



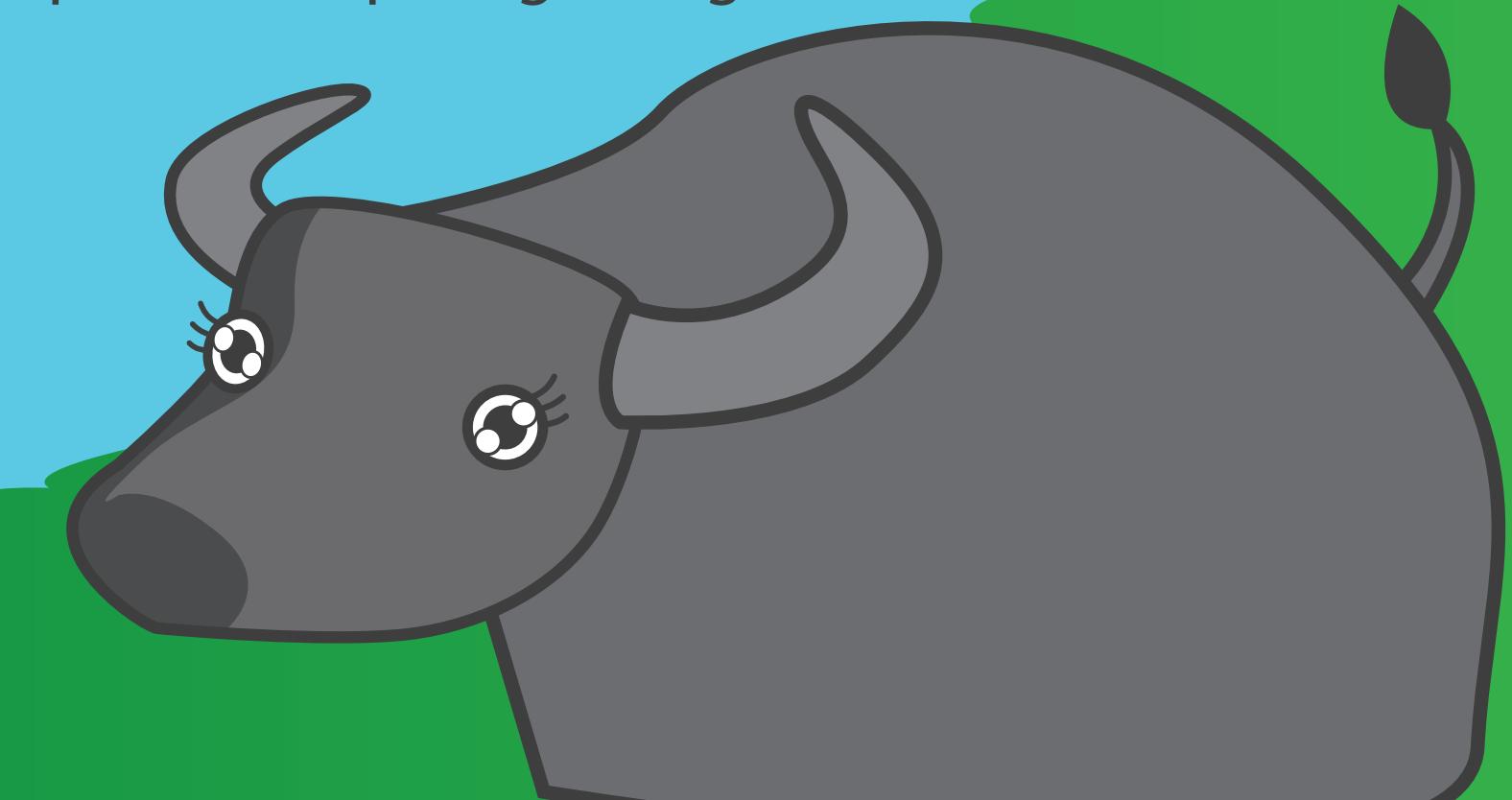
Mosquitoes are most active at dawn (when the sun comes up) and at dusk (when the sun goes down). You should stay indoors during these times or protect yourself with the right clothes and mosquito repellent.



**"Be mosquito smart by using
the helpful Miss Skeeta tips
you learned with me!"**



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>





**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!**

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