

The Buzz-z-z on West Nile Virus

[Announcer] This podcast is brought to you by the Centers for Disease Control and Prevention. CDC - safer, healthier people.

[Caydan] Hi kids! Welcome to CDC Kidtastics Radio! I'm Caydan Kidtastic. Mosquitoes can really bother you in the summer. They can be dangerous, too! Some mosquitoes spread West Nile or other viruses, which are a kind of germ. West Nile virus can cause an infection in the brain.

[Kaya] The chances that you'll get very sick from one mosquito bite are re-e-e-ally low. In areas that have West Nile virus, not all mosquitoes have it, and not every person who gets infected will get sick.

[Caydan] Still, you and your family need protection from mosquito bites. You can even pitch in and help cut down on the number of mosquitoes. When you go outside, ask an adult to help put mosquito repellent on your skin, and remind adults to put repellent on, too! They can go to the CDC website to find more about what repellents to get. There are plenty of repellents that are okay for kids to use. If it's not too hot, long-sleeved shirts and pants help hide your skin from those pesky pests.

[Kaya] Did you know that baby mosquitoes don't fly, they *swim*? Yep, mosquitoes lay their eggs in water. Look for water in flowerpot saucers and buckets and dump it out. Don't leave your little pool out for more than a couple of days either. The fewer places mosquitoes can lay their eggs, the fewer mosquitoes there are. Check around your yard and deck for standing water and show adults what you find.

[Caydan] Many mosquitoes are night flyers, so they come looking for blood around sundown, or around sun-up if you're an early riser. Be extra sure to cover up with long-sleeved shirts and pants *and* use repellent as the sun goes down.

Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO, 24/7.