

Mosquito Bites are Bad!

[Announcer] This program is brought to you by the Centers for Disease Control and Prevention.

[Caydan] Hi kids! Welcome to CDC Kidtastics Radio! I'm Caydan Kidtastic and today we're going to tell you why some mosquito bites are so bad for you and what you can do to protect yourself!

[Kaya] You probably know that mosquitoes are flying bugs that bite, and some mosquito bites make you itch. Some bites can also make you sick!

[Caydan] The best way to stay healthy is to protect yourself from getting bitten. When you pick out your clothes, pick long-sleeved shirts and pants. And don't forget shoes that cover up your feet. Mosquitoes can't bite your skin if you cover it up.

[Kaya] Bug spray can also help, but everyone has to be careful with it. Make sure you ask a grown-up to put it on for you. Bug spray goes on any skin that shows after you've dressed. Don't put bug spray in or near your eyes or mouth or under your clothes. Grown-ups should put the bug spray on their hands, and then spread it on your face. Don't ever spray it directly on your face. Remind the grown-ups always spray *outside* and don't spray it around any food or animals.

[Caydan] Ask a grown up to close all windows and doors in your house. If windows and doors can't be closed or you're sleeping outside, use a bed net to help protect you from mosquito bites while you sleep. You can also help protect your family from mosquito bites. If you see broken doors or holes in window screens, help a grown-up fix them.

[Kaya] Mosquitoes need water to lay eggs. Once a week, you can help empty and scrub, turn over, cover, or throw out items that hold water, like buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home. Help your parents turn over things that are heavy.

[Caydan] Remember, some mosquito bites can make you sick! Stay healthy! Use bug spray, wear long sleeves and pants, and keep mosquitoes outside.

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 cdc.gov or call 1-800-CDC-INFO.