



Health
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West Nile virus

Activity Sheet

Don't let mosquitoes put the bite on you

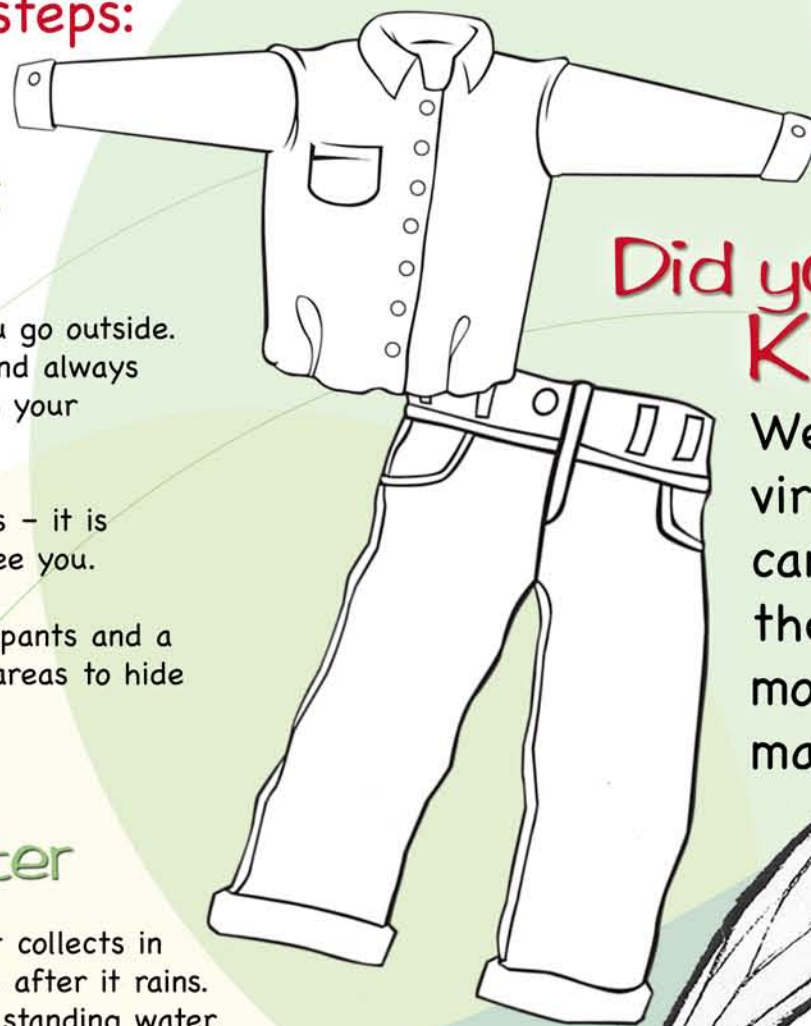
Colour this Activity Sheet and put it on your wall at home.

Tell mosquitoes to buzz off!

Follow these easy steps:

1. Avoid mosquito bites

- Put on bug spray when you go outside. Ask a grown-up for help and always follow the directions. Wash your hands afterwards.
- Wear light-coloured clothes – it is harder for mosquitoes to see you.
- Wear a long-sleeved shirt, pants and a hat in wooded or swampy areas to hide your skin from mosquitoes.



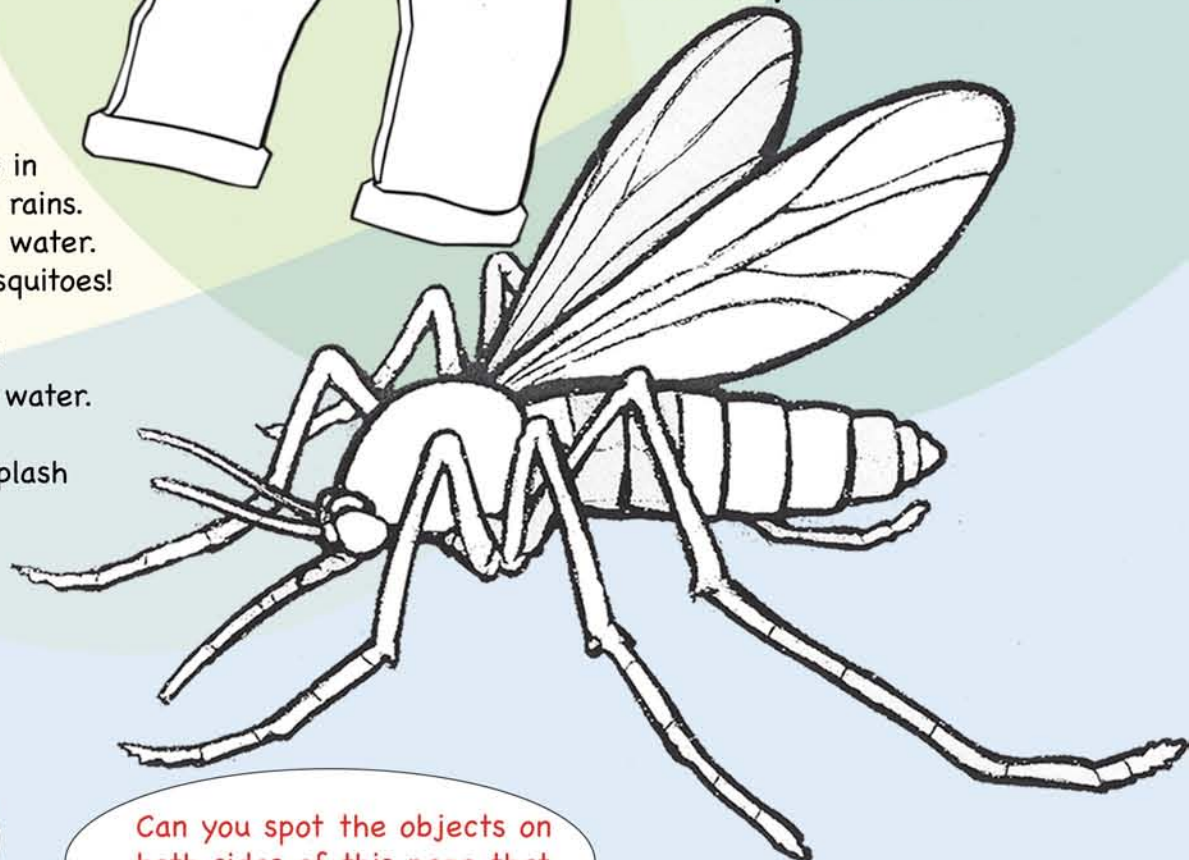
Did you Know?

West Nile is a virus that you can get from the bite of a mosquito. It can make you sick.

2. Clean up standing water

Standing water is water that collects in buckets and in other objects after it rains. Mosquitoes lay their eggs in standing water. Less standing water means fewer mosquitoes!

- Clean and put away objects around your home and yard that can hold water.
- Empty water from toys, old tires, splash pools and other outdoor objects.



Can you spot the objects on both sides of this page that hold standing water?



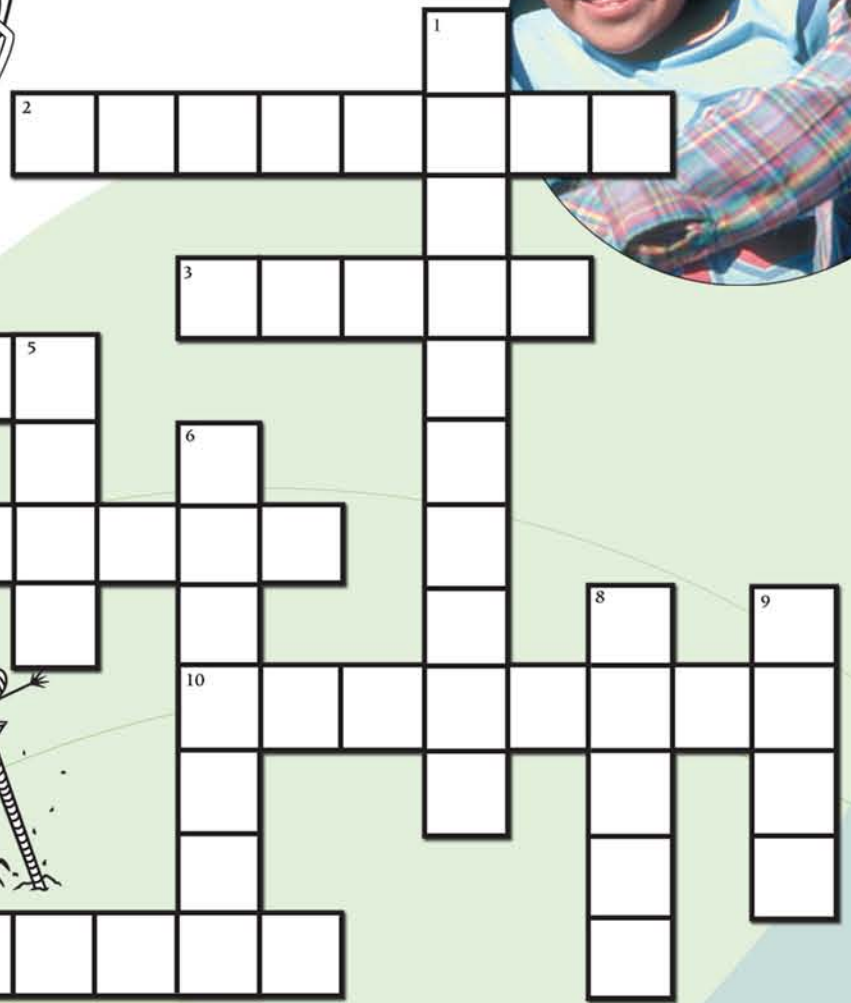
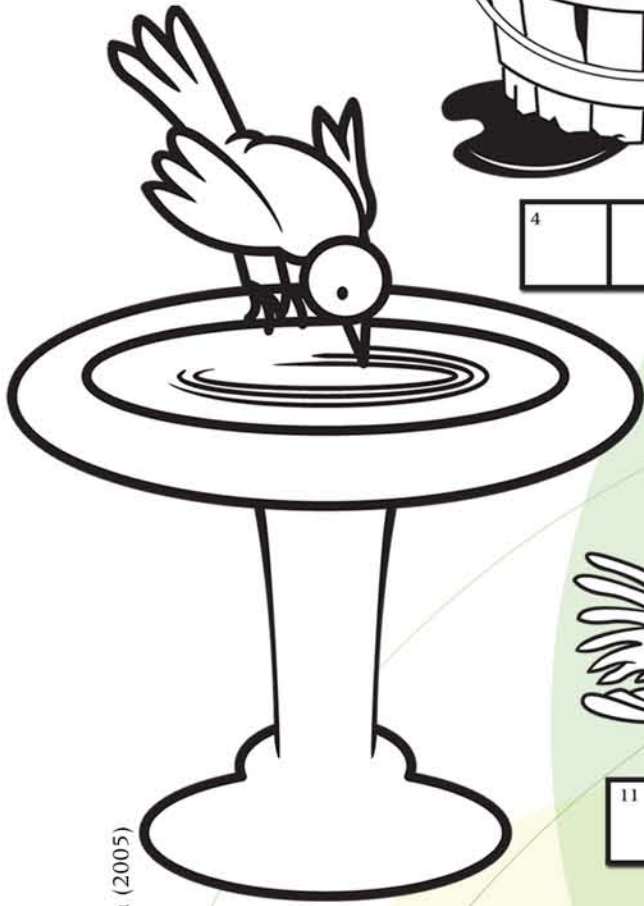
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Test your West Nile Virus smarts Crossword puzzle questions

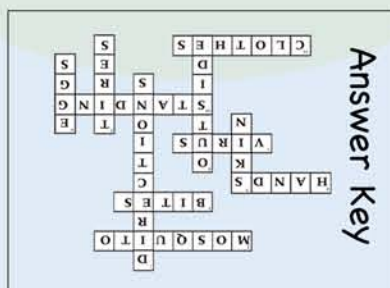


Down

- 1. Always follow the _____ when you use bug spray.
- 5. Hide _____ from mosquitoes.
- 6. Put on bug spray when you go _____.
- 8. Empty water from outdoor objects like toys and old _____.
- 9. Mosquitoes lay _____ in standing water.

Across

- 2. You can get West Nile virus from an infected _____.
- 3. Avoid mosquito _____!
- 4. Wash your _____ after putting on bug spray.
- 7. West Nile is a _____.
- 10. Clean-up _____ water.
- 11. Wear light-coloured _____.



Answer Key

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