



# MOSQUITO SAFETY INFORMATION

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Mosquitoes can carry a virus called “LAC.” “LAC” is short for La Crosse encephalitis. Most of the time, if you get bitten by a mosquito with LAC, you will not get sick. But LAC can also affect the brain and can be serious. Sometimes people with LAC get so sick they have to go to the hospital. Children less than 15 are most likely to become ill from LAC. So, have fun at camp, and stay well! Follow these tips to stay well.

## Avoid Mosquito Bites

- Use mosquito spray with DEET. Some other types of bug spray work also. Ask your mom or dad to send you to camp with bug spray.
- Read the label on the bug spray. Follow the directions.
- Long sleeves, long pants and socks are a good way to protect against bug bites.
- Take a shower regularly to stay clean. Mosquitoes like B. O. (body odor). Take a shower to wash off the sweat and the bug spray after you have been outdoors.

## Check Out Superhero Bite Buster, Professor James, and the Skeeter Patrol

-<http://www.fairfaxcounty.gov/hd/westnile/wnvpamp.htm>

-Neato Mosquito (<http://www.cdc.gov/ncidod/dvbid/arbor/neato.htm>)

to learn more about mosquitoes and disease through games, video, and other activities.