

# Youth Xchange 2017 Sponsored Category:



## Fight the Bite

Prevent • Prepare • Protect

One of Hawaii's smallest pests is one of our state's biggest health threats: **mosquitoes!**

Mosquitoes can carry viruses that cause serious illnesses.

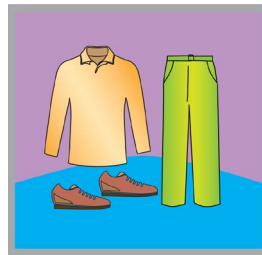
**Zika, dengue, and chikungunya** are spread by the bites of infected mosquitoes.

The Hawaii Department of Health (DOH) wants **YOUR** help. Use your creativity to develop a PSA that explains what people can do to protect themselves and their families from mosquito bites and prevent mosquito breeding areas around their homes and communities.

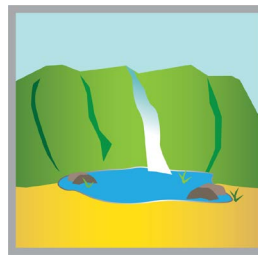
### Some ideas for PSAs:



Apply EPA-registered insect repellent with 20-30% DEET



Wear light-colored protective clothing



Avoid areas with mosquitoes, such as shady, damp locations



Get rid of standing water in buckets, puddles, and bins

#### Other ideas may include:

- Fix leaky faucets and hoses dripping water
- Flush out leafy plants that hold water
- Clean out gutters so water can run freely
- Clean up trash around your home
- Dispose of old tires
- Repair screens and windows

For more ideas and information, visit the Fight the Bite website at [www.FightTheBiteHawaii.com](http://www.FightTheBiteHawaii.com) or DOH's Disease Outbreak and Control Division's page at <http://health.hawaii.gov/docd/dib/disease/mosquito-borne-diseases/>.

All entries must be uploaded to 'Ōlelo's OmniContest site by 11:59 p.m. HST on **Tuesday, February 28, 2017**, and paperwork submitted via email ([youthxchange@olelo.org](mailto:youthxchange@olelo.org)) by 5:00 p.m. HST on **Friday, March 3, 2017**.



Visit [www.olelo.org/yxc](http://www.olelo.org/yxc) for contest updates.

