



TEACHER TALKING POINTS

MOSQUITO 101

- Mosquitoes are vectors that can transmit diseases to humans through a bite.
- Mosquitoes are the most dangerous animal on the planet, killing over 1 million people annually.
- It only takes 7 days for a mosquito to grow from an egg into an adult.
- Mosquitoes have 4 life stages: egg, larva, pupa, and adult.
- Only adult females bite because they need to protein in our blood to make eggs.
- There are 2 main types of mosquitoes in the San Gabriel Valley that are of concern to human health:
 - *Culex*- native mosquito that can transmit West Nile virus
 - *Aedes*- invasive mosquito that can transmit Zika, yellow fever, dengue, fever, and chikungunya to humans and dog heartworm to pets.
- Mosquitoes require stagnant water to complete their life cycle. No water= no mosquitoes
- Mosquitoes lay eggs in different forms:
 - *Culex*- lay 150 - 300 eggs in a single egg raft that float on the surface of stagnant water.
 - *Aedes*- lays eggs individually on the walls of containers either at the water line or on the mineral line of dry containers that once held water. Once the container fills with water, the eggs hatch.
- Students and their families are responsible for keeping trapped water dumped out. When residents partner with vector control, mosquito populations can be significantly reduced.

PREVENTION

- Prevent mosquitoes by eliminating stagnant water around your home (inside and outside).
- Toss all unused containers or store them where they will not fill up with water from the rain or sprinklers.
- Protect yourself by using loose-fitting long sleeves and pants.
- Protect yourself by using one of the active-ingredients recommended by the CDC (Centers for Disease Control and Prevention) and EPA (Environmental Protection Agency): **Oil of Lemon Eucalyptus, DEET, Picaridin, IR3535.**
 - *Students should ask their parents to apply this on their skin.
- Avoid using bug zappers, bracelets, repellent stickers, citronella candles, citronella plants, dryer sheets, and essential oils as protection. These items have not been proven effective to prevent bites or disease.