

# Simple tips to protect your child from mosquitoes as he plays outdoors!

123  
SESAME STREET 1,2,3

**STAY AWAY**  
mosquitoes

## Keep mosquitoes away the Sesame way!

Mosquito bites can make outdoor fun hard, but our Sesame Street friends have some simple tips to protect your child so he can play, learn, and enjoy the outdoors.

- **Cover up:** Wear light-colored clothing that covers the body, such as long-sleeved shirts, long pants, socks, and closed-toe shoes. Have fun picking out an outfit together, and ask your child to find his light-colored clothing! Can he find a light-colored pair of pants? Can he find a matching light-colored, long-sleeved shirt?
- **Use bug spray:** Apply bug spray to children by following the instruction on the label to temporarily keep mosquitoes away. It's never an easy task to put bug spray on a little one, especially if he likes to squirm. See Page 2 for ideas to make applying bug spray easier on you and more fun (or tolerable!) for your child.
- **Be prepared anytime you go outdoors:** Mosquitoes bite in the daytime and nighttime. So make sure to use and carry repellent when you go outdoors because there is always a time to say "1, 2, 3 stay away mosquitoes!"



Contact your pediatrician immediately if your child shows any signs of illness or infection, such as fever, rash, muscle aches, headaches, or nausea, or if you notice the bite becoming very red or pus-filled.

## Sometimes, we just can't avoid getting a mosquito bite

If your child gets a mosquito bite, here are a few things to do:

- The area may become itchy, and it can be really hard for little ones not to scratch! To soothe the itch, you can use an anti-itch lotion, such as hydrocortisone cream or calamine lotion.
- Some little ones may feel scared when they get a mosquito bite. Talk with your child about the bite to help ease his fears: Where is the bite? What shape is it? What color is it? What does it feel like? Try to distract him from the itch by playing fun games like I Spy or reading a favorite book together.
- Apply a cool compress to reduce any swelling and to calm and soothe the affected area. Talk with your child about how you're "freezing out the itch"! You can let an older child hold the compress, while little ones might need some help.

# Fast Facts about Bug Spray

Using bug spray is one of the best ways you can protect yourself and your little one from mosquitoes. It's never an easy task to put bug spray on a little one, especially if she likes to squirm! Below you will find tips and ideas from your Sesame Street friends to apply bug spray properly and make it a fun experience!



- Read and follow the label directions.
- Explain to your child what you are doing: "Putting on bug spray gives you a superpower to keep mosquitoes away! It's important to have bug spray on before playing outside."
- Signal that it's time for bug spray by doing the Sesame Street mosquito chant together: "1, 2, 3 Stay Away Mosquitoes!"
- Make sure a grown-up applies bug spray on a child. To keep your child occupied while you apply it, play a game of freeze dance. When you freeze, it's time to spray!
- Apply it outside in the open air and away from food and drink.
- To avoid using too much bug spray, you might put it on your hands first and then apply it on your child. When applying it to the face, always spray it on your hands first, since spraying it directly in the face can cause spray to get in the mouth and eyes.
- Use on exposed skin. Use this as a time to review body parts with your child. You might play a game of Simon Says! "Simon Says, bug spray on your legs! Simon Says, bug spray on your arms!"
- Do not apply spray near a child's eyes or mouth or on or near cut or irritated skin.
- Wash your hands after applying it, and wash treated skin and clothes with soap and water after returning indoors.
- Store bug spray behind a childproof lock and out of reach of children; it can be poisonous if swallowed.
- When using sunscreen and bug spray, apply the sunscreen first. Avoid using combination bug spray and sunscreen products because sunscreen needs to be applied more often than bug spray. How do you know how many times to apply bug spray? The answer is on the label.

