



Be a hero....

Spill the water!

We are lucky to live in Florida!

We have pretty beaches
and rolling hills.

There are flowers and
palm trees.

Pelicans skim the ocean for fish.

Manatees live in springs and some
even live in a **Crystal River!**





There are lots of
fun places to visit
in Florida.

And the **SUN**
smiles down on us
almost every day.

Do you know
who else loves
Florida?



Mosquitoes!



Mosquitoes are little flying, biting bugs that love to snack on people.



Mosquitoes love trees, tall grasses, marshes and swamps. They love warm weather.



When they visit your yard, they look for wet things and places!

Mosquito bites can be bumpy and itchy.

Sometimes, bites can make people sick.



Mosquitoes lay eggs in water to make more mosquitoes. They are really good at laying eggs in teeny, tiny amounts of water.

**But, you know
what kids are good at?**

Spilling water!

How many times have you spilled a drink at home?
Or at a restaurant?

Florida needs your super powers to spill the water where mosquitoes lay eggs.



1. DRESS LIKE A HERO!

Have an adult help you put on invisibility spray: bug spray that makes you invisible to mosquitoes.

Hide your skin from mosquitoes: wear long sleeves and pants.

Make a mask and a cape.

2. Use your super powers to find things that hold water outside.



3. Now spill!



Or throw away!

Or take inside!





Spill the
Water Heroes!
Let's protect our
neighborhoods + ALL
of our fun places
from hungry
mosquitoes!!!!



NOT a
skeeter
snack!

NOT a
skeeter
snack!

florida
snacks
for
heroes

HOLE
GRAIN



for parents
of little
heroes



Mosquito bite protection for babies and children

Follow label instructions when applying repellent on babies and children.

Do not use mosquito repellent on babies younger than 2 months.

Do not spray repellent on a child's hands, mouth, cut or irritated skin.

Do not spray repellent on a child's face: first, spray repellent onto your hands, then smooth your hands over the child's face.

Dress babies and children in clothes that cover their arms and legs.

Cover cribs, strollers or baby carriers with mosquito netting.

Look for these developmental milestones as your hero grows:

6 months

Responds to own name.

Mimics sounds.

Likes to play with others, especially parents.



12 months—1 year

Uses simple gestures:

Shakes head.

Says "no" or waves "bye-bye."

Says "mama" and "dada," and phrases like "uh-oh."

Responds to simple spoken requests.

18 months—1½ years

Plays simple pretend, like feeding a doll.

Points to show others something interesting.

Shows a full range of emotions: happy, sad and angry.

24 months—2 years

Says sentences with 2–4 words.

Gets excited with other children.

Points to things or pictures when they are named.

36 months—3 years

Shows affection for friends without prompting.

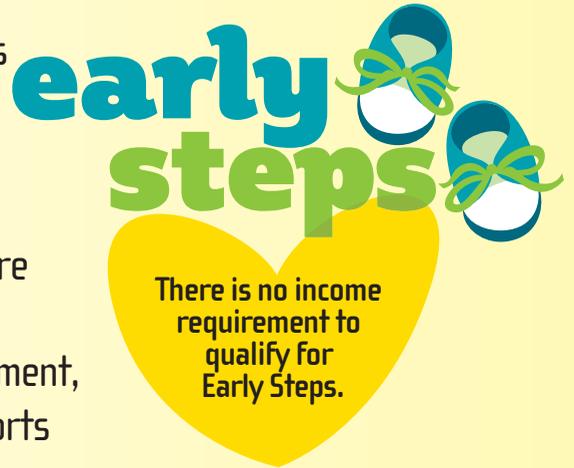
Carries on a conversation using 2–3 sentences.

Plays make-believe with dolls, animals and people.

Adapted from: www.cdc.gov/ncbddd/actearly/downloads.html.

Early Steps—a Florida program designed to provide early intervention services for children with developmental delays.

If you have concerns about your child's development, talk to your health care provider or call Early Steps. Early Steps provides services to families and their children ages 0–3, right where they live, learn and play. The program provides information on child development, and developmental services and supports to families.



There is no income requirement to qualify for Early Steps.

Call Early Steps—
we are here to help families
and their children:
1-800-218-0001
www.earlystepsdirectory.com

The Zika virus and early intervention

Florida was the first state in the continental U.S. to identify local transmissions of Zika virus, and the Florida Department of Health spent most of 2016 protecting residents and visitors. We are one of the few jurisdictions in the world that has interrupted and limited local transmission of mosquito-borne Zika, and we will continue to protect our communities and fight the virus.

If you have concerns about your child and congenital Zika syndrome, talk to your health care provider or call Early Steps.

Infants born with Zika may need additional evaluations and follow-up care, including developmental supports. The Centers for Disease Control and Prevention recommend that infants diagnosed with congenital Zika syndrome be referred to early intervention as soon as possible to ensure maximum benefit.



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**Written & Illustrated by
Florida Health's
Office of Communications**