



***Don't let Florida's kids be a mosquito snack.  
Teach them to cover up and Spill the Water!***

Mosquitoes are more than just an everyday nuisance, they can carry dangerous diseases like West Nile and Zika virus. As Florida's youth head outside to play this summer, we need to protect kids from mosquito bites by teaching them to cover their skin with long clothing and repellent and to [Spill the Water!](#) around their home.

Led by the Florida Department of Health, [Spill the Water!](#) is a fun, educational campaign that teaches kids about mosquitoes. Mosquitoes can breed in as little as one teaspoon or a bottle cap of water, so eliminating sources of standing water around homes is critical to keep mosquitoes from multiplying. When kids Spill the Water!, they can be superheroes in their home and community!

SpilltheWater.com is full of great resources tailored to kids, parents and teachers including:

- A 30-second superhero themed [video](#) just for kids;
- [Activity sheets](#) for pre-K, elementary, middle and high school levels;
- A [Teacher Tool](#) filled with brain teaser exercises that correspond to activity sheets and meet Florida Standards benchmarks;
- Important information for parents about how to protect their kids from mosquitoes; and
- Resources for young adults to volunteer to help Spill the Water! in their community.

Don't let Florida's kids be a mosquito snack. Teach them to cover up and Spill the Water! For more information and tips on how to protect yourself from mosquito bites, please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).