A 5th grade student from Deer Creek Elementary School in Cedar Park is the winner of the first annual Fight The Bite Poster Contest sponsored by the Williamson County and Cities Health District (WCCHD). The contest was open to all 3rd, 4th, and 5th grade students attending school in Williamson County. Students were asked to create a poster about how to avoid mosquito bites using the campaign slogan Fight The Bite or the 4 D’s listed below.

Eleven year old Evyn Fox’s winning poster depicts a squirrel named “Lovely Lola” with purple boxing gloves and the phrase “Lola’s Laws to Prevent West Nile”. The poster is dedicated to her Great-Grandmother Lola, who died from West Nile in October 2014 in Nebraska. Fox says, “Not a lot of people know how easy it can be to get West Nile and how horrible the outcome can be. I also want others to learn from our experience with West Nile and to be aware of the symptoms.” The fifth grader says her great-grandmother’s love of squirrels inspired the poster. “My Great-Grandma’s name was Lola and she loved squirrels. She would feed them every day and had names for each of them. I put the boxing gloves on the squirrel to go with the Fight the Bite theme. Also my Grandma was a fighter and she tried to fight the disease for almost a month. Her favorite color was purple so I had to include that too.”, Fox said.

The poster contest is the official kick-off for the Fight The Bite public education campaign to raise awareness about mosquito borne illnesses and provides tips on how to stay safe during the peak hours of mosquito activity. The campaign will include an interactive website, and flyers and educational materials in English and Spanish. WCCHD Deputy Director Deborah Marlow says, “We expect to see an increase in mosquito activity due to the wet weather this summer, but following the 4 D’s is the best way to protect yourself from the mosquito threat.”

Fight The Bite focuses on the 4 D’s:

- Dawn and Dusk are the times to try to stay indoors since those are times mosquitoes are most active.
- Dress in long sleeves and pants when outdoors.
- Drain standing water in flower pots, pet dishes, or clogged gutters so mosquitoes don’t have a place to breed.
- DEET is an effective bug spray ingredient to apply to clothing.

For information and updates on the West Nile Virus and mosquito control efforts in Williamson County, visit the WCCHD website at www.wcchd.org. For more information the state’s response to the West Nile virus, go to the Texas Department of State Health Services website at www.dshs.state.tx.us.

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