



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**

**ROY COOPER** • Governor  
**MANDY COHEN, MD, MPH** • Secretary  
**BETH LOVETTE, MPH, BSN, RN** • Acting Director  
Division of Public Health

Date: February 1, 2019  
To: Teachers, principals, students, and parents of North Carolina  
From: Public Health Entomologists in the Division of Public Health, Communicable Disease Branch  
Subject: **Fight the Bite Campaign (3 pages)**

Attention teachers and students, and parents!

The Division of Public Health, Communicable Disease Branch is excited to announce the **"Fight the Bite!"** campaign. We want you to help us educate North Carolina about the prevention of vector borne diseases by fighting the bite! Ticks and mosquitoes cause a great deal of illness in North Carolina, including Rocky Mountain spotted fever, Lyme disease, and La Crosse Encephalitis. We hope your participation will be both fun, and a valuable learning experience.

If you are a parent or teacher of a participating student, please help them follow the instructions below to create their posters and submit them on time. Students should design their posters with a clear message about how they plan to **"Fight the Bite!"** and prevent tick and mosquito-borne illnesses.

**Rules:**

1. The poster contest is open to all students K-12 across the state of North Carolina. There will be three grade categories: K-4, 5-8, and 9-12.
2. Students must create their posters on an 8 ½" X 11" sheet of paper in either landscape or portrait layout. Only one submission per student is allowed.
3. All art must be original! Submissions should be colorful and eye-catching. Any text should be large enough to read, legible, and spelled correctly.
4. Students may pick any theme related to "Fight the Bite" or any topic relating to the prevention of tick and mosquito-borne illnesses.
5. Each student should fill out and entry form and tape it to the back of their poster. Do not staple.
6. The deadline to submit posters is **Friday, April 12, 2019**. The winners will be notified by Friday, April 19, 2019 by 5pm.
7. Posters can be mailed to the address below. Posters must be sent in an envelope big enough to hold the poster without folding and should be labeled **"Do Not Fold"**. Posters can also be scanned in and emailed to [alexis.barbarin@dhhs.nc.gov](mailto:alexis.barbarin@dhhs.nc.gov) Fax submissions will not be accepted. Mail your submissions to:

Dr. Alexis M. Barbarin  
225 N. McDowell St.  
1902 Mail Service Center  
Raleigh, NC 27699-1902

**NC DEPARTMENT OF HEALTH AND HUMAN SERVICES • DIVISION OF PUBLIC HEALTH**

LOCATION: 225 North McDowell St., Raleigh, NC 27603  
MAILING ADDRESS: 1902 Mail Service Center, Raleigh, NC 27699-1902  
www.ncdhhs.gov • TEL: 919-733-7301 • FAX: 919-733-1020

AN EQUAL OPPORTUNITY / AFFIRMATIVE ACTION EMPLOYER

If a student is picked as a finalist, an email will be sent to the student's teacher/school principal or their parent. Three students from each grade category will be selected as the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners. Winners will be recognized during an awards ceremony in Raleigh on **Wednesday April 24, 2019**.

#### **How will the posters be judged and used?**

1. The Communicable Disease Branch will select a panel of judges to review all entries and choose the winners from each grade level category.
2. Winning entries will be based on creativity, originality, and the ability to convey information about the prevention of vector-borne diseases.
3. Winning posters will be displayed on the Division of Public Health website, in schools, local health departments, and other state government buildings to help motivate others to "Fight the Bite!"
4. The illustrators of the winning posters will be invited to a special ceremony where they will be presented with awards on **Wednesday April 24, 2019** and will meet members of the Division of Public Health.
5. All posters become the property of the Division of Public Health and may be used for future education materials.

#### **Art Tips:**

- Artwork must be original!
- Be neat and clean and fill up as much of the page as possible.
- You can use markers, crayons, colored pencils, or paint. However, posters should not be 3D. Entries can also be created via digital media.
- Use your creativity and art skills to show us how you "Fight the Bite" and protect yourself from mosquitoes and ticks using any or all of the following:
  - **DRAIN** any standing water that may act as a safe habitat for mosquito larvae (small containers, soda cans even bottle caps).
  - **DAWN and DUSK** are times to protect yourself from mosquito bites.
  - **DRESS** in long sleeves and pants while outside to protect yourself from ticks and mosquitos.
  - **DEFEND** yourself against mosquitoes and ticks by using an effective insect repellent like DEET.
  - **DOOR** and window screens should be in good working condition.
- Remember mosquitoes have six legs and two wings, and ticks can have six or eight legs depending on if they are immature or adults. Make sure your drawing is accurate.
- You can also take this opportunity to inform readers about any of the following vector borne diseases that occur in NC: Lyme disease, Rocky Mountain spotted fever, West Nile virus, Eastern Equine Encephalitis (EEE), or La Crosse Encephalitis.

For any questions call (919)546-1623 or email [alexis.barbarin@dhhs.nc.gov](mailto:alexis.barbarin@dhhs.nc.gov)

## “Fight the Bite!” Poster Contest Entry Form

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**\*Please attach a completed copy of this entry form to the back of each poster with paperclips or tape.**

Posters submitted without name or grade will not be accepted.

Student's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_  
Teacher or Principal's Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email \_\_\_\_\_  
Parent's Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Phone \_\_\_\_\_  
School Name: \_\_\_\_\_  
Address: \_\_\_\_\_

All entries must be received by the Division of Public Health, Communicable Disease Branch, 1902 Mail Service Center, Raleigh, NC, 27699-1902 or [alexis\\_barbarin@dhhs.nc.gov](mailto:alexis_barbarin@dhhs.nc.gov) by **Friday, April 12, 2019**.

Sponsored by: State of North Carolina Division of Public Health, Communicable Disease Branch



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Division of Public Health

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### Here are some online tick and mosquito disease prevention resources to help build your poster:

- NC Division of Public Health, Fight the Bite Contest:  
<https://epi.publichealth.nc.gov/cd/vector/contest.html>
  
- Center for Disease Control:  
<https://www.cdc.gov/lyme/>  
[https://www.cdc.gov/lyme/resources/toolkit/dontletticksbitemecomicfs\\_508.pdf](https://www.cdc.gov/lyme/resources/toolkit/dontletticksbitemecomicfs_508.pdf)  
<https://www.cdc.gov/ncezid/dvbd/>
  
- Other Fight the Bite Campaigns:  
Sacramento: <https://www.fightthebite.net/2018ftbwinners/>  
Williams County Texas: [http://www.wcchd.org/services/disease\\_mgmt/poster\\_contest.php](http://www.wcchd.org/services/disease_mgmt/poster_contest.php)