



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

JOSH STEIN • Governor

DEVDUTTA SANGVAI • Secretary

DEBRA FARRINGTON • Deputy Secretary for Health

KELLY KIMPLE • Director, Division of Public Health

Date: April 10, 2026

To: Principals, Teachers, Parents and Students

From: Dr. Emily Herring, Public Health Veterinarian, Division of Public Health, Communicable Disease Branch

Subject: Annual Fight the Bite Campaign (3 pages)

Attention Principals, Teachers, Parents, and Students!

The Division of Public Health, Communicable Disease Branch is excited to announce the Annual **“Fight the Bite!”** campaign. We want you to help us educate North Carolinians 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 invite all K-12 students across the state to create and submit an educational poster that may be used in this statewide campaign. We hope your participation will be a fun and valuable learning experience.

If you are a parent or teacher of a participating student, please help them follow the instructions below to create their poster and submit it 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 K-12 students across the state of North Carolina. There will be three grade categories: K-5, 6-8, 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 participating student should fill out an entry form and tape it to the back of their poster. Do not staple.
6. The deadline to submit posters is **Monday, May 18, 2026**.
7. Posters must be mailed to the address below in an envelope big enough to hold the poster without folding and should be labeled **“Do Not Fold”**. Posters can also be scanned and emailed to emily.herring@dhhs.nc.gov. Fax submissions will not be accepted. Mail your submissions to:

Dr. Emily Herring
1902 Mail Service Center
Raleigh, NC 27699-1902

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

LOCATION: 65 Moore Drive, Raleigh, NC 27713

MAILING ADDRESS: 1902 Mail Service Center, Raleigh, NC 27699-1902

www.ncdhhs.gov • TEL: 919-707-5000 • FAX: 919-870-4829

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 parent. Three students from each grade category will be selected as the 1st-, 2nd-, and 3rd-place winners. Winners will be recognized on the NCDHHS webpage.

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.
4. The illustrators of the winning posters will be presented with awards.
5. All posters become the property of the Division of Public Health and may be used for future education materials and will not be returned.

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.
- Are you bilingual? Great! We welcome messages in any language! Just be sure to add a separate sheet of paper with your messaging in English so that our entomologists understand your content.
- Use your creativity and art skills to show us how you "Fight the Bite" and protect yourself from mosquitoes and ticks.
- Remember mosquitoes have six legs and two wings, and ticks can have six or eight legs, depending on whether they are at an immature stage or an adult. 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: anaplasmosis, babesiosis, Bourbon virus, Heartland virus, Lyme disease, Rocky Mountain spotted fever, ehrlichiosis, West Nile virus, Eastern Equine Encephalitis (EEE), or La Crosse Encephalitis. You can also educate the public on travel-associated vector-borne diseases including but not limited to malaria, dengue, Zika virus, and yellow fever.

For any questions call (984)-354-6760 or email emily.herring@dhhs.nc.gov

Annual "Fight the Bite!" Poster Contest Entry Form

***Please attach a completed copy of this entry form to the back of your poster with tape.**

Posters submitted without name or grade will not be accepted.

Student's Name: _____ Age: _____ Grade: _____
Teacher or Principal's Name: _____ School Name: _____
Teacher or Principal's Phone: _____ Teacher or Principal's Email _____
Parent's Name: _____ Parent's Signature: _____
Parent's Phone: _____ Parent's Email: _____
Address (please provide the best shipping address to send an award if the student is selected as a winner): _____

All entries must be received by the Division of Public Health, Communicable Disease Branch, 1902 Mail Service Center, Raleigh, NC, 27699-1902 or emily.herring@dhhs.nc.gov by **Monday, May 18, 2026**.

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



NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES
Division of Public Health

✂

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

- *NCDHHS Division of Public Health, Fight the Bite Contest:*
<https://epi.dph.ncdhhs.gov/cd/vector/contest.html>
- *Center for Disease Control:*
<https://www.cdc.gov/lyme/>
<https://www.cdc.gov/rmsf/>
<https://www.cdc.gov/vector-borne-diseases/index.html>
- *Other Fight the Bite Campaigns:*
Transylvania County (NC) Public Health: <http://transylvaniahealth.org/fightthebite/>
Sacramento (Calif.): <https://www.fightthebite.net/programs/fight-the-bite-contest/>
Maricopa County (Ariz.): <https://www.maricopa.gov/2423/Fight-the-Bite>