

An Insecticide Treated Net



A Healthy Family

Use an insecticide treated net (ITN)!



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Benefits of sleeping under an Insecticide Treated Net (ITN):

- Protects you from mosquito bites and therefore prevents malaria, meaning less time away from work, school and your social life.
- Protects children under five years from mosquito bites and therefore prevents malaria, meaning a healthier, stronger child with a better future.
- Protects pregnant women from mosquito bites and therefore prevents malaria which means the safe birth of healthy babies.
- Protects you from other pests and crawling insects.

To get these benefits, everyone needs to sleep under an insecticide treated net, every night.

Who should sleep under an Insecticide Treated Net:

- Everybody in the household should sleep under an ITN every single night of the year, especially children under five years and pregnant women.
- If your household does not have enough nets, give first priority to children under five years and pregnant women.

How to hang an Insecticide Treated Net:

- It is easy to hang an ITN; follow the instructions and drawings on the package.
- Air out new ITNs under the shade for one full day before using.
- Use sticks, nails, or anything else available to attach the loops of the net to your walls or roof.
- Tie nets out of the way during the day, but make sure that your ITN is hung and tucked in under your bed or mat each night to prevent mosquitoes from getting inside.
- Completely dry your ITN after washing it before rehangng it.

ITN Safety:

- ITNs are completely safe for your family, including for children under five and pregnant women. They are only harmful to mosquitoes.



Go for antenatal care as soon as you know you are pregnant and at least 4 times during pregnancy



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Why is going to antenatal care (ANC) important?

- Going to ANC will ensure that the mother stays healthy and gives birth to a healthy baby.
- Having malaria during pregnancy can lead to serious problems for the mother and the baby.
- Malaria in pregnancy can cause miscarriages, still births or the birth of under weight babies.
- A woman can have malaria and not show any signs or symptoms.
- At ANC, all pregnant women will be tested for malaria and treated if they are found with malaria.
- At ANC, all pregnant mothers are regularly given malaria prevention medicine (IPTp).

When should a pregnant woman go to antenatal care?

- All pregnant women should go for ANC as soon as they know they are pregnant.
- Women should go to antenatal care at least **four** times during pregnancy.
- Husbands/partners should go with their pregnant wife whenever possible.

Is malaria prevention medicine (IPTp) Safe?

- Yes! The medicine is completely safe for the mother and the unborn baby.
- It is important to eat something before taking malaria prevention medicine to avoid possible side effects like feeling sick to your stomach.

Have symptoms of malaria?

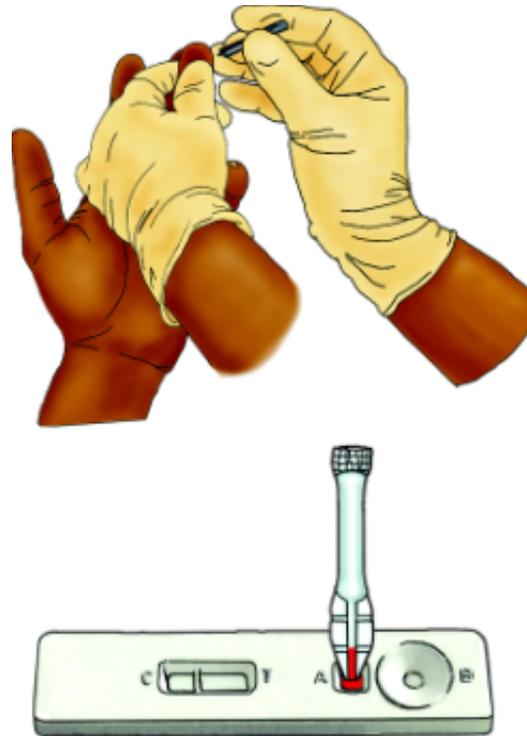
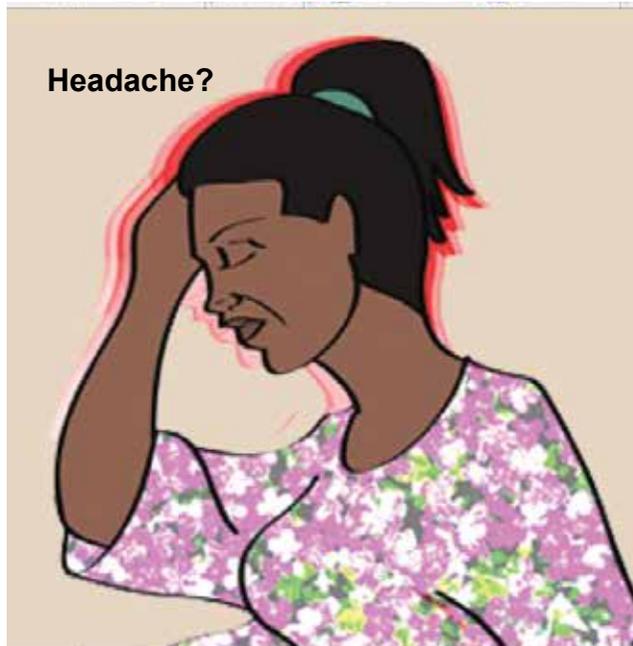
- High body temperature
- Feeling cold or shivering
- sweating
- Headache
- Body pains



Get an easy, quick test from a clinic!



Take all medicine given and get cured!



Get tested; Get treated; Get cured!



Get tested; Get treated; Get cured!

When to go for a malaria test:

Go immediately when you have one or more of the following sign and symptoms:

- High body temperature
- Feeling cold or shivering
- sweating
- Headache
- Body pains

Benefits of going for a malaria test:

- It is the only sure way to tell if you have malaria or not as many other diseases have the same signs and symptoms.
- Getting tested for malaria lets you get immediate and correct treatment.

The malaria test is only to identify malaria. It will not identify any other diseases.

Where to go for a malaria test:

- If Community Health Volunteers in your village do not carry out malaria testing you must go to a health facility or clinic in your area.
- Malaria tests are given free and you get your results right away.

Malaria Treatment:

- If you test and are found with malaria, health workers will put you on malaria treatment immediately.
- To get cured completely, ensure that you complete all your malaria medicines given by the health worker even if you start feeling better.
- While on malaria treatment, make sure that you continue eating as normally as possible to quicken the recovery process.
- For children under five years who are on malaria treatment, continue to give them small, but frequent meals to ensure quick recovery and give them an extra meal a day for several weeks after they regain their appetite to make up for any weight they lose while they are sick.