



WHAT YOU NEED TO KNOW ABOUT MALARIA



Picture of anopheles mosquito taken from <http://zh-min-nan.wikipedia.org/wiki/>

What is Malaria?

Malaria is a disease caused by a bite from an infected female anopheles mosquito. Everyone living in areas with malaria is at risk. However, children under the age of 5 years, pregnant women, the elderly, people living with HIV and AIDS and visitors from malaria free areas to areas with malaria are most vulnerable .

What are the signs and symptoms of Malaria?

A person suffering from malaria may experience some of the following:

- Fever/hot body
- Headache
- Hot and cold spells
- General body weakness
- Painful joints
- Nausea, vomiting, diarrhea
- Loss of appetite

IF YOU HAVE ANY OF THESE SYMPTOMS, GO URGENTLY TO THE VILLAGE HEALTH WORKER OR NEAREST CLINIC FOR HELP

How do I prevent malaria?

- Sleep under an insecticide treated net every night.
- Wear clothes that cover most of your body (long sleeved shirts/blouses, skirts/trousers) between sunset and sunrise to prevent mosquitoes bites.
- All pregnant women should book early for antenatal care to get medication to prevent malaria.
- Use traditional/modern mosquito repellents to prevent mosquitoes bites.
- Close all holes and bury empty containers around the homestead so that they do not fill with water which may become breeding grounds for mosquitoes.
- If you suspect that you have malaria, seek help within 24 hours from your Village Health Worker (VHW) or nearest health facility.

What must I do when I suspect that I have malaria?

Visit your VHW or your nearest health facility within 24 hours of experiencing malaria symptoms.

- The VHW or the health facility health worker will test your blood for malaria using malaria rapid diagnostic test kits/ microscopy.
- Malaria treatment is given to people who will have been found to have malaria parasites after the test.
- Take the malaria medicines as instructed by the health worker.

REMEMBER:

- Malaria is preventable and curable.
- It is important that you take your medication as instructed by your VHW or health care worker .