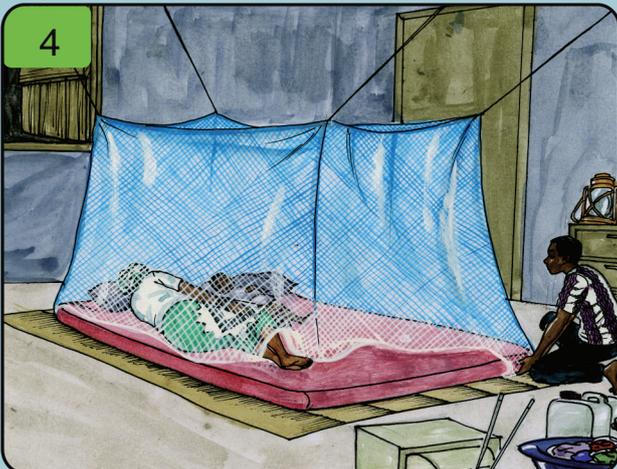


HOW TO USE AND MAINTAIN YOUR MOSQUITO NET



**PREVENT MALARIA, EVERYWHERE, EVERY NIGHT,
TAKE COVER UNDER THE NET**

Reminder Card for Community Volunteers

STEP 1:

Handing out the net :- You received a mosquito net to protect you and your family from malaria.

- This net is to help protect you and your family from malaria
- Malaria is most harmful for pregnant women and children under 5 years. But anyone can get infected with malaria. Every one should sleep under the net every night to protect from mosquito bites.

STEP 2:

Before hanging the net where you sleep, hang it to air for one day away from sun

- This net has medicine in it to help keep the mosquito away. The medicine is not harmful to humans. The ministry of health recommends that every person sleep under the net every night.
- Before using your net, hang it out somewhere outside to let the air go through the net for one day.
- By hanging the net for one day you reduce the smell of the medicine and the burning sensation
- If you feel a burning sensation, do not be afraid, it is not harmful. To stop the burning feeling, wash the skin with clean water and air the net out
- The sun can damage the net. Hang the net in the shade

STEP 3:

Ask someone to help you hang the net in your sleeping place

- Hang the net over your sleeping area after it has been aired out
- Use the strings on the corners of your net to hang it up
- You can use a net up over any sleeping place: over a bed, over mattress, over a mat or over the ground. Everywhere. every Night. Sleep under the net.

STEP 4:

At night push the end of the net under the mattress or mat so mosquitoes have no space to enter. Everyone should sleep under the mosquito net. Every night.

- Close the windows and doors in the evening and let the net down when you go to sleep
- Check that every corner is tucked in under the net because mosquitoes are clever—they look for ways to enter under the net

STEP 5:

In the morning, fold the net so that it don't get damaged

- The net is valuable, don't hang or place anything on the net. The net will last for 4-5 years if you take good care of it.

STEP 6:

Wash the mosquito net with clean water when it gets dirty

- To keep your net clean wash the net at least 4 times a year
- You can take the net down and shake out the dust
- Washing will not reduce the strength of the medicine in the net, the net can last 4-5 years

STEP 7:

After washing, hang the mosquito net under the shade to get dry.

- Keep the net away from the sunlight, the sun can damage the medicine in the net
- Hang the net after washing under the shade to dry

STEP 8:

Sew up every small holes on the mosquito net

- Sew up the small holes before they get too big
- The mosquito is very clever: they can find small hole in the net and enter
- Check your net to look for holes.

REMEMBER:

- * Sleeping under the mosquito net every night will help protect you and your family from malaria
- * Sleep under your mosquito net every night to prevent malaria
- * A mosquito net is very valuable. It is cheaper to keep a net than to treat malaria
 - Do not sell your net
 - Do not cut up your net and use it for fishing or sapo
- * Malaria is the most dangerous to pregnant women, children under 5 years and people living with HIV/AIDS. They need to sleep under a net every night

For more information contact your health facility.

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