

Malaria Prevention and Treatment

Use these facts to educate your community about preventing and treating malaria:

1. Malaria is a disease that is caused by a parasite transmitted from person to person by certain types of mosquitoes.
2. Infected mosquitoes are most active between 10pm and 4am so, during these hours, try to stay indoors and wear long sleeved clothing.
3. Everyone should sleep under a bed net, especially children under 5 and pregnant women.
4. Everyone should fill in and clean up pools of water on the ground and in garbage around where you live to stop breeding of mosquitoes that spread malaria
5. Everyone should cooperate with Indoor Residual Spraying teams who may come to spray your home and protect you from malaria.
6. Pregnant women should go for intermittent presumptive treatment twice during their pregnancy.
7. Symptoms of malaria include: fever and flu-like illness, including shaking, chills, headache, muscle aches, and tiredness. Nausea, vomiting, diarrhoea, mental confusion and unconsciousness may also occur. Malaria may cause anaemia and jaundice (yellow colouring of the skin and eyes) and/or paleness of the palms, tongue and inner part of the eyelids.
8. Any sick child with a fever that has persisted for more than 24 hours should be taken to the nearest health facility on the same day.
9. If drug treatment is available it must be taken in the right doses, at the correct intervals. Any treatment must be completed fully.