MALARIA AWARENESS

‘ABCDE’ Malaria Precautions

AWARENESS
Be Aware of the risk and the symptoms.

BITE PREVENTION
Avoid being Bitten by mosquitoes, especially between dusk and dawn.

CHEMOPROPHYLAXIS
If prescribed for you, use Chemoprophylaxis (antimalarial medication) to prevent infection.

DIAGNOSIS
Immediately seek Diagnosis and treatment if a fever develops one week or more after being in a malarial area (up to one year after departure).

EMERGENCY
Carry a Stand-By Emergency Treatment kit if available and recommended (the kit that contains malaria treatment).

Many Malaria cases and deaths are PREVENTABLE
Prevention methods include

- Avoid bites
- Bed nets
- Repellents
- Wear long sleeves and long pants
- Chemoprophylaxis

TRY TO AVOID...

- Being outside from DUSK TO DAWN
- Mosquito breeding areas such as STAGNANT WATERS
- EXPOSING SKIN — cover up as much as is practical
- Taking INFANTS and YOUNG CHILDREN to malaria areas
- SMELLS that attract mosquitoes eg perfume and sweat

DISCLAIMER: This pocket guide has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

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WHAT IS MALARIA?
Malaria is a serious disease caused by parasites, which are spread through the bites of infected mosquitoes.

Estimated 212 MILLION Malaria cases annually

429,000 MALARIA Related deaths

More than 70% of all Malaria deaths occur in children under 5 years of age

PREGNANT WOMEN Are at a high risk of dying from complications of severe malaria

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NEARLY HALF OF THE GLOBAL POPULATION IS AT RISK OF MALARIA

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SYMPTOMS

SEVERE cases can be fatal

DO NOT ignore the symptoms — go straight to the doctor.

Symptoms can take up to 30 days to develop.

Only listen to advice from medical professionals.

Malaria can be confirmed by a simple blood test.

The quicker you start treatment, the more chance you have of a full recovery.

Nobody is totally immune to malaria.

Take PREVENTATIVE MEDICATION if your DOCTOR HAS PRESCRIBED this for you.

EARLY DIAGNOSIS AND PROMPT TREATMENT PREVENT DEATHS

Take preventative medication if your doctor has prescribed this for you.

Fever, Shaking (Rigors), Vomiting, Nausea, Fatigue, Diarrhoea, Headache

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