

# The ABCDE of Malaria Prevention

## A

### AWARENESS

Be **Aware** of the risk and the symptoms.

## B

### BITE PREVENTION

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

## C

### CHEMOPROPHYLAXIS

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

## D

### 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).

## E

### EMERGENCY

Carry an **Emergency Standby Treatment (EST)** kit if available and recommended (the kit contains malaria treatment).

#### 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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Many Malaria cases and deaths are

## PREVENTABLE

Prevention methods include



Mosquito bite prevention



Bed nets



Using repellents regularly



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



Using perfumes - and **DO** wash off sweat as both attract **MOSQUITOES**



# MALARIA AWARENESS

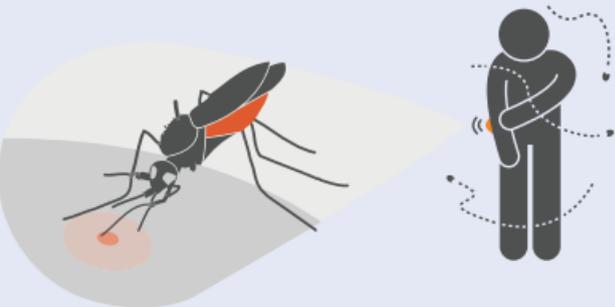


## INTERNATIONAL SOS

WORLDWIDE REACH. HUMAN TOUCH.

# WHAT IS MALARIA?

Malaria is a **SERIOUS DISEASE** caused by parasites, which are spread through the bites of **INFECTED MOSQUITOES**



Estimated **219 MILLION** Malaria cases in 2017 worldwide

**435,000** MALARIA Related deaths



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



**PREGNANT WOMEN** have a **HIGHER RISK** of developing severe malaria or dying from malaria.



**FOLLOW ADVICE FROM MEDICAL PROFESSIONALS ONLY**

Reference: World Health Organization, Malaria Fact Sheet, November 2018

# SYMPTOMS



Fever



Chills



Headache



Body Aches



Fatigue



Sweating



Nausea, Vomiting



Diarrhoea



**SEVERE** cases can be fatal

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

Symptoms can take up to 30 days to develop.

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



**EARLY DIAGNOSIS AND PROMPT TREATMENT PREVENT DEATHS**



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.

**NEARLY HALF OF THE GLOBAL POPULATION IS AT RISK OF MALARIA**

