



“There were 219 million cases of malaria in 2017, up from 217 million cases in 2016.”*

What is malaria?

Malaria is a serious disease caused by the *Plasmodium* parasite. It is a medical emergency, curable, and largely preventable.

How it spreads

Malaria is spread to humans via the bite of an infected mosquito. The parasite develops in the *Anopheles* mosquito, which typically bites at night (from dusk until dawn).

Symptoms

People living in malarial areas may develop partial immunity, hence do not show symptoms. In others, symptoms can develop about 7 days after being bitten. Alternatively, it could take up to several months to a year for symptoms to appear. This is why **it is important to notify your doctor of your travel history** whenever you develop 'flu-like' symptoms, even up to a year after visiting a malarial area.

Early symptoms are flu-like, such as fever, shaking chills ('rigors'), head and body aches, generally feeling tired and unwell. Symptoms can be episodic (come and go), and can progress to include nausea, vomiting, diarrhoea and yellowing of the eyes and skin ('jaundice'). If not promptly treated, malaria can cause mental confusion, seizures, multiple organ failure, coma and death.

Who is at risk?

Anyone can get infected with malaria. Infants, young children, pregnant women, people with weakened immunity and travellers from malaria-free regions are more likely to suffer severe illness than others.

Prevention

Learn the **ABCDE of Malaria Prevention**. The use of protective clothing, insect repellents and bed nets can greatly reduce the risk of being bitten. Take antimalarial medication if prescribed for you. At a community level, spraying insecticide indoors and eliminating mosquito breeding areas also help reduce the risk of infection.

Treatment

Malaria is curable if treated promptly with appropriate antimalarial medications. Treatment should be started as soon as possible. Severe or potentially severe cases require hospitalisation.

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 that contains malaria treatment).

*Source: World Health Organization, *World Malaria Report 2017*

Disclaimer: This leaflet 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.