Many Malaria cases and deaths are PREVENTABLE.

Prevention methods include:

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

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
- DARK coloured clothes and SMELLS that attract mosquitoes e.g. sweat, perfumes

‘ABCD’ Malaria Precautions

AWARENESS
Be Aware of the risk, the incubation period and symptoms

BITE PREVENTION
Avoid being Bitten by mosquitoes

CHEMOPROPHYLAXIS
Take antimalarial drugs prescribed by your doctor — Chemoprophylaxis

DIAGNOSIS
If you feel unwell after being in a malaria area — get Diagnosed and treated

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 214 million Malaria cases annually

438,000 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.

SYMPTOMS

- Fever
- Sweating
- Shaking (Rigors)
- Vomiting
- Nausea
- Fatigue
- Diarrhoea
- Headache

Symptoms can take up to 30 days to develop.

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

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

Nobody is totally immune to malaria.

Malaria can be confirmed by a simple blood test.

ABOUT 3.2 BILLION PEOPLE ARE AT RISK OF MALARIA

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

EARLY DIAGNOSIS AND PROMPT TREATMENT PREVENT DEATHS

Only listen to advice from medical professionals.

SEVERE cases can be fatal

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

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.