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**

**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 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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**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.

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

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

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**SYMPTOMS**

- Fever
- Chills
- Headache
- Body Aches
- Fatigue
- Sweating
- Nausea, Vomiting
- Diarrhoea

**SEVERE cases can be fatal**

- Symptoms can take up to 30 days to develop.

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

**FOLLOW ADVICE FROM MEDICAL PROFESSIONALS ONLY**

Malaria can be confirmed by a simple blood test.

**EARLY DIAGNOSIS AND PROMPT TREATMENT PREVENT DEATHS**

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

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

Nobody is totally immune to malaria.