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

- **216 MILLION**
  - Malaria cases in 2016

- **445,000**
  - 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.

FOLLOW ADVICE FROM MEDICAL PROFESSIONALS ONLY
Reference: World Health Organization, Malaria Fact Sheet, November 2017

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

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

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.