

Protecting communities:

Malaria prevention

A road to resilience in Southeast Asia



What are you looking at Ton?

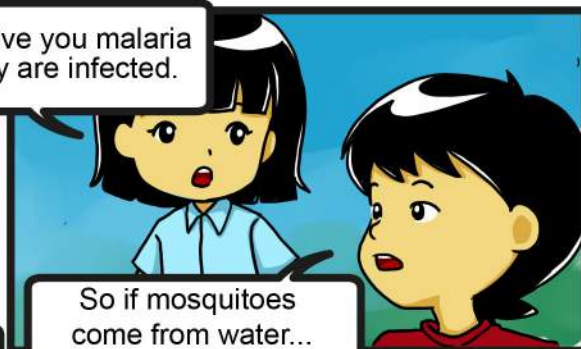


Those wiggly things come from eggs in the water...

...and are mosquito larvae that will soon turn into...



...mosquitoes which can give you malaria if they bite you when they are infected.



So if mosquitoes come from water...

...then we should empty out anything holding smelly water from around the house.



Do you know what happens when you get malaria? Anyone can get it.



Well I know you get a fever, as well as...



Headaches



Painful joints



Vomiting

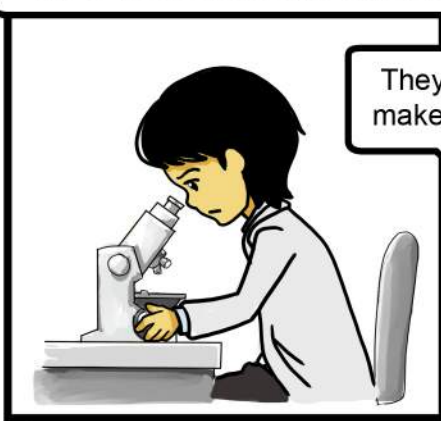


Not wanting to eat or drink



Fits

Testing for malaria is easy, but you must go to the health centre if you feel ill.



They have medicine that can make you better if you act fast.



Let's look at what we do to stop mosquitoes from biting us.



Mum and Dad put up a net that stops mosquitoes from biting me when I'm asleep...



...it has been covered with something that protects us from mosquitoes when we are asleep.



And look, the windows have screens which stop mosquitoes from getting into the house.



Poooooh...what's that smell, it's like Dad's feet...yuk!

Ahhh...it's a mosquito coil. Mosquitoes don't like the smell so they fly away.



I like the smell of this mosquito spray, but mosquitoes hate it and stay away. Let's use some now...it's getting dark.



And if mosquitoes can't see your skin...



...then they can't bite it.



Let's see how long we can go without being bitten by a mosquito.

Below is a list of things to remember about malaria. Study it well, these tips could make all the difference for you and your family!

- Malaria is a disease that is spread by the bite of an infected mosquito
- All people are at risk of getting malaria. Children under five years of age and pregnant women are at greatest risk of dying from the disease
- The most common sign of malaria is fever, but other symptoms to look out for include:
 - Headache
 - Pain in the joints
 - Severe vomiting
 - Difficulty eating or drinking
 - Convulsions/fits
- Early treatment for malaria can prevent death. Anyone with a fever must be treated by a health worker within 24 hours. People being treated for malaria must complete the full course of treatment
- Using long-lasting insecticide-treated nets (LLINs) when sleeping can reduce the chances of a person being bitten by a malaria-infected mosquito
- You can also avoid mosquito bites by:
 - Putting mosquito screens on windows and doors
 - Wearing long-sleeved clothing
 - Burning mosquito coils
 - Applying insect repellent
- Always keep your surroundings clean and make sure there is no stagnant or standing water in, or near, your home



To learn more about malaria, please visit: www.ifrc.org/malaria

**International Federation of
Red Cross and Red Crescent Societies**

South-East Asia regional delegation

Community Safety and Resilience Unit
Ocean Tower I, 170/11-12 Sukhumvit soi 16, Klong-toey
10110 Bangkok, Thailand
T: +662 661 8201 F: +662 661 9322
E: thailand.regionaloffice@ifrc.org