

8 Malaria

Transmission

- Mosquito bite
- Malaria mosquitoes usually bite around sunrise and sunset

Symptoms

- Starts with several days of fever, possibly accompanied by nausea, rigors, vomiting and diarrhoea, headache, back pain, chills and muscle pain
- In very severe cases, weakness, loss of consciousness, bleeding and shock

Prevention

- ➔ Prevention of mosquito bites
- ➔ Use of bed nets and screens on windows is the most important prevention
- ➔ Spraying of houses to kill mosquitoes

- ➔ Destruction of mosquito breeding sites
- ➔ Health promotion

Vulnerable people

- Children under 5 years and pregnant women are more vulnerable
- Anyone who does not use a bed net is also at risk

In case of epidemic

- ➔ Distribution of bed nets
- ➔ Destruction of mosquito breeding sites
- ➔ Sometimes spraying of houses to kill mosquitoes

- ➔ Detection and referral of new and suspected cases to health facilities
- ➔ Health promotion

Volunteer actions

See the following **action tools** for more information on what actions to take against malaria:

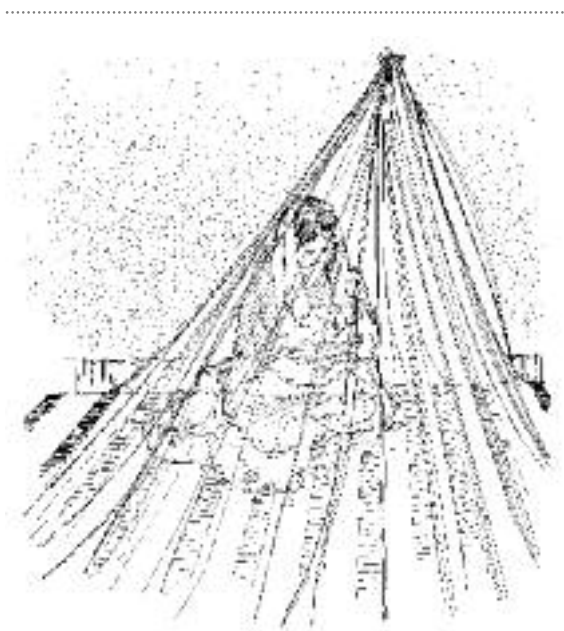
31	29	32	30	19	18	33
----	----	----	----	----	----	----

8 Malaria

Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

- When did the epidemic start?
- How many people live in the affected community?
- How many children under 5 years of age live in the affected community?
- Are children vaccinated or not?
- Who and where are the vulnerable people?
- How many people have died from malaria and where?
- How many people have fallen sick with malaria and where?
- Are there any health services and where?
- Is there a health promotion programme in place?



A woman and child under a mosquito net

Actions

- Make sure as many people as possible have bed nets.



A mosquito