How to Prevent MALARIA in your Community
More than 500 MILLION people die from Malaria every year and more than 1 MILLION die from the effects of this disease. Malaria is a disease caused by a parasite transmitted by a certain type of mosquito which feeds on humans. Unfortunately, there is NO VACCINE available for malaria. And if not treated immediately, the person who has Malaria will die.
How Do I Get the Disease

You can get sick with malaria by a bite of an infected mosquito.

Additional Information:

Malaria is transmitted through Plasmodium parasites following bite of an infected female Anopheles Mosquito.
Where can mosquito nets be treated?

- Mosquito nets can be treated at home, provided follow the steps in retreating mosquito nets.

Insecticide Treated Nets

- Is good for a period of 6-12 months after which the net must be retreated.

8 STEPS TO RETREAT MOSQUITO NET WITH INSECTICIDE

1. Put on a pair of long rubber gloves to protect your hands and arms from the chemical.
2. Put water in a bucket and add the insecticide tablet.
3. Mix the water.
4. Place the net in the bucket.
5. Take the net out of the bucket and lay or hang it out to dry. Do not hang in direct sunlight.
6. Empty the bucket water into a pit latrine, toilet or garbage pit.
7. Throw away the gloves into a pit latrine, toilet or garbage pit. Wash hands with soap and water.
8. Put up the net so that you can sleep under it.
Connect the dots starting with dot number 1 to find out what insect causes the death of 500 million people worldwide every year.
SYMPTOMS and DANGER SIGN

- Fever
- Flu-like illness
- Shaking Chills
- Headache
- Muscle Ache
- Nausea and Vomiting
- Diarrhea may also occur

YOUR ABCD GUIDE TO DEFEAT MALARIA

A-Awareness

Know how Malaria is transmitted and how to protect yourself and your family.

BE ALERT!!!

- A Female Anopheles mosquito bites during the DUSK (5:00 am - 7:00 am) and DAWN (5:00 pm - 7:00 pm) period. This mosquito prefers dark, damp and hidden places (ex. cupboards, toilets, under tables, and chairs)
Remember: “D”
B - Bite Prevention

Mosquito Control Programs

1. Draining Swamps and Ditches
2. Eliminating Stagnant Water
   - Remove containers that hold water
   - Keep plants away from doorways
   - Clear blocked gutters and drains
3. Preventing Mosquito Access to Living Quarters
   - Use window and door screens
   - Seal gaps and other openings
4. Residual spraying of houses and buildings in the community.

Personal Protection

- Aimed at avoiding mosquitoes and minimizing the risk of malaria.
1. Sleep inside an insecticide-treated mosquito net every night.
2. Wear long sleeves and long pants during night time activities.
3. Avoid mosquito prone areas, dark or shady and outdoor night activities.
4. Use insect repellants and apply to exposed skin specifically the ankles and inside socks for all outdoor activities.
Travelers to a Malaria Endemic Zone should take medication to prevent malaria (as prescribed by a doctor) at least 3 weeks before departure.
D · Diagnosis and Treatment

* To treat Malaria, MEDICAL ASSISTANCE should be sought as soon as possible.

* Malaria can be confirmed through a Blood Test.
Steps on How to Use "Insect"
1. Put a string in each of the four corners of the mosquito net.

2. Put hooks in the ceiling, then attach the mosquito net in the hook.

3. Make sure that the mosquito net is long enough so that you can insert it under the bed’s cushion.
Steps on How to Use "Insecticide"
4. After using it, keep it in a clean place for the next use.

5. Wash the mosquito net with water if needed. Don’t use soap so that the insecticide will not be removed. Hang it on a shaded place.

6. Because the mosquito net has an insecticide, don’t hang it under the sun.
MALARIA is preventable and curable.

What contributes to the risk of getting malaria:

- Lack of knowledge about the disease
- Breeding sites of mosquito
- Low resistance to infection
- Unclean environment
SPOT THE DIFFERENCE!

How can you contribute to the cleanliness of your environment? Why not start cleaning up your own place. Try to improve the place where you live in by crossing out the unnecessary things that make picture #1 untidy and unhealthy as compared to picture #2.
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