

'ABCDE'

Malaria Precautions

A

AWARENESS

Be **Aware** of the risk and the symptoms.

B

BITE PREVENTION

Avoid being **Bitten** by mosquitoes, especially between dusk and dawn.

C

CHEMOPROPHYLAXIS

If prescribed for you, use **Chemoprophylaxis** (antimalarial medication) to prevent infection.

D

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).

E

EMERGENCY

Carry a Stand-By Emergency Treatment kit if available and recommended (the kit that 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.

© Copyright 2017 AEA International Holdings Pre. Ltd. All rights reserved.

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



MALARIA AWARENESS



INTERNATIONAL SOS

WORLDWIDE REACH. HUMAN TOUCH.

WHAT IS MALARIA?

Malaria is a **SERIOUS DISEASE** caused by parasites, which are spread through the bites of **INFECTED MOSQUITOES**



Estimated **212 MILLION** Malaria cases annually

429,000

MALARIA

Related deaths



More than **70%** of all Malaria deaths occur in **CHILDREN** under 5 years of age



PREGNANT WOMEN

Are at a **HIGH RISK** of dying from complications of severe malaria

SYMPTOMS



Fever



Sweating



Shaking (Rigors)



Vomiting



Nausea



Fatigue



Diarrhoea



Headache

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



EARLY DIAGNOSIS AND PROMPT TREATMENT PREVENT DEATHS



NEARLY HALF OF THE GLOBAL POPULATION

IS AT RISK OF MALARIA



Only listen to advice from medical professionals.



SEVERE cases can be fatal

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

Symptoms can take up to 30 days to develop.

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.