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MALARIA



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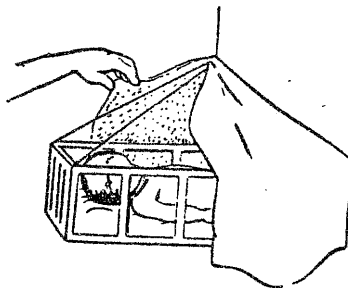


Produced by the Health Education and Environmental Health Programmes
of the Community Health Services,
South Pacific Commission, Noumea, New Caledonia

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Malaria is caused by tiny germs which are carried from one sick person to others by the bite of mosquitoes. The mosquitoes that carry malaria are called *Anopheles*. They only bite after sunset and through the night. They are different from the mosquitoes that carry dengue fever.

Protect young children from mosquito bites, especially at night.



Work together to get rid of standing water near places where people live. Standing water is where mosquitoes lay their eggs and breed.



If you are pregnant, take anti-malaria tablets throughout your pregnancy.



Work together to get rid of standing water near places where people live. Standing water is where mosquitoes lay their eggs and breed.

■ Mosquitoes lay their eggs in water. The eggs hatch into larvae. The larvae look like small worms. They live in water for a few days and then turn into adult mosquitoes.

■ Mosquitoes breed wherever there is standing water: in ponds, swamps, pools, pits, drains, empty tins and holes in the road. They may also breed along the edge of streams. You can get rid of mosquito larvae by filling in the places where water collects, or draining them. Some kinds of fish eat mosquito larvae. Put these fish in swamps and ponds. Some of these fish are also good to eat.



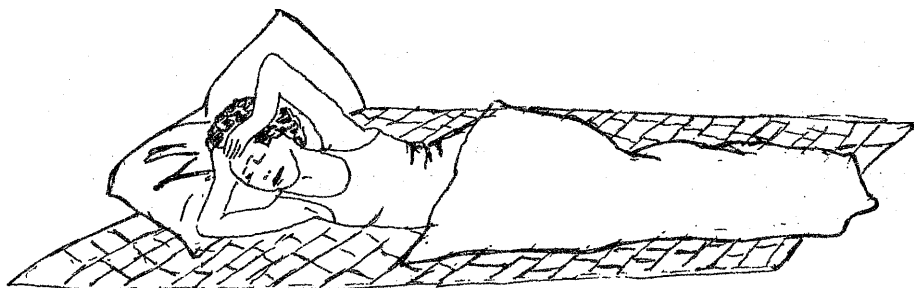
■ Keep your village clean all the time so that mosquitoes cannot find any places to breed.

If you are pregnant, take anti-malaria tablets throughout your pregnancy.

■ Pregnant women catch malaria more often than other people. Malaria is more dangerous during pregnancy. It can lead to severe anaemia ('thin blood'), and may cause the baby to come too soon or to be born dead. Babies born to women with malaria are often small and weak. They get sick more easily because they are not strong.

■ If you are pregnant, you must protect yourself against malaria by taking anti-malaria tablets regularly until the baby is born.

■ Ask the health clinic or health worker for anti-malaria tablets. Some anti-malaria tablets are not good for pregnant women. You should always ask a health worker to tell you which kind of tablets is good.



If your children have fever, take them to a health worker as soon as possible. They should be given a full course of anti-malaria tablets.

■ If your child has fever which might come from malaria, he/she will need to take anti-malaria tablets for three or four days. Ask the advice of the health worker or clinic.

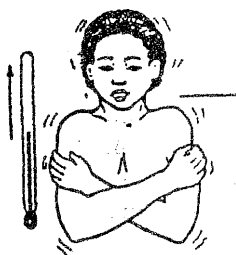
■ Even if the fever finishes quickly and the child feels better, he/she should still go on taking the tablets till they are finished.

■ Some people give their children anti-malaria medicine every week, even if they are not sick. This is not a good idea. When the child gets malaria, the medicine will not work properly. It is dangerous to use medicine for a long time.

If your children have fever, take them to a health worker as soon as possible. They should be given a full course of anti-malaria tablets.



If your children have fever, keep them cool, but not cold.



When your children are recovering from malaria they need plenty to eat and drink.



Protect young children from mosquito bites

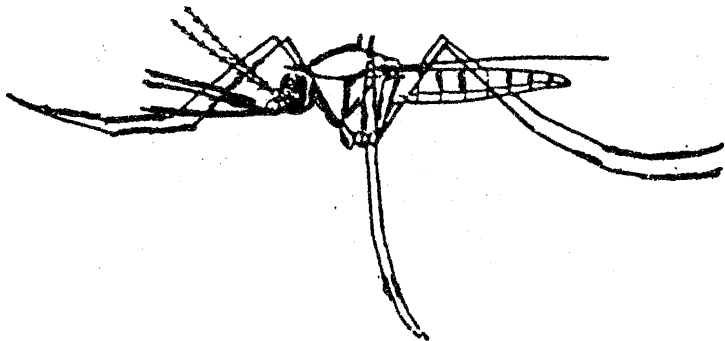
Everyone should be protected against mosquito bites. When mosquitoes bite someone who has malaria, they take some of that person's blood. They take the malaria germs with the blood. Then, when they bite someone else, they pass the malaria germs into that person's blood and he or she gets malaria.

It is especially important to protect young children, so that mosquitoes cannot bite them.

The mosquitoes that carry malaria bite late in the afternoon and all through the night.

There are several ways of protecting people from these mosquitoes:

- use mosquito nets. It is best if the nets have been treated with a special medicine called permethrin, which kills mosquitoes;
- put screens on house windows and doors, to stop the mosquitoes coming inside;
- use sprays to kill mosquitoes in the house;
- use special medicine on your skin that will chase mosquitoes away. These medicines are called 'repellents';
- all pregnant women should take anti-malaria tablets once a week until the baby is born.



If your children have fever, keep them cool, but not cold

■ Give them medicine that will make them cool (for example, paracetamol).

■ Wipe or wash them with cool (not cold) water.

■ Don't put too many clothes or blankets on them.

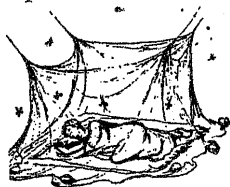
When your children are recovering from malaria, they need plenty to eat and drink.

When children have malaria, they sweat a lot. Their body loses water. Give your children plenty of water to drink when they are recovering from malaria. This will stop their bodies from getting too dry.

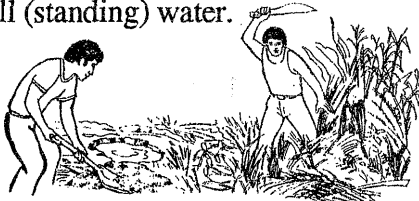
Malaria burns up energy. This means that children who have just had malaria needs lots of food to make them strong again.

Malaria is a dangerous disease. Malaria can kill. Protect yourself and your children from malaria.

1. Sleep under a mosquito-net that has been treated with permethrin.



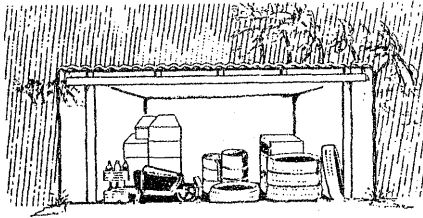
2. Drain or fill in puddles of still (standing) water.



3. If there are ponds, or swamps, or water that cannot be drained near your house, put fish in them to eat the mosquito larvae.



4. Clean up all rubbish that could give mosquitoes places to breed.



5. Empty containers that can hold water for mosquitoes to breed.



6. Go quickly to the nearest health centre when you have fever.

