

The ABCDE of Malaria Prevention

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 an **Emergency Standby Treatment (EST)** 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.

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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 **216 MILLION** Malaria cases in 2016

445,000

MALARIA

Related deaths



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



PREGNANT WOMEN

have a **HIGHER RISK** of developing severe malaria or dying from malaria.

FOLLOW ADVICE FROM MEDICAL PROFESSIONALS ONLY

Reference:
World Health Organization, *Malaria Fact Sheet*, November 2017

SYMPTOMS



Fever



Sweating



Shaking (Rigors)



Vomiting



Nausea



Fatigue



Diarrhoea



Headache



SEVERE cases can be fatal

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

Symptoms can take up to 30 days to develop.

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



EARLY DIAGNOSIS AND PROMPT TREATMENT PREVENT DEATHS



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.

NEARLY **HALF** OF THE GLOBAL POPULATION

IS AT RISK OF MALARIA

