

# 'ABCD'

## Malaria Precautions

# A

### AWARENESS

Be **Aware** of the risk, the incubation period and symptoms

# B

### BITE PREVENTION

Avoid being **Bitten** by mosquitoes

# C

### CHEMOPROPHYLAXIS

Take antimalarial drugs prescribed by your doctor — **Chemoprophylaxis**

# D

### DIAGNOSIS

If you feel unwell after being in a malaria area — get **Diagnosed** and treated

#### DISCLAIMER:

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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



**DARK** coloured clothes and **SMELLS** that attract mosquitoes e.g. sweat, perfumes



# 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 **214 MILLION** Malaria cases annually

**438,000**

**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**



**ABOUT 3.2 BILLION PEOPLE**

**ARE 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.