## 'ABCD' **Malaria Precautions**



#### **AWARENESS**

Be Aware of the risk, the



# **BITE PREVENTION**

Avoid being **Bitten** by



#### **CHEMOPROPHYLAXIS**

prescribed by your doctor — Chemoprophylaxis

#### **DIAGNOSIS**

a malaria area — get **Diagnosed** 

#### DISCLAIMER:

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



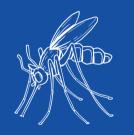
Taking **INFANTS** and **YOUNG CHILDREN** to malaria areas



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



## **MALARIA AWARENESS**





#### WHAT IS MALARIA?

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



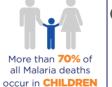






**438,000**MALARIA





Related deaths





### SYMPTOMS.





**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.



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.