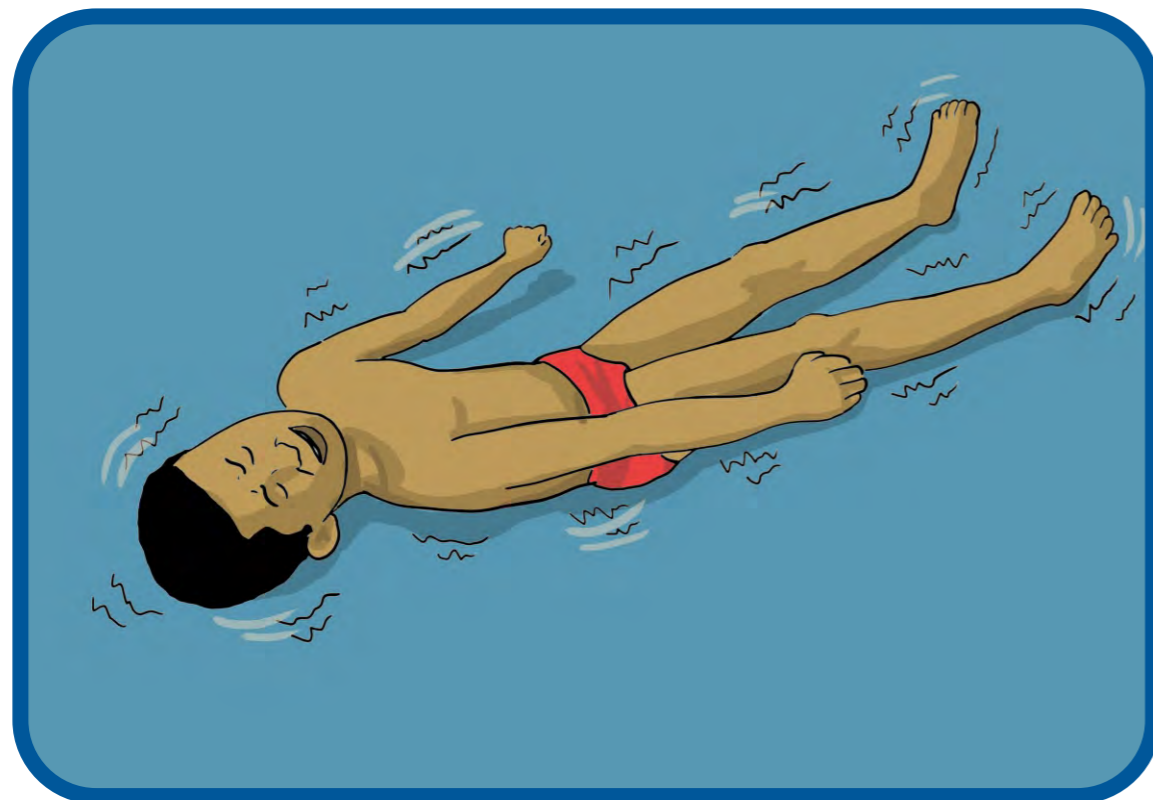
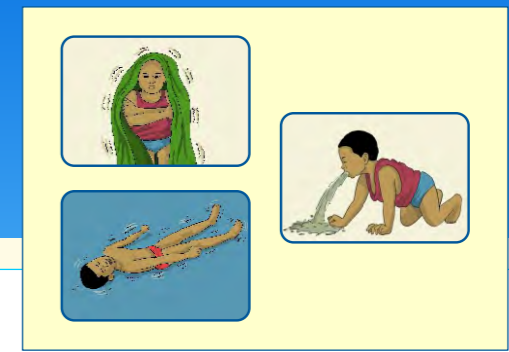


# Community Discussion Guide for Malaria

# Malaria-causes, Signs and Symptoms



# Malaria-causes, Signs and Symptoms



## What to know

- Malaria is a disease caused by the bite of a mosquito.
- When malaria is not quickly treated, it can become very serious and may lead to death.
- Malaria is more serious in children under 5 and pregnant women.
- Malaria can be prevented, can be treated, and can be cured

There are two types of malaria

### 1. Uncomplicated Malaria

### 2. Severe Malaria

- **Uncomplicated malaria** presents with milder symptoms such as fever, headache, bitterness in the mouth and body pain, etc -which go away if treated early and completely.
- **Severe malaria** is different and is dangerous. The symptoms of severe malaria include very high fever, convulsions or fits, extreme body weakness, extreme vomiting, difficulty breathing, little or no urine, coke coloured urine, yellow eyes, pale palms and lips.
- If uncomplicated malaria is not treated quickly, it can become severe malaria.

## What to do

- Sleep inside a insecticide treated mosquito net every night all year round to prevent mosquito bites that cause malaria.
- Take a person with fever to the hospital immediately without any delay.
- Remove all water holding containers from your environment

## Call to action

- Prevent yourselves from mosquito bites by sleeping inside insecticide treated mosquito nets every night all year round.



# Malaria Prevention-Use of ITN



# Malaria Prevention-Use Of ITN



## What to know

- The cheapest and easiest way to prevent malaria is to sleep inside a mosquito net every night and all year round.
- Sleeping inside a mosquito net every night prevents the family from malaria and the cost of treating malaria and other wastage of money is reduced.
- The mosquito that causes malaria bites mostly from the evening until morning.
- If you do not tuck-in the net under your sleeping area (mattress, mat etc )mosquitoes will easily enter and bite you.
- If you do not sew your net when it is torn, mosquitoes will easily enter and bite you.
- In addition to government free distributed nets, mosquito nets can be purchased from chemist shops or in the market.
- If you take good care of your net, you can make it last longer.

## What to do

- Buy a mosquito net from the chemist shop or market if you don't have a free net from the government.
- Air for 24 hours under shade before you hang it over your sleeping area.
- Sleep inside the mosquito net every night until morning.
- Make sure the net is tucked under the sleeping area securely so that the mosquito cannot enter the net
- Roll up the net every morning to keep it away from dirt, fire, children and animals.
- Sew up or patch any holes. We should try to use a net for as long as possible until we obtain a new one.
- Wash it gently with mild soap ONLY when it is dirty and air to dry under a shade

## Call to action

- Sleep inside a treated mosquito net every night and all year round to prevent mosquito bites that causes malaria.



# Prompt Care-seeking for Fever



# Prompt Care-Seeking for Fever



## What to know

- Fever is a sign that something could be wrong with the body. So, it is important to go to the hospital immediately if you have a fever.
- If you go to the hospital immediately, they will be able to know exactly the cause of the fever and give you the right treatment.
- It is not every fever that is caused by malaria. Many illnesses can come with a fever, such as cold/catarrh, typhoid, or any kind of infection.
- The only way to be certain you have malaria is when you do a test for malaria.
- The Malaria test is very effective, and the result is accurate.

## What to do

- Everyone with fever should go to the hospital immediately
- The health worker will do a malaria test for you, be patient and wait for your result, it does not take a long time.
- The health worker will treat you for malaria only if your test is positive. If the test is negative, the health worker will check for other causes of your fever.

## Call to action

- Go to the hospital immediately when you have a fever.



# Effective Treatment of Malaria





# Effective Treatment of Malaria



## What to know

- Starting treatment immediately your malaria test is positive will prevent the malaria from becoming serious.
- ACT is the only medicine that can treat malaria properly.
- For the medicine to work well, it is important to complete ALL your ACT even if you start feeling well.
- A child that vomits within 30 minutes of taking the malaria medicine will need to take that dose again.

## What to do

- Start malaria treatment immediately your test is positive.
- Use only ACT to treat malaria when it is positive.
- You MUST complete ALL the malaria medicine even if you start feeling well
- Do not remain any of the ACT for another time if you start feeling better.
- Repeat the dose of ACT when a child vomits within 30 minutes after taking the medicine and go back to the hospital to get more ACT.

## Call to action

- When a malaria test is positive, use only ACT and complete your dose.

# Prevention of Malaria in Pregnancy



# Prevention of Malaria in Pregnancy



## What to know

- As soon as a woman knows she is pregnant, going for ANC will allow the health worker to monitor the growth of the baby and the health of the mother.
- Malaria is very dangerous for pregnant women and their unborn children.
- Using SP will prevent malaria during pregnancy.
- It is a good thing for the husband to support and follow his wife for ANC visits.

## What to do

- Every pregnant woman should start ANC as soon as she knows she is pregnant and continue until delivery.
- Every pregnant woman MUST take SP during ANC in the presence of the health worker to prevent -malaria.
- Pregnant women MUST continue to sleep inside treated mosquito net every night all year round.
- Support and encourage your pregnant partner to attend ANC regularly

## Call to action

- Pregnant women should start ANC as soon as they know they are pregnant, attend regularly, take SP and sleep inside a treated mosquito net every night all year round.



# Community Discussion Guide for Malaria

## *FOR A MALARIA-FREE NIGERIA*

*Play Your Part*

