

Malaria Community Dialogue

MALARIA

PREVENTION



Sleep inside the net every night

DIAGNOSIS



Take Malaria test before treatment

TREATMENT



Treat Malaria with ACT when test positive



Attend ANC during pregnancy and take SP tablets

Facilitator's Guide

Treatment of malaria using Artemisinin based Combination Therapy (ACTs)

- ACT is the best treatment for confirmed malaria
- If started on time, recovery is fast
- Treatment is for 3 days and must be completed even if you feel better
- ACTs are easy to swallow for adult
- ACTs are easy to dissolve for children

Benefits of treating malaria with ACT

- It clears the malaria parasite from your blood quickly
- It is free in some health facilities
- It is available everywhere in health facilities and chemists
- It is very effective

Start by asking participants to share their malaria experience -

Ask these specific questions;

- What happened to your child when she/he had malaria?
- What happened to you when you had malaria?
- What happened to you when you were pregnant and had malaria?
- What happened to your wife when she was pregnant and had malaria?

Introduction – You may think malaria is ordinary, but it is actually a thief of time and money

Effects of malaria on men	Effects of malaria on women	Effects of malaria on children
Loss of energy	Frequent visits to health facilities or chemist	Can be sick
Unable to go to farm or work	Unable to go to farm, shop or market	Unable to play or eat
Loss of income	Loss of time taking care of sick children	Miss school and be behind in their studies
Worry and anxiety if wife or child is sick	Loss of income	Can convulse if not treated on time
	Worry and anxiety if the child or husband is sick	
	If pregnant, can lose the pregnancy or give birth to a very small baby	

Discuss how people get malaria

Malaria is caused by a bite of an infected mosquito.

Ask the participants how they can prevent malaria Listen to their responses.

Explain that;

- You can prevent malaria by
- Sleeping inside a long-lasting insecticide treated net
- Preventing mosquito from breeding around you
- Pregnant women attending ANC and taking Sulphadoxine Pyrimethamine (SP) to prevent malaria

Participants should know that mosquitos that cause malaria bite at night

TREATMENT OF MALARIA



Ask participants; In case any member of your family has fever, what do you think you should do?

Listen to participants' responses

Explain that;

- The person should be promptly taken to the health facility
- Not all fevers are due to malaria, malaria can only be confirmed if you do a test.
- There are tests that can show you the result within 15-20 minutes
- Other diseases than can also cause fever include;
 - Respiratory tract infection
 - Urinary tract infection
 - Common cold and catarrh
 - Other bacterial or viral infections

Benefits of testing before treatment

- If the test is positive for malaria, prompt appropriate treatment is given
- If the test is negative, you will receive appropriate and prompt treatment for other diseases
- Money and time is saved from unnecessary treatment

MALARIA PREVENTION

**Sleep inside your Long Lasting Insecticidal Net (LLNs),
Every night all year long**



Explain that, it is possible to live your life without having malaria.

Tell Participants that;

- Sleeping inside LLIN is the cheapest and easiest way of preventing malaria
- For you to be fully protected, you must sleep inside the LLIN every night all year round
- Encouraging other members of your family to sleep inside LLIN every night is very important

Benefits of sleeping inside LLIN for the family

- Your family is not likely to get malaria.
- It saves your money
- Less frequent visit to health facilities or chemist
- Less money spent on treatment
- You can concentrate on your business or farm without worrying about sick children or spouse
- You will have a happy healthy family

How to get LLINs

- You can buy LLIN from the market or chemist
- Pregnant women can get free LLIN if they register for ANC
- Children can get free LLIN if they complete their immunization

TEST FOR MALARIA BEFORE TREATMENT



PREVENTING MALARIA IN PREGNANCY

Ask participants why pregnant women need to be specially protected from getting malaria;

Listen to participants' responses

Explain that;

- Pregnant women and children under 5 are most vulnerable to malaria
- Malaria during pregnancy can affect both the mother and the unborn baby

- The mother may look/feel okay, but she may have malaria parasites in her blood that can affect the unborn baby

Ask participants; how do we prevent malaria in pregnancy? Listen to their responses

Explain that Malaria in pregnancy can be prevented by;

- Registering for ANC as soon as the woman discovers that she is pregnant

- Sleeping inside LLIN every night all year round
- Taking malaria prevention medicine Sulphadoxine Pyrimethamine (SP)
- This medicine is given by the health provider at the health facility and should be taken immediately
- It is given every month up to the time of delivery
- Ask for your medicine (SP) if the service provider didn't give you
- For men, ensure you encourage your wife to register at ANC, sleep inside LLIN and take her complete doses of SP

Benefits of preventing malaria in pregnancy

- The woman is healthy and strong
- She can perform her work, even during pregnancy
- Baby will be healthy and strong
- Father will have peace of mind

HOW TO USE YOUR NET



AIR



HANG



SLEEP

CARE FOR YOUR NET



ROLL UP



WASH



MEND

How to use your net

- When you get a new net, remove it from the package (if that has not been done)
- Spread the net in a shade for 24 hours (1 day). To make sure that it is properly aired
- Hang the net over your sleeping area
- Sleep inside the net every night, make sure every member of your family sleep inside their nets too
- Tuck the edges of the net properly under the sleeping area to prevent mosquitos from getting in
- Encourage your neighbors to sleep inside their nets too

Tell participants that

They can use the net for up to 3 years if they properly care for it.

How to care for your net

- Roll up the net in when not in use to prevent accidental tearing or children playing with it
- If the net is dirty/dusty you can wash it with mild soap and dry it in a shade
- You can also mend it with needle and thread, if you see any tear.

Benefits of caring for your net

- It lasts longer
- It saves you the cost of buying new nets every time
- It continues to protect you even if the insecticide has worn out

MALARIA PREGNANCY

