

# MALARIA

## THE WHO ABCD OF MALARIA PREVENTION

- 🌀 **A**wareness of risk – **KNOW** where you are going and if it is a Malaria Risk Area
- 🌀 **B**ite prevention – **USE** sprays, bed nets, and wear long sleeve shirts
- 🌀 **C**hemoprophylaxis – **TAKE** Malaria preventative medications – ask your doctor
- 🌀 **D**iagnosis – **IF** you feel unwell, get tested immediately

### What is Malaria?

Malaria is a serious infectious disease caused by parasites that are transmitted through the bites of infected Anopheles Mosquitoes.

Malaria is caused by 4 plasmodium species (parasites), the most dangerous one being *P.falciparum*, which may cause severe complications such as cerebral malaria and can even lead to death.

If not treated promptly with effective medicines, malaria can cause severe illnesses that can be fatal.

### Do I Have Malaria?

You will likely experience signs and symptoms between 5 and 14 days after being infected.

You may experience flu-like symptoms, **FEVER**, **NIGHT SWEATS**, **HEADACHE**, **BODY PAINS** and will feel generally **UNWELL**.

If you have been in a Malaria area and experience these symptoms, **GET TESTED**.

**INFORM** your doctor that you have been in a Malaria Area.

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**Source:** World Health Organisation ABCD's of Malaria Prevention  
This information does not substitute medical advice and treatment from a doctor.

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