

'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. Carry a Stand-By Emergency Treatment kit if available and recommended.

DISCLAIMER:

This pocket guide has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

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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



SMELLS that attract mosquitoes eg perfume and sweat



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 **212 MILLION** Malaria cases annually

429,000

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



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.



NEARLY HALF OF THE GLOBAL POPULATION

IS AT RISK OF MALARIA