# **'ABCD'**Malaria Precautions



#### **AWARENESS**

Be **Aware** of the risk, the incubation period and symptoms



Avoid being **Bitten** by mosquitoes



#### **CHEMOPROPHYLAXIS**

Take antimalarial drugs prescribed by your doctor — **Chemoprophylaxis** 



#### DIAGNOSIS

If you feel unwell after being in a malaria area — get **Diagnosed** and treated. Carry a Stand-By Emergency Treatment kit if availab and recommended.

#### DISCLAIMER:

This pocket guide has been developed for educationa purposes only. It is not a substitute for professional medical advice. Should you have questions or concerr 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





### **WHAT IS MALARIA?**

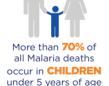
Malaria is a **SERIOUS DISEASE** caused by parasites, which are spread through the bites of **INFECTED MOSQUITOES** 











**Estimated** 



**MILLION** 

Malaria cases annually



Only listen to advice from medical professionals.

### **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.

