



## Disease Tool 14 Malaria

### Transmission

- Mosquito bite
- Mosquitoes that spread malaria usually bite at night, between sunset and sunrise

### Symptoms

- Starts with several days of fever, sometimes with nausea, vomiting and headache, back pain, chills/shaking and muscle pain
- In very severe cases, the patient weakens, becomes unconscious, and suffers from severe lack of iron in the blood (anaemia), and lung and kidney failure

### Prevention

- Sleep under an insecticide-treated bed net at night.
- Use insecticide-treated curtains.
- Apply indoor residual spraying (IRS).
- Give infants and pregnant women intermittent prevention therapy (IPT)
- Eliminate mosquito breeding sites by vector control (removing scrub around communities, spraying, etc.).
- Social mobilization and behaviour change communication.
- Use of antimalarial medicines (chemoprophylaxis).

### If an epidemic occurs

- Rapidly detect and refer suspected cases to health facilities for treatment. Early treatment is important especially for children.
- Increase community-based surveillance.
- Promote use of antimalarial medicines.
- Encourage people to sleep at night under an insecticide-treated bed net.
- Promote indoor residual spraying (IRS).
- Promote use of insecticide-treated curtains.
- Eliminate mosquito breeding sites by vector control (removing scrub around communities, spraying, etc.).

### Vulnerable people

- Children under 5 years and pregnant women are more vulnerable to severe illness
- People living with HIV
- Displaced populations, migrants and travellers that have not been exposed to malaria before

### Volunteer actions

See the following action tools for more information on how to take action against malaria:



### Community-based assessment

Make a map of the community and mark the information you gather on the map. Record other details.

- When did people start to fall sick with malaria?
- How many people have fallen sick with malaria? Where?
- How many people have died? Where?
- How many people live in the affected community or area? How many children under 5 years of age live in the area? How many pregnant women live in the area?
- How many people are receiving antimalarial medicines?
- Who and where are the vulnerable people? Who is most affected?
- How many children and pregnant women sleep under a bed net at night? Are nets hung up and maintained properly? If people are not using nets, why not?
- What are the community's habits, practices and beliefs regarding indoor spraying?
- How does the community usually remove standing, stagnant water?
- Have the authorities established a vector control programme?
- Where are the local health facilities and services? (Include traditional or community carers.)
- What are the community's habits, practices and beliefs about caring for and feeding sick people? Do women continue to breastfeed babies and infants when they are sick?
- Is a social mobilization or health promotion programme in place?
- Which sources of information do people use most?
- Are rumours or is misinformation about malaria spreading in the community?

