



MALARIA

WHAT IS MALARIA?

MALARIA IS A MOSQUITO-BORNE DISEASE CAUSED BY ANY ONE OF FOUR DIFFERENT BLOOD PARASITES, CALLED **Plasmodia**. THE DISEASE IS TRANSMITTED TO PEOPLE BY THE **Anopheles** MOSQUITO.

WHO GETS MALARIA?

ANY PERSON LIVING IN OR TRAVELING TO A COUNTRY WHERE MALARIA IS A PROBLEM CAN GET THE DISEASE. MALARIA IS CURRENTLY A PROBLEM IN TROPICAL OR SUBTROPICAL AREAS OF ASIA, AFRICA AND CENTRAL AND SOUTH AMERICA.

HOW IS MALARIA SPREAD?

MALARIA IS SPREAD BY THE BITE OF AN INFECTED **Anopheles** MOSQUITO. MALARIA MAY ALSO BE TRANSMITTED BY TRANSFUSION OF BLOOD FROM INFECTED PEOPLE OR BY THE USE OF CONTAMINATED NEEDLES OR SYRINGES.

WHAT ARE THE SYMPTOMS OF MALARIA?

SYMPTOMS INCLUDE FEVER, CHILLS, SWEATS AND HEADACHE, AND SOME CASES MAY PROGRESS TO JAUNDICE, BLOOD COAGULATION DEFECTS, SHOCK, KIDNEY OR LIVER FAILURE, CENTRAL NERVOUS SYSTEM DISORDERS AND COMA. CYCLES OF CHILLS, FEVER AND SWEATING OCCURRING EVERY ONE, TWO OR THREE DAYS IS A SIGN THAT THE PERSON MAY HAVE MALARIA.

HOW SOON DO SYMPTOMS OCCUR?

THE TIME BETWEEN THE INFECTIVE MOSQUITO BITE AND THE DEVELOPMENT OF MALARIA SYMPTOMS CAN RANGE FROM 12 TO 30 DAYS DEPENDING ON THE TYPE OF **Plasmodia** INVOLVED.

WHAT IS THE TREATMENT FOR MALARIA?

BECAUSE MALARIA STRAINS CHANGE ALL THE TIME, TREATMENT IS NOT ALWAYS THE SAME. YOUR LOCAL, COUNTY OR STATE HEALTH DEPARTMENT WILL RECOMMEND THE BEST TREATMENT WITH SPECIFIC MEDICATIONS.

WHAT CAN BE DONE TO PREVENT THE SPREAD OF MALARIA?

WHEN TRAVELLING TO AREAS WITH MALARIA, IT IS VERY IMPORTANT TO CONTACT HEALTH OFFICIALS TO DETERMINE HOW TO PROTECT YOURSELF. USING MOSQUITO REPELLENTS AS WELL AS USING A BED NET CAN BE VERY EFFECTIVE IN PREVENTING MOSQUITO BITES.