

- Sleeping under Long Lasting Insecticidal treated Nets (LLINS) that kills mosquitoes as they land on the net.

- **Malaria Preventive Pills.**

The pills are given to prevent the development of malaria symptoms.

- Visit the nearest health facility for anti malarial drugs before travelling to areas of malaria. Take them for two weeks before the trip, continue during the trip and two weeks after the trip.

NB: People living in areas with malaria (Okavango, Chobe, Ngami, Boteti, Bobirwa, Tutume) are urged to allow spraying officers to spray their houses and to use long lasting treated mosquito nets and offer support during treatment of stagnant water (Larviciding).

For more information visit the nearest health facility



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Malaria can be prevented



WHAT IS MALARIA?

This is a disease spread by the female anopheles mosquitoes. When the mosquito bites, it sucks up the malaria parasites in the blood of an infected person and injects them into the blood of the next person it bites.

Malaria can present as uncomplicated, complicated or asymptomatic infection.

SIGNS AND SYMPTOMS OF UNCOMPLICATED MALARIA

- Fever
- Severe headache
- Sweating and chills
- Nausea, diarrhoea and vomiting
- Generalised body pains

SIGNS AND SYMPTOMS OF COMPLICATED MALARIA

- Difficulty in standing, walking and talking
- Loss of consciousness
- Fits
- Jaundice - yellowish discoloration of the eyes
- Little or no urine output
- Mental disturbance

NB: *Complicated malaria can lead to death. It is therefore important to report early for treatment.*

PREVENTING MALARIA

• Keeping the surroundings clean by:

- Disposing off empty tins, old tyres and all other objects likely to collect water where mosquitoes can breed.
- Filling holes and other openings likely to collect water.
- Clearing the grass around the house where mosquitoes can hide.

• Participate in malaria eliminations activities

• Killing mosquito larvae

- Using an insecticide to treat stagnant water that has potential to act as breeding sites for malaria mosquitoes.

• Killing adult mosquitos

- Allowing your houses to be sprayed with an insecticide that kills mosquitoes

• Personal protection

- Using repellents
- Wearing long clothes that cover most of the body especially during the evening.

