

FACTS ABOUT MALARIA



Malaria is a deadly, but preventable disease caused by a parasite that commonly infects a certain type of mosquito which feeds on humans



Half the world's population is at risk of getting malaria



Over 445,000 people die globally every year from malaria, these are mostly **pregnant women and children under five**



Pregnant woman and children under five are at high risk of developing complications

MALARIA IS LIFE THREATENING

- Malaria is fatal if not diagnosed and treated at an early stage
- If you experience flu-like symptoms and have been to a malaria area, visit your clinic or health facility without delay for a malaria test and treatment
- Remember to take your medication as prescribed by the healthcare professional



Malaria can be cured if diagnosed early and treatment is taken as prescribed



Early diagnosis and prompt treatment reduces severe malaria



HOW DO YOU GET MALARIA?

- Malaria is transmitted by a bite from an infected mosquito
- Some areas in South Africa have little to no risk of malaria
- Malaria transmission is mainly seasonal and closely related to the rainy season, but can occur any time of the year



TRAVELLING TO A MALARIA RISK AREA?

Travellers to, and residents of, malaria endemic areas are at risk of getting malaria. Protective measures should be taken to avoid mosquito bites throughout the year, even in low malaria transmission areas.

BEFORE TRAVEL

- Take precautionary measures to prevent mosquito bites in all known malaria risk areas both in and outside South Africa
- Before travelling to a malaria risk area, visit your nearest clinic or doctor to get malaria prevention medication



DURING TRAVEL

- Prevent mosquito bites by wearing long-sleeved clothing and socks when going outside after sunset



AFTER TRAVEL

- Symptoms of malaria can develop as quickly as seven days after you're bitten by an infected mosquito
- Usually, the time between being infected and when symptoms start (incubation period) is 7 to 21 days
- Failure to complete treatment may lead to severe malaria (relapse/complications)
- If you visit your clinic or health facility it is important to mention that you recently traveled to a malaria risk area



After visiting a malaria area; report any flu-like symptoms to your nearest clinic or health facility for a malaria test.

HOW CAN I PREVENT MALARIA?

Malaria prevention works, follow the tips below to prevent getting malaria



Regular indoor residual spraying in malaria risk areas controls malaria mosquito



Prevent mosquitoes from breeding in your community by draining stagnant water



Prevent mosquito bites; wear long-sleeved clothing and socks when leaving the house after sunset



Use personal protection measures, e.g. coils, aerosols and insect repellent to exposed skin at night



Mosquitoes that transmit malaria bite between sunset and sunrise. Prevent mosquito bites by staying indoors during this time

SIGNS AND SYMPTOMS OF MALARIA

Symptoms are often similar to those associated with 'flu'



Fever



Headache



Body shaking/shivering/sweating



Pains in the back, joints and all over the body



Loss of appetite, nausea and vomiting

Malaria is curable if diagnosed early and treatment is taken as prescribed.

MALARIA RISK MAP FOR SOUTH AFRICA

To reduce your risk of getting malaria, take precautionary measures against mosquito bites throughout the year in ALL RISK areas.

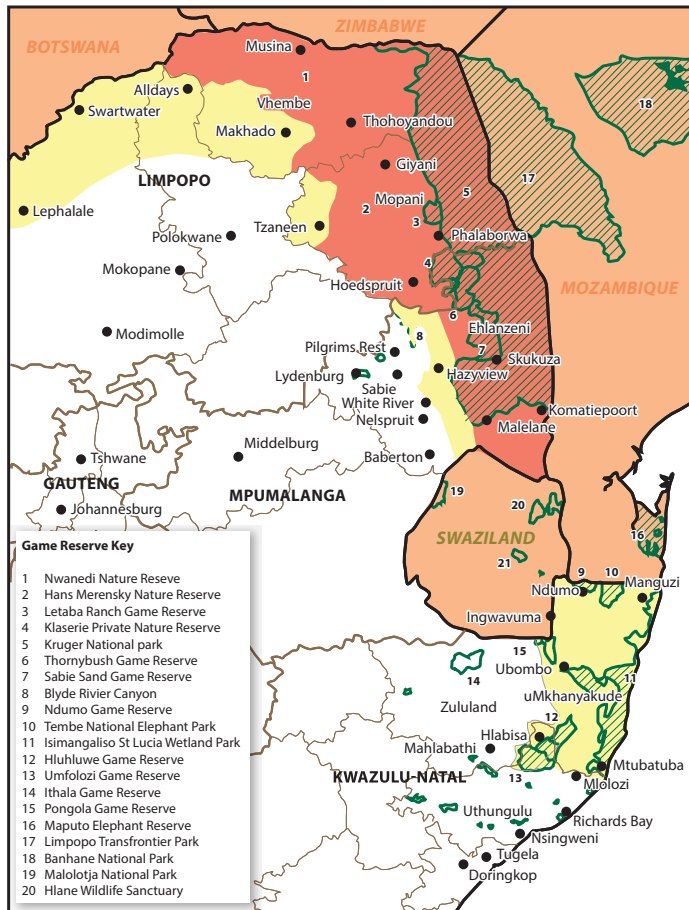


Figure 1. Distribution of malaria risk areas in South Africa – 2018 PROPOSED DRAFT

LOW RISK

Only non-drug measures to prevent mosquito bites are recommended

MODERATE RISK

Antimalaria drugs are recommended from September to May for all travellers

MALARIA RISK DOES EXIST IN NEIGHBOURING COUNTRIES

For further information, please consult the WHO travel health guidelines at <http://www.who.int/ith/en/>

Town
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 Reserve
 District

How to Prevent & Treat MALARIA



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