



THE NILE EXPLORER BUS  
HEALTH & SAFE SPACES COMPONENT:

# MALARIA PREVENTION TALK



*Young Boys and Girls are taken through a demonstration of Bed-Netball to learn about the importance of sleeping under treated mosquito nets*

## What Is Malaria?

Malaria is a serious and sometimes fatal disease caused by a parasite that commonly infects a certain type of mosquito which feeds on humans. People who get malaria are typically very sick with high fevers, shaking chills, and flu-like illnesses. Four kinds of malaria parasites infect humans: *Plasmodium falciparum*, *P. vivax*, *P. ovale*, and *P. malariae*. It is one of the leading causes of school absenteeism among children studying and residing in underserved communities.

Usually, people get malaria by being bitten by an infective female *Anopheles* mosquito. Only *Anopheles* mosquitoes can transmit malaria and prior to this they must have been infected through a previous blood meal taken from an infected person. When a mosquito bites an infected person, a small amount of blood is taken in which contains microscopic malaria parasites. About 1 week later, when the mosquito takes its next blood meal, these parasites mix with the mosquito's saliva and are injected into the person being bitten.

## Is Malaria A Contagious Disease?

No. Malaria is not spread from person to person like a cold or the flu, and it cannot be sexually transmitted. You cannot get malaria from casual contact with malaria-infected people, such as sitting next to someone who has malaria.

## What Are The Signs And Symptoms Of Malaria?

Malaria has an incubation period of 2 weeks Symptoms of malaria include fever and flu-like illness, including shaking chills, headache, muscle aches, and tiredness. Nausea, vomiting, and Diarrhea may also occur. Malaria may cause anemia and jaundice (yellow coloring of the skin and eyes) because of the loss of red blood cells. If not promptly treated, the infection can become severe and may cause kidney failure, seizures, mental confusion, coma, and death.

## How can we prevent malaria in our school & community?

### For parents:

- Providing Insecticide Treated Mosquito Nets for students.
- Have children tested for malaria at the onset of symptoms
- Initiate the right treatment and ensure completed dosage for children.
- Discourage the use of traditional approaches such as frequent usage of herbs.

### For teachers:

- Urge students to report to school with ITNs.
- Provide window screens or wire-mesh outside all classroom and dormitory windows.
- Conduct evening classes indoors.
- Have school cleaning days to clear bushes and drain stagnant water from school compounds.

### For students:

- Regularly sleep under a treated Mosquito net.
- Take malarial medication or prophylaxis on time and in the right dosage as directed by medical personnel.
- Drain all stagnant water and clear bushes within the school environment.
- Close windows early by 7 pm.

### **NOTE:**

- Children with underlying medical conditions such as sickle cell need malarial prophylaxis before going to school.
- Malarial medication is usually taken with milk or a fatty meal.
- There is a possible drug interaction between ARVs and malarial medication.

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### The linkage between SRGBV and Malaria

A student punished by his/her teacher and told to spend extra hours out of the classroom during the evening or night hours is predisposed to mosquito bites that may transmit malaria to him/her.

### Resources and Reading Material

- <https://www.cdc.gov/malaria/about/faqs.html> (Malaria frequently asked questions-CDC)
- <https://www.cdc.gov/parasites/malaria/> (Malarial parasites-CDC)

