

# NO BITE, NO MALARIA

## What is Malaria?

Malaria is a disease caused by a parasite that multiplies in your red blood cells. It is spread by certain types of mosquitoes. Main symptoms include fever, chills and cold-sweats.

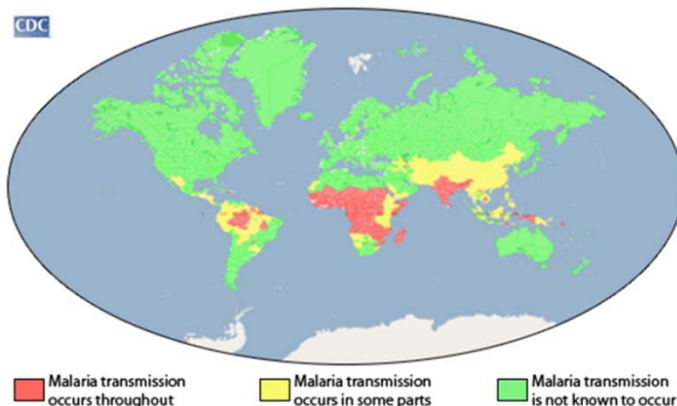


## Is it serious?

Yes! If you never had malaria before, your body has no immunity. Anyone can get Malaria. Most people get sick, and some even die. The World Health Organization estimates that in 2010 there were over 216 million cases worldwide with 655,000 people dying of Malaria, most of them children in Africa

## Where does Malaria occur?

Malaria occurs worldwide mostly in hot, tropical environments. About 1,500 American travelers are diagnosed each year with Malaria. The Centers for Disease Control and Prevention (CDC) has a list of countries where Malaria occurs with the recommended antimalarial drug for each country at: [http://www.cdc.gov/malaria/travelers/country\\_table/a.html](http://www.cdc.gov/malaria/travelers/country_table/a.html)



<http://cdc-malaria.ncsa.uiuc.edu/>

## How do I know if I have Malaria?

If you stayed in an area with Malaria and you have a high fever, suspect Malaria.

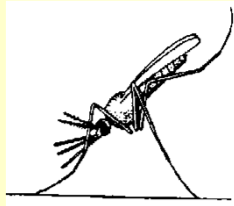
- Symptoms typically appear 7 to 9 days after infection
- Malaria begins with flu-like symptoms: aches, fatigue
- Most people will then experience an attack: chills, fever, thirst, sweating, skin feels hot
- Your temperature may reach 102°F to 104°F
- After an attack, you may feel tired and fall asleep

There are other causes of fever. Not all fevers are due to Malaria. Malaria shares many symptoms with the common flu. See a doctor if you have been in a Malaria-infected region, if your fever persists, or if you are unsure.

**STAY IN MALARIA AREA + UNEXPLAINED FEVER**

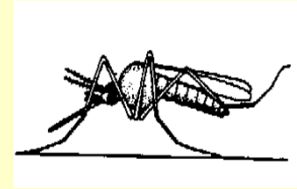
**THINK MALARIA**

### How do I get Malaria?



Anopheles biting

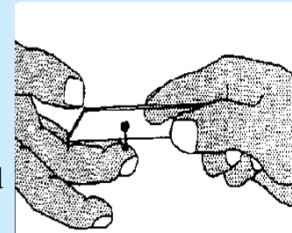
The Malaria parasite is carried by Anopheles mosquitoes. You become infected by being bit by an Anopheles mosquito carrying Malaria. You can recognize the Anopheles when they bite because they stand straight up while other mosquitoes stand parallel to the skin.



Other mosquito biting

### How is it diagnosed?

To find the Malaria parasite, the doctor will take some blood from your finger tip or the vein. Remember, you should only be **stuck with a new and disposable sharp**. The blood will be thinly spread on the slide and be looked at under the microscope. If it is negative, you probably do not have malaria. If your fever persists and you have been in a Malaria-infected area, you can ask your doctor to re-test.



### What if I'm pregnant?

Infected mothers can pass the parasite on to their babies in-utero or during childbirth. Although this is rare, health-care providers should be notified if the pregnant mother has been in Malaria-infected areas, especially if the baby has a fever or if the baby has been diagnosed with Malaria.



### Prevention

- Avoid being bit by Anopheles mosquitoes.
- Anopheles bite in the evening (6-10 PM) and the early morning (3-5 AM). Wear long sleeves, long pants and covered shoes during these times.
- Apply insect repellent on exposed areas. Use insect repellent that contains DEET. Follow product instructions. For more information regarding pest control and insect repellent, visit the National Pesticide Information Center at <http://npic.orst.edu>
- Use screens on doors and windows to prevent mosquitoes from entering.
- Sleep under a mosquito net if you sleep outside
- Outside devices like mosquito coils and citronella candles do not offer enough protection from mosquito bites to prevent Malaria.
- When traveling outside the United States to a Malaria-infected country, ask your doctor for a prescription for antimalarial drugs four to six weeks before you leave. Take these as prescribed on your trip.