



UNITED NATIONS OFFICE AT NAIROBI
JOINT MEDICAL SERVICE.



Malaria.

Malaria is a life-threatening disease caused by a parasite and is transmitted via the bites of infected mosquitoes (*Plasmodium Anopheles mosquito*).

25th April every year- is a day of unified commemoration of the global effort to provide effective control of malaria around the world-**world malaria day.**

Facts about Malaria

- Over 60% of the world's population lives in malaria infected areas.
- Malaria kills a child somewhere in the world every 30 seconds.

- It infects 350-500 million people each year, killing 1 million, mostly children in Africa.
- Ninety per cent of malaria deaths occur in Africa.
- Over 30% of school absenteeism in Africa is attributed to malaria and other illnesses.
- Malaria is both preventable and treatable.
- Early diagnosis and treatment saves life.

Signs and Symptoms of malaria

These appear between 10 and 15 days after mosquito bites but may occur even after 60 days, they include:

- Fever
- Vomiting
- Diarrhea
- Chills
- Headache
- Muscle pains
- Confusion, Hallucinations, Coma (unconsciousness) and death

Who is at increased risk for malaria?

- . Young children and infants
- Travelers coming from areas with no malaria
- Pregnant women and their unborn children.
- Non immune persons while in malaria areas.

- People with lowered immunity such as in HIV/Aids are usually worst hit by malaria.
- Poverty, lack of knowledge, and little or no access to health care also contribute to malaria deaths worldwide

Prevention of malaria



Use mosquito repellent nets-some chemicals such as permethrin which is a chemical used as a mosquito repellent sprayed on the clothes and mosquito nets.

- Permethrin 0.5 to 1% is available in various chemists as over the counter medication which is effective for at least 2-6 weeks and may last for up to 1 year even through laundering if its concentration is higher such as in the already treated mosquito nets that last 1 to 4 years or in tablets used for treating mosquito nets.

DEET (N, N-diethyl-m-toluamide) is also approved chemical for skin application on the exposed parts of the body such as hands, legs as a mosquito repellent which may last 4-6hours. Its available in 15-33% in chemists and major hospital pharmacies and offers 97% protection.

- When combined DEET and Permethrin offers 99.9% protection against mosquitoes. Among locally available brands includes: Mijex gel/spray and Mosout spray. These chemicals are not harmful to the body as they are poorly absorbed, and are rapidly deactivated -their rare side effects include itching, redness and dizziness. They should not be applied to the eyes, mouth or broken skin.

In addition:

- Wear clothing covering most body parts while in malaria areas.
- Clear bushes, long grasses.
- Drain stagnant waters.
- Use of insecticides to kill mosquitoes.
- All pregnant mothers should take appropriate malaria prophylaxis when going to malaria areas as directed by the Doctor.
- Travelers should take prophylactic medication when going to malaria areas-per your Dr.
- Seek medical advice for symptoms of malaria

***For more information contact-UNON JMS
at: clinical.staff@unon.org***

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