



# National Malaria Control Program

## Info pack for Key Malaria messages in Schools

**Chase Malaria** – Embrace Malaria Prevention and control Interventions

**April 2018**



**T**his document has been developed to provide important key messages for Teachers, Pupils and the general community as they seek to promote Malaria prevention and control measures. Teachers are advised to take the students through the messages while children are advised to take notes during the session. Teachers should emphasise the key take home messages to the pupils. Every pupil should be able to recall and take action on the Take Home messages.





## What is Malaria?

- ◆ Malaria is a disease caused by bite of an infected female Anopheles mosquito.



## What are the symptoms for Malaria?

- ◆ Fever, Chills (shivering), Headaches, Sweating, Vomiting, Backaches, Body weakness, Loss of appetite and Diarrhoea



## How is Malaria transmitted

- ◆ Malaria is transmitted by female Anopheles mosquitoes which normally bites at night when a person is sleeping.
- ◆ An infected mosquito bites a human being and transmits the plasmodium into the blood of the person. Plasmodium then multiplies in the blood and infects the liver cells.
- ◆ When the mosquito bites an infected person, it will carry the infection/disease to another person who will also fall sick with Malaria

## Who is at risk?

Everyone in Uganda is at risk but the categories below are more vulnerable;

- ◆ Children
- ◆ Pregnant women
- ◆ People with HIV/AIDS
- ◆ Travelers from areas where there is little Malaria or none at all.

## How can you prevent Malaria?

- ◆ Sleep under an insecticide treated mosquito net every night. Everyone needs to be safe from Malaria.
- ◆ Accept your house to be sprayed against mosquitoes with a safe insecticide

- ◆ All pregnant women should attend Antenatal Care (ANC) at a health facility where they should be given anti-Malaria medicine as advised by the health worker.
- ◆ Clear bushes and remove stagnant water around the household to remove breeding grounds for mosquitoes.
- ◆ Use mosquito repellents
- ◆ Wear protective clothes (long sleeved shirts, trousers, hood) in the evenings
- ◆ Close all doors and windows by 6pm

### How to use a treated mosquito net

- ◆ This is how you can make the most use of the net:
- ◆ Spread it out under a shade for at least 24 hours to allow air to pass through. This reduces the chances of developing allergic reactions to the mosquito net
- ◆ Unfold it carefully so you do not tear it
- ◆ Tie a string to the loop
- ◆ Attach the string to a hook on the roof/ceiling
- ◆ Tuck the net under the mattress or your sleeping place so that mosquitoes cannot enter
- ◆ When you wake up in the morning, tie up your net to protect it from damage





## **How to take care of the treated mosquito nets**

To keep your treated mosquito net in good condition for a long time - do the following:

- ◆ Tie up your net during the day to prevent damage
- ◆ Repair holes with a needle and thread just as you would with clothes
- ◆ Wash the net only when dirty (3 to 4 times a year)
- ◆ Use simple soap and water to wash your net
- ◆ Avoid using detergents like omo/nomi to wash your nets because they will destroy the insecticide.
- ◆ Spread out your net to dry under a shade not under direct sunlight as the sun may destroy the insecticide.

## **Test for Malaria before treating**

- ◆ If you have symptoms of Malaria, you must get tested immediately (within 24 hours) by a qualified health worker. The health workers will take blood from your finger for the Malaria test
- ◆ Testing helps you to know if you have Malaria or not and the health worker will be able to treat the right cause of fever.
- ◆ Testing reduces unnecessary expenses on anti-Malarial medicine for a fever which may not be Malaria.
- ◆ If the Malaria test result is positive, you will receive proper treatment to help you recover fast. The recommended treatment for simple Malaria in Uganda are ACTs

## **Avoid the following:**

- ◆ Avoid self-medication
- ◆ Avoid sharing of drugs
- ◆ Not completing your dose
- ◆ Avoid taking drugs without testing
- ◆ Do not use left over drugs especially syrups

## **Dangers of not treating Malaria in time**

The patient whose Malaria is not treated may have the following effects:

- ◆ Convulsions - The hands and legs of the patient become stiff, eyes roll back and the patient also becomes unconscious.
- ◆ Anaemia - The patient will lack enough blood and will have: pale eyes, hands, nails and

tongue. The patient will also have general body weakness.

- ◆ Brain damage: Malaria may permanently damage the brain.
- ◆ Malaria is associated with anaemia, premature births and abortions not birth defects.
- ◆ Premature birth: In pregnant women, Malaria can cause premature births and sometimes miscarriages.
- ◆ No work/production: If not treated well, people infected with Malaria can become weak and unable to work.
- ◆ Death: Malaria is one of the leading killers in the world especially in Africa.

### Myths and misconceptions about Malaria

**Myth:** Malaria is caused by eating too many mangoes or maize. NO

**Explanation:**

This is because, during the harvest of these crops, the weather condition is conducive for mosquito breeding.

**Myth:** Having fever, joint pains, headache and dizziness means you have Malaria. NO

**Explanation:**

You can only confirm whether or not you have Malaria by getting tested for Malaria.

**Myth:** Malaria is normal because it's very common in this village: NO

**Explanation:**

Malaria is not normal even if it is common in your village. Malaria kills but can be cured by treating it within 24 hours of on set of symptoms. It can also be prevented by sleeping under a treated mosquito net every night.

### Consequences of Malaria in school and how this affects children

- ◆ Absenteeism by teachers and pupils
- ◆ Poor performance due to poor concentration
- ◆ Drop out in schools
- ◆ Severe Malaria can lead to brain damage
- ◆ Death

### Malaria has adverse effects on family finances

- ◆ Malaria makes you poorer by using up family savings on treatment



- ◆ Malaria leads to loss of workdays leading to low productivity, low income hence low savings
- ◆ Malaria is expensive to treat and if someone dies of Malaria, you spend money to buy a coffin and food for the mourners.

### **Key take home messages for pupils and students**

Am I Malaria free today?

- ◆ Malaria is the number one killer disease in Uganda
- ◆ It is spread through a bite of a mosquito which sucks blood with parasites from an infected person and then bites a healthy person who latter becomes infected
- ◆ Everyone should recognize symptoms and seek treatment within 24 hrs of onset of symptoms
- ◆ Take and complete a full dose of treatment as advised by the health worker
- ◆ Avoid self medication and sharing of Medicine.
- ◆ Sleep under a treated mosquito net every night
- ◆ Clear bushes, broken containers and stagnant water which are breeding sites for mosquitoes
- ◆ Embrace spraying of walls in your houses
- ◆ Educate and encourage pregnant women to attend Antenatal Care (ANC)

### **MALARIA IS DANGEROUS AND KILLS - WE NEED TO PREVENT IT**



**CHASE Malaria – Am I Malaria free today?**