



KNOW ABOUT MALARIA

The logo for the Elimination 8 initiative, featuring a stylized green and blue '8' shape.

Government of Namibia

ELIMINATION 8
ANGOLA - BOTSWANA - MOZAMBIQUE - NAMIBIA
SOUTH AFRICA - SWAZILAND - ZAMBIA - ZIMBABWE

The logo for the Southern African Community (SAC), featuring the letters 'SAC' in a blue circle with the text 'SOUTHERN AFRICAN COMMUNITY' and 'SOLIDARITY & COMMITMENT' around it.

Governo de Angola

ELIMINATING MALARIA

ANGOLA – NAMIBIA CONSORTIUM

The logo for ADPP (Aids and Development Programme for People), featuring the letters 'ADPP' in a red box.The logo for the Mentor Initiative, featuring the word 'MENTOR' above 'initiative' and a stylized 'M' in a red box.The logo for the J.C. Flowers Foundation, featuring a circular emblem with a figure and the text 'J.C. FLOWERS FOUNDATION' and 'GICA' below it.

J.C. FLOWERS FOUNDATION

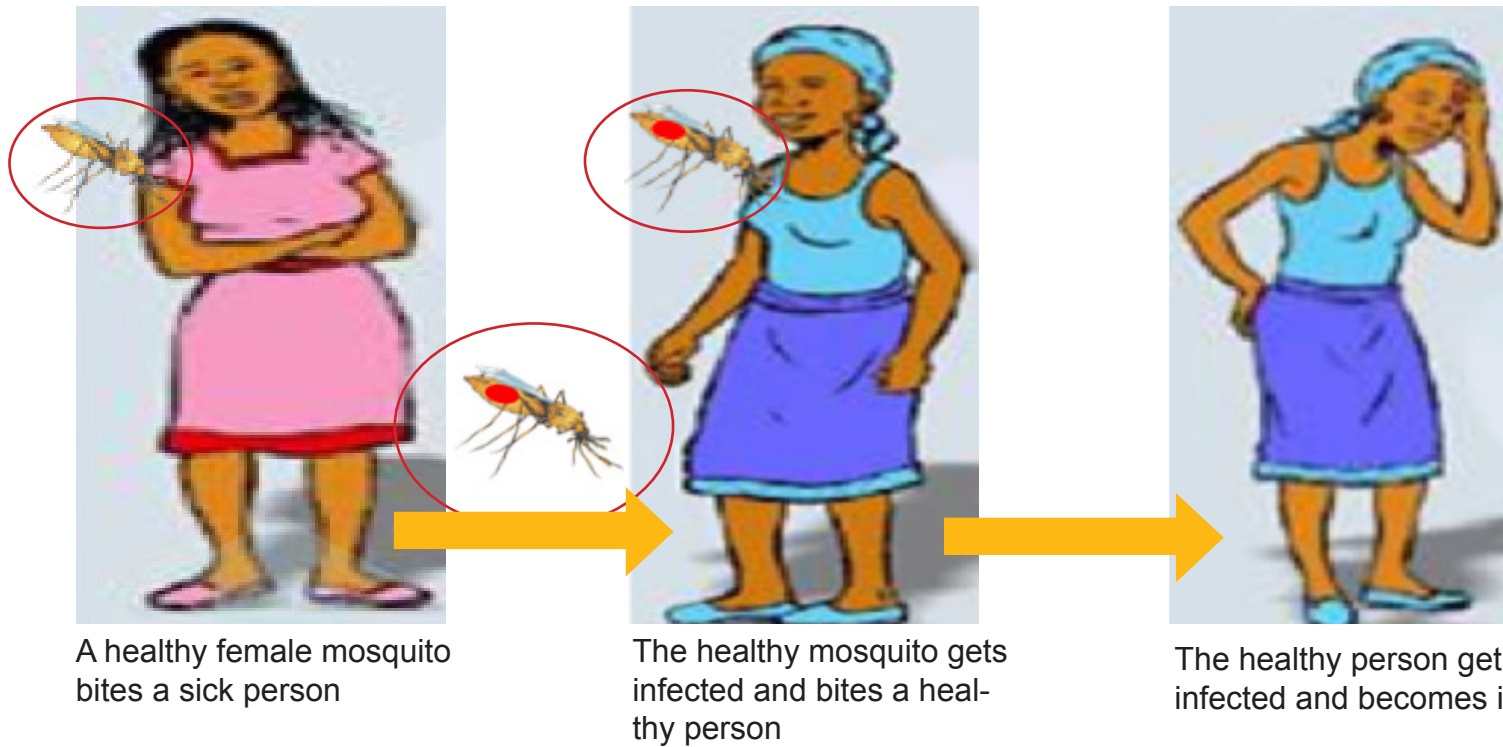
The logo for DAPP (Development Aid From People to People), featuring the letters 'DAPP' in a red box with 'Development Aid From People to People' below it.

KNOW ABOUT MALARIA

TRANSMISSION, PREVENTION AND TREATMENT

- What is malaria?
 - It is a disease transmitted by a female anopheles mosquitos that bite mostly at night.
- What are the signs and symptoms of malaria?
 - When the body is hot, they have a headache, stomach ache, loss of appetite, fatigue, diarrhea and sometimes vomiting.
- Who are the people most affected by malaria?
 - Children, pregnant women and old people

HOW IS MALARIA TRANSMITTED



**PROTECT YOURSELF AGAINST
MOSQUITO BITES**

CLASSICAL AND COMMON SYMPTOMS OF MALARIA



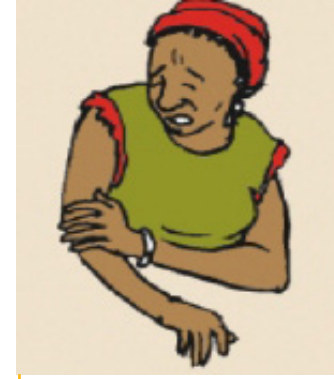
Fever and
headache



Shivering
and fatigue



Nausea and
vomiting



Muscle and
joint pain

IF ANY OF THESE SIGNS OR SYMPTOMS
APPEAR, GO STRAIGHT TO A CLINIC / HEALTH
FACILITY

MALARIA DIAGNOSIS

Confirmation of the Diagnosis



Rapid Diagnostic Test (RDT)

**THE SOONER YOU BEGIN TREATMENT, THE SOONER
YOU WILL GET BETTER**

THIS COULD BE MALARIA



A RAPID DIAGNOSTIC TEST COULD HELP
CONFIRM MALARIA

WHAT TO DO WHEN A CHILD HAS MALARIA

- If they have a fever, remove their clothes, bath them or use wet cloths to lower their temperature.
- Take the child to the nearest health facility/ clinic to receive appropriate treatment.
- Finish the course of treatment, even when there is no longer fever.

GO TO A HEALTH FACILITY/CLINIC

EXPLAIN
EVERYTHING
ABOUT HOW
YOU ARE
FEELING TO
THE HEALTH-
CARE WORKER



MALARIA IS COMMON AMONG CHILDREN

HELP CHILDREN TO TAKE
ALL THE MEDICINE
PRESCRIBED BY THE
HEALTH WORKER



TO AVOID MALARIA, A CAREFUL FAMILY ENSURES THAT:

- Children and pregnant women always sleep under insecticide treated mosquito nets.
- From time to time, pregnant women and children under five year of age can receive insecticide treated mosquito nets from the health facility/ clinic when getting vaccinations or attending antenatal visits.
- Other members of the family can buy insecticide treated mosquito nets to protect themselves from malaria.

PREVENTION OF MALARIA



ALWAYS SLEEP UNDER AN INSECTICIDE
TREATED MOSQUITO NET TO PROTECT
YOURSELF AND YOUR CHILD AGAINST
MALARIA



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of Namibia



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