

Clinical Symptoms

- Fever and flu-like illness
- Headache, backache, joint aches and pain
- Muscle aches
- Tiredness
- Nausea, vomiting and diarrhoea.

Controls and Protection Program

There are controls and protection programs in place at OTML to help control malaria and other mosquito borne infections.

Vector Mosquito Surveillance and Monitoring

- Provides detailed information about the number and types of mosquitoes in an area.

Mosquito Breeding Site Surveillance

- Provides information about the breeding activity of mosquitoes.

Chemical Treatments

- Larvicidal treatments are chemicals applied directly to stagnant water to control mosquito larvae
- Fogging to control adult mosquitoes
- Indoor and outdoor residual spraying to kill and deter mosquitoes from resting and biting humans.

How can you prevent yourself from getting infected?

- Cover as much of your skin as possible by wearing long sleeved shirt and long pants, shoes and socks when going outdoors.
- Wear light coloured clothing.
- Apply insect repellent that contains at least 20% DEET when doing outdoor activities at work or at home.
- Sleep under insecticide treated mosquito net.
- Destroy mosquito breeding sites in and around your home (stagnant pools, swamps, puddles, wheel ruts etc.).
- Ensure proper exclusion practises (window and door screens are undamaged and fit snugly to frame).
- Use knock down aerosols to kill mosquitoes inside buildings.
- Air conditioning helps to keep mosquitoes away.

Things to remember:

- Be aware of the risk.
- Avoid being bitten by mosquitoes.
- Take antimalarial drugs (chemoprophylaxis) when visiting malaria endemic areas.
- Immediately seek medical attention if symptoms develop.



Malaria Identification and Protection



Malaria is caused by the Plasmodium parasite.

Malaria is transmitted from one person to another through the bite of an infected anopheles mosquito.

Malaria is preventable and curable.

The Infection Process

Malaria is spread from one person to another through the bite of an infected female anopheles mosquito. This is most likely to occur during dawn and dusk (6am and 6pm).

Once someone is bitten by an infected mosquito, the parasite travels through the bloodstream to your liver where it grows and multiplies. The parasites then leave the liver and enter the blood stream, where they infect and destroy the red blood cells.

The clinical symptoms of malaria are caused by the poisonous toxins released when the red blood cells burst.

Incubation period (the amount of time between when a person is bitten and when the symptoms occur) ranges from 7-30 days for different species of the Plasmodium parasite.

Plasmodium Parasites

There are four main types of malaria parasites:

- P.falciparum
- P.vivax
- P.ovale and
- P.malariae.

Of these four, P.falciparum can be life threatening if left untreated and P.vivax and P.ovale can relapse (occur at irregular times for months or years.) P.malariae infection, if left untreated can recur after several decades.

