

# MAJOR HAZARDS

## MALARIA

Malaria is a preventable disease that is common in areas with a tropical climate, like PNG.

Malaria is caused by a parasite that is spread from person to person by a mosquito bite.

**Malaria can kill you!**

### WHAT ARE THE SYMPTOMS?

Malaria can cause a wide variety of symptoms that range from very mild to severe. Symptoms usually occur 10 to 15 days after being bitten, but can occur sooner or later, even months or years after the infected mosquito bite. Symptoms include:

- Fever
- Flu like symptoms that come and go
- Headache
- Backache
- Joint aches and pain
- Muscle aches
- Tiredness
- Nausea and vomiting
- Diarrhoea
- Jaundice (yellow skin and eyes)

Not all the symptoms need to be present. If you have any of the symptoms, see the doctor.



### DIAGNOSING MALARIA

Malaria is diagnosed by a blood test.

### TREATING MALARIA

Malaria is treated with antimalarial medications. Treatment should start as soon as possible.

Severe or potentially severe cases require hospitalisation.

Some kinds of malaria can recur if treatment has not been fully successful in eradicating the parasite. That is why it is essential to follow ALL instructions given by the doctor and prescribed on medication labels.

### PREVENTING MALARIA

Preventing the bite in the first place is the best way to prevent malaria.

- Wear light coloured, malaria protective clothing (long pants, long sleeve shirt, shoes and socks).
- Apply insect repellent that contains at least 20% DEET.
- Sleep under a mosquito net.
- Maintain properly screened houses.
- Have air conditioning where possible.
- Stay indoors between dusk and dawn.
- Don't wear perfume.
- Use 'knock down' aerosol sprays to kill mosquitoes inside buildings.
- Take preventative medication (Chemoprophylaxis) before being exposed.
- Reduce mosquitoes in the area by:
  - Removing mosquito breeding habitats such as stagnant water in pots, puddles and wheel ruts, blocked drains, etc.
  - Chemical treatments such as larviciding, adulticiding and indoor residual spraying.



# YOU CAN HELP STOP MALARIA



Stop Mosquitoes  
from Biting



Stop Mosquitoes  
from Breeding



Kill Mosquitoes



Low Immunity -  
Take Prophylaxis



Treat Malaria Early

# STOP MALARIA



## Stop Mosquito Bite

