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THE END OF MALARIA REMAINS A UNIVERSAL GOAL THAT IS INDEED ATTAINABLE WITH COLLECTIVE EFFORTS FROM HEALTH CARE PROFESSIONALS AND THE COMMUNITY.

Inside this issue:

- What is Malaria **1**
- Signs and Symptoms of Malaria **1**
- ABC of Malaria **1**
- Malaria Statistics **1**



What is Malaria?

It is an acute or chronic disease caused by the presence of sporozoan parasites of the genus Plasmodium in red blood cells, transmitted from an infected to an uninfected individual by the bite of anopheline mosquitoes.

The Four Species of Malaria are:

1. P. Falciparum,
2. P. Ovale,
3. P. Vivax,
4. P. Malariae

Falciparum being the most common and most dangerous.

Although Malaria is a curable disease, prevention is better than cure. There is however no vaccine yet, but anti-malaria chemoprophylaxis is available if you reside or will be travelling

to these areas.

The most important methods of prevention are to avoid being bitten by mosquitoes by following these rules :

- Wear protective clothing Use insect repellents that contain diethyltoluamide.
- Approved insecticides can be sprayed in
- Sleep under a treated mosquito net and use mosquito repelling vaporizers

Recommended Chemoprophylaxis: Mefloquine (weekly) take 1 week before entering malaria area.

Signs and symptoms

As signs and symptoms of malaria are very non-specific, a high index of suspicion is the most important element of diagnosis (history of travelling to high

risk area within past 6months).

Symptoms usually appear 10-15 days after mosquito bite

1. Sudden onset of fever
2. Chills /sweating
3. Nausea and vomiting
4. Muscle and Joint pain

South Africa Malaria Risk Areas

Malaria is Endemic in the lowveld of Mpumalanga and Limpopo (including the Kruger park)

KZN- endemic on the Maputaland coast
Neighboring Countries such as Mozambique, Swaziland, Zimbabwe, Namibia

THE ABC OF MALARIA PREVENTION

- A- Awareness and assessment of malaria risk
- B - Avoidance of mosquito bites
- C - Compliance to chemoprophylaxis when indicated
- D - Early Detection of Malaria
- E - Effective treatment

Cases

216 million In 2016, there were 216 million cases of malaria worldwide.

Deaths

445 000 In 2016, there were 445 000 malaria-related deaths worldwide.