



health

Department of
Health
FREE STATE PROVINCE

MALARIA

Case Definition

Malaria is a disease caused by a parasite that is transmitted from person-to-person by the bite of an infected *Anopheles* mosquito. The symptoms of malaria include fever, chills, headache, muscle aches, and malaise (a general sick feeling).

Symptoms can develop as early as 6-8 days after being bitten by an infected mosquito or as late as several months after departure from an area where malaria is present, after antimalarial drugs are discontinued.

Case Management

- Prompt medical treatment is necessary.
- Case should be referred to health centre.

Prevention

Preventing mosquito bites is the most effective way to prevent malaria. Contact may be minimised by:

- Indoor residual spraying
- Applying insect repellent
- Use of insecticide treated nets
- Travellers should start prophylaxis treatment before travelling to malarious areas.

Identify high-risk areas to guide preventive measures.

Health Promotion

To increase public awareness for prompt care seeking behaviour and preventive measures at household and community levels.