

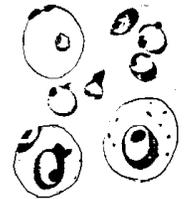


**Infectious Disease Epidemiology Section**  
**Office of Public Health, Louisiana Dept of Health & Hospitals**  
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## **NO BITE, NO MALARIA**

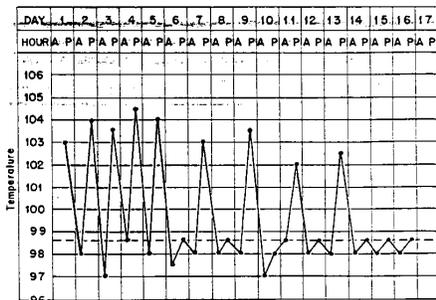
### **What is Malaria?**

Malaria is a disease caused by a parasite that multiplies in your red blood cells. It is carried by certain types of mosquitoes. Fever and chills are the main symptoms.



### **How serious is the disease?**

If you never had malaria before your body has no immunity. One of the types of malaria parasite (called falciparum) can kill you if you have no immunity to malaria. In fact, every year in the world, several millions die of falciparum malaria, mostly infants in tropical areas.



Typical malaria is  
CHILLS  
HEAT  
SWEAT,  
but not everybody  
reacts like that,

### **How do I know I have malaria?**

If you stayed in an area with malaria and you have a high fever, suspect malaria.

At first you feel tired and achy all over. Then after a few hours you have an attack. A very typical attack is like this:

First there are the CHILLS: you shiver and feel very cold no matter how many blankets you put on the bed.

After one hour you start to feel the HEAT, your skin is dry, you are thirsty, you have a headache and may feel like vomiting. Your temperature may reach 39° to 40°C.

After a few hours you begin to SWEAT for an hour or so.

Finally you feel tired and fall asleep.

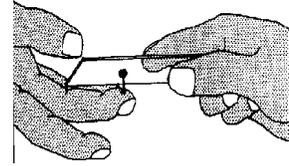
There are other common causes of fever; not all fevers are due to malaria. The flu or a respiratory infection will make you tired, achy with a blocked up nose or a sore throat.

**STAY IN MALARIA AREA +  
UNEXPLAINED FEVER**

**THINK MALARIA**

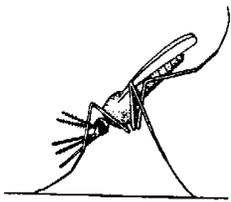
### **What is a blood smear?**

To find the malaria parasite, the doctor will take some blood from your finger tip or the vein. Remember, you should only be **stuck with a new and disposable sharp**. The blood will be thinly spread on the slide and looked under the microscope. If it is negative, you probably do not have malaria.



### **What if the blood smear is negative and the fever continues?**

Go back to the doctor, get another blood smear. You probably do not have malaria, but mistakes can happen. Sometimes there are few parasites and they are missed.



Anopheles biting

### **How do I get malaria?**

Other mosquito biting

Anopheles biting

By being bitten by an Anopheles mosquito which is carrying malaria. You can recognize the Anopheles when they bite because they stand straight up, the other mosquitoes stand parallel to the skin.



Other mosquito biting

### **Can I prevent malaria?**

Yes! avoid getting bitten by Anopheles. Anopheles bite in the evening (6-10pm) and early morning (3-5am):

- + Wear long sleeves, long pants and covered shoes when you are out in the evening.
- +Sleep in a room with screens on doors and windows to prevent mosquitoes from entering.
- +Sleep under a mosquito net if you are sleeping outside.
- +Apply a mosquito repellent on the areas of the body which are not covered:

Personal mosquito repellent with DEET (N,N diethylmetatoluamide) are the most effective. There are several brands available in pharmacies and sporting good stores. For most adults, buy preparations with 30%DEET or more. Avoid stronger concentrations particularly in children (under 12) and pregnant women. An application will last 4-8 hours. Apply only on exposed areas. Do not apply more than necessary to cover the area. Saturating the skin does not make it work better. Do not apply on hand area that will come in contact with eyes and mouth. Do not inhale, do not ingest, do not

### **How about the mosquito coils?**

They help but they do not provide enough protection. Do not rely on mosquito coils.

