

Important information regarding malaria

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What is malaria?

- Malaria is an infectious disease commonly met in many tropical and sub-tropical areas. In lack of proper measures for prevention and treatment, malaria can evolve to **death**.

Which is cause of malaria?

- It is caused by a group of protazoan parasites called Plasmodium.
- The parasite of malaria is transmitted by the bite of the anofel mosquito, mainly between **sunset and dawn**. The female of anofel mosquito has smaller size than the male and has easy access to rooms through nets.

How does malaria manifest?

- Mainly by fever after seven days from the first possible exposure or three months (rarely later) from the last possible exposure. Any fever appeared less than seven days from a possible exposure is not caused by malaria.
- There are more severe forms determined by Plasmodium Falciparum which can manifest by fever, shivers, headaches, muscles pain, weakness, cough, diarrhea and abdominal pain. To these you can add symptoms associated with organs insufficiency such as acute renal insufficiency, generalized convulsions, circulatory colaps followed by somnolence, coma and death.

How can you prevent malaria?

- *Chemoprophylaxis*: **No prophylaxis scheme against malaria can offer full protection**, but a good chemoprophylaxis (observation of anti-malaria treatment prescribed– drug, dose and duration) reduces the risk of death.

What do we do if we suspect malaria?

- If one week or more after entering a risk area you have fever, urgently see a doctor and contact an certified laboratory in order to obtain a correct diagnosis and a safe and efficient treatment. This thing is valid when returning from an potential area as severe malaria forms with Plasmodium Falciparum can be considered up to 1 month since the return from the risk area.

What can we do in order to make sure we do not have malaria?

- An examination of the epidemiologist physician at the return from the risk area and a laboratory exam can assure you do not have malaria.

How do we avoid getting malaria?

- Be aware of the risk, incubation period, possibility of late start and main symptoms!
- Avoid being bitten by mosquitoes, mainly between sunset and dawn by using on of the following protection methods:

Anti-insects substances are applied on the skin or clothes in order to prevent contact with mosquitoes or other insects. The active ingredient rejects but does not kill the insects. Avoid the contact with mucous membranes. Do not spray them on your face, do not use them on eye lashes or lips, on sensitive, burnt or deteriorated portions of the skin. Wash your hands after using them. In the areas with warm and wet climate, because of abundant sweat, repeat using the substances every 3-4 hours. If the product is applied on the skin, the effect takes longer. Observe the instructions of the clothes in order to avoid their deterioration. Observe the anti-insects dose recommended by the producer and do not exceeding the dose, mainly for children and pregnant women.

The nets against mosquitoes are excellent ways for individual protection during the sleep. The nets can be used with or without adding anti-insects substances. Although, treated nets are more efficient and can be found in commerce. The nets should be resistant and the dimensions of the eyes should not exceed 1,5 mm. The net must be introduced under the mattress, making sure it is not broken and that there are no mosquitoes inside it. There are also hammock nettings for smaller beds.

Spirals against mosquitoes are the best example of anti-insects steamers and usually has as active ingredient a synthetic pyrethroid. One spiral is enough for a normal bedroom for one night, excepting the case when the room is very small. A more sophisticated version which requires electric energy, are the pills impregnated with anti-insects solution and put on an electric net from inside of the device who's heating determines the evaporation of the anti-insects solution. Battery steamers are also available and they can be used during the day if necessary.

Anti- insects sprays are meant to rapidly kill the insects. In bedrooms the anti-insects spray must be used before going to bed. This treatment can help eliminating the insects but it can be a short time effect. It is recommended the combined utilization of a spiral and spray or a net against mosquitoes. Tourists living in tents must use a combination of spirals against mosquitoes, anti-insects substances and nets. Nets on windows and doors reduce the exposure to mosquitoes and other flying insects. Air conditioned is an extremely efficient method for keeping mosquitoes outside the room as long as there are not holes close to doors and windows. Inside hotels with air conditioned there are no other prevention measures.