

AWARENESS

BE VIGILANT ABOUT MALARIA

It is currently peak malaria season and the National Institute for Communicable Diseases (NICD) has sent out an urgent communication to doctors, explaining the high rates of malaria incidents being seen this year.

What are the Symptoms?

If you've been to a malaria area during the holiday and you develop symptoms of the flu, like a fever and body aches and pains with a general feeling of being unwell it's important you seek medical attention and explain that you were in a malaria area to your doctor.

Malaria typically first presents as the flu, but after approximately 3-5 days the symptoms change – called paroxysms – into chills followed by a high fever and profuse sweating.

These can be accompanied by nausea and episodes of vomiting, often violent and severe. These paroxysms can last for up to 10 hours and recur every 2-3 days.

Symptoms may only arise weeks or months after being bitten by an infected mosquito, depending on the type of parasite they are carrying.

If you start to feel ill in the upcoming weeks, be sure to tell your doctor that you have visited a malaria area.

Even if you have taken malarial prophylaxis or vigilantly used insect repellent, you can't rule out malaria if you develop symptoms.

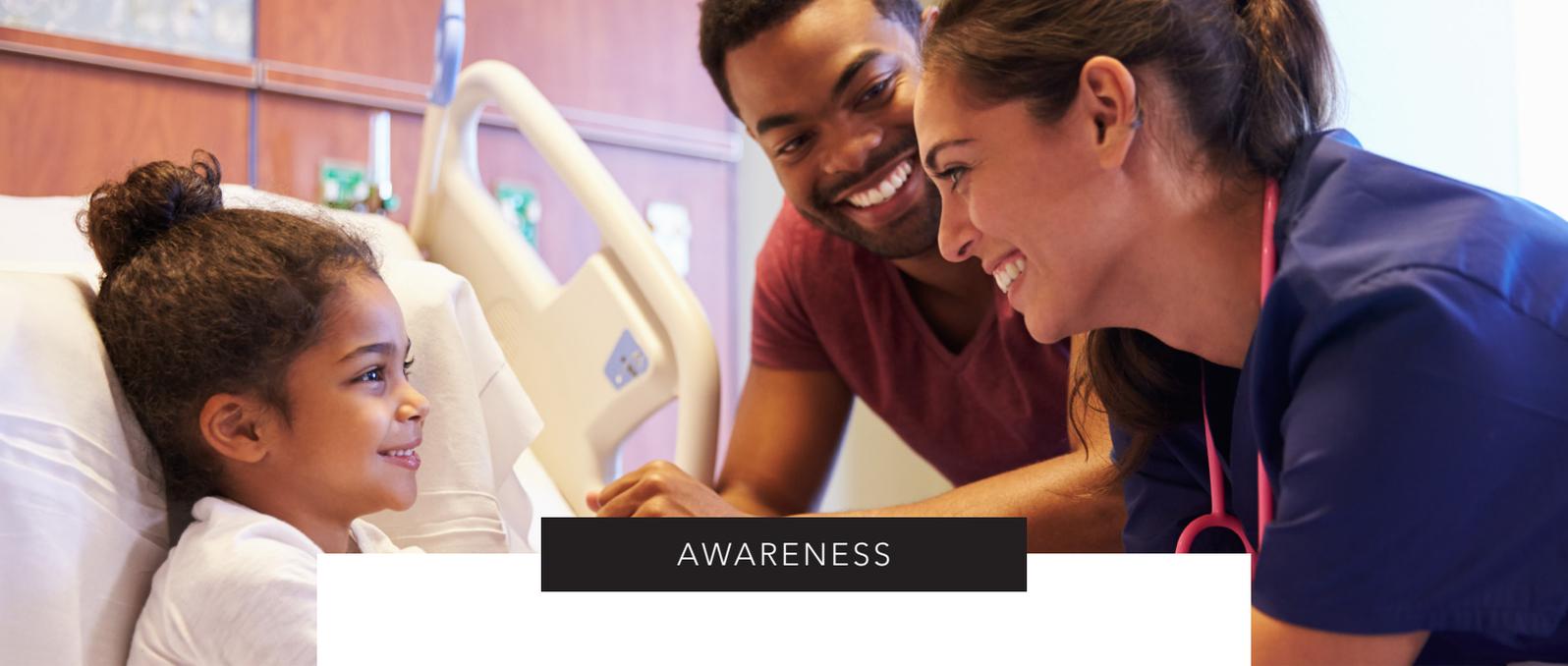
What's the treatment?

The sooner you are tested for malaria, the sooner you can be treated. Treatment is aimed at eradicating the parasites, which are constantly evolving to become drug-resistant. However, when antimalarial medications are obtained after early diagnosis, there is a greater chance of a rapid and full recovery.

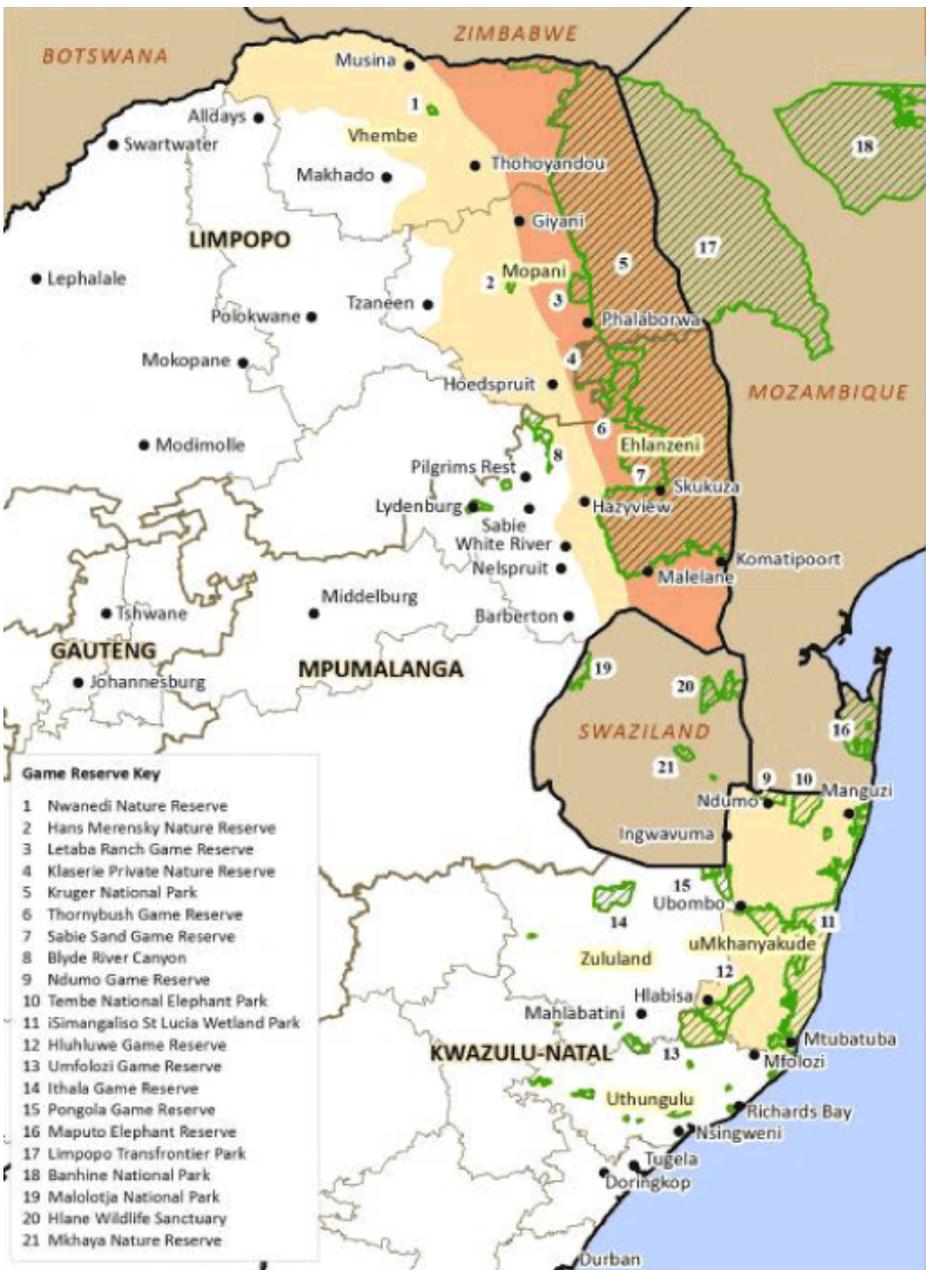
Have you been to a malaria area?

There have been a high number of cases reported for malaria in Limpopo and Mpumalanga in recent weeks. There has also been an increase in numbers in KZN and areas around Mozambique.

Many of these cases were misdiagnosed at first, being treated as meningitis, hepatitis or even the flu, and revealing your visit to a malaria-area could help.



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MALARIA RISK MAP FOR SOUTH AFRICA

To significantly reduce your risk, take precautionary measures against mosquito bites throughout the year in ALL RISK areas

Where malaria chemoprophylaxis is indicated, mefloquine or atovaquone-proguanil or doxycycline should be used.

Low Risk
Only non-drug measures to prevent mosquito bites are recommended

Moderate Risk
Antimalarial drugs are recommended from September to May for all travellers

Malaria risk does exist in neighbouring countries For further information, please consult the WHO travel health guidelines at <http://www.who.int/ith/en/>

● Town □ Province
 ▨ Reserve □ District

Map produced by the Health GIS Centre, Malaria Research Unit, South African Medical Research Council
 Data Sources: Malaria Control Programmes of KwaZulu-Natal, Limpopo and Mpumalanga, South African Medical Research Council, Statistics South Africa, Municipal Demarcation Board

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