Malaria Prevention

South Sudan
Today, I want to tell you a story about a young girl. What name should we give her? What can you tell me about this girl from this picture? Is
_______ is a very smart girl. She is at the age where she likes to help her mother with preparing the food and carrying the water.
She listens to her mother and tries to obey her instructions. _____’s mother told her to always sleep under her mosquito net at night to be sure she does not get bitten by any mosquitoes.
One night it was very hot and the wind was still. That night she got hot and decided that she would sleep much better if she took the net off her bed. _______ thought it would not make any difference to take the net away for just one night.
Many days later, ______ began to feel very tired and had a headache.
Later she did not want to eat and started vomiting.
That night she began to have a fever and her whole body ached.
Then she started to sweat. What do you think will happen now? What is wrong with _____? Have any of the children in your village had malaria? What should _____’s family know about malaria to help them stay well?
Malaria is caused by a tiny parasite that grows in the blood. This parasite is too small to be seen with your eyes. This is what the parasite looks like when it is looked at with a special lens that makes it look much larger. This tiny parasite lives in the blood of a person with malaria.
When a mosquito bites a person with malaria, it sucks blood and parasites into its body. The parasites grow in the body of the mosquito. When the mosquito bites a healthy person, they get malaria from the mosquito. It will be many days after a mosquito bite before a person knows that they are sick with malaria.
What have you heard about how people get malaria?
The only way to get malaria is from a mosquito bite. You cannot get malaria by eating certain foods, touching people with malaria, drinking from the same cup, or sleeping in the same bed with a person who has malaria. You cannot get malaria from coughing or sneezing. People who have malaria will have fever and then chills every 2-3 days.
To prevent malaria, avoid getting bitten by mosquitoes. You can control mosquitoes by killing them and avoiding them. Mosquitoes need still water to live and grow. Kill adult mosquitoes while they are resting and kill mosquito eggs and larvae by draining still water.
Keep water covered at all times.
Cut grass around homes and in the village.
Drain standing water!
Use mosquito nets at night when you sleep and insect repellants during the day. Be sure the nets do not have any holes in them. Be sure to tuck the net under the edges of your sleeping mat.
The lizards in your tukul eat mosquitoes. You don't want to kill them. They will help keep mosquitoes away.
Do you have mosquito nets? Who has them? Do you have insecticide-treated nets? I would like to share insecticide-treated mosquito nets with those who do not have one.
Do you have mosquito repellent?
What do you make your mosquito repellent with?

Use your mosquito nets and your repellent everyday. This will help you stay healthy and not become ill with Malaria.