

**Who is at higher risk?:** In areas where malaria is highly prevalent, pregnant mothers and malnourished children are at greater risk.

**How to suspect malaria:** Any person living in a malaria affected area, who develops fever must be suspected as having malaria. If fever is with chills and rigor and headache, it is even more likely.

**How to confirm:** There are two ways of confirming malaria:

- Using the Rapid Diagnostic Test (RDT) kit the patient's blood can be tested for malaria (Please see Annexe 4). If the test is positive then the patient has malaria.
- You should also make a blood smear. (Please see Annexe 5). The parasite can be seen in the blood smear Sometimes the blood smears can be negative, and a repeat smear is required.

RDT and Smears are to be taken before starting treatment. All ASHAs working in a block with a high incidence of malaria need to be trained for taking smears for malaria.

### Treating Malaria

1. Give paracetamol for fever. Also sponging with warm water to bring down temperature when needed.
2. If RDT is positive for malaria- Give chloroquine or Artesunate Combination treatment (ACT) drug as recommended. (Annexe 7) The dose of the drug depends of the age group. The exact dosage schedule is given in Annexe 6. Nowadays the recommendation is to treat for malaria only if the test is positive. If the test is not available, or cannot be done, it is permissible to give a course of chloroquine. This would still be needed in many areas.
3. If despite treatment fever does not begin to come down within two or three days, or persists even after a week, referral becomes mandatory.

Referral to ANM or doctor is necessary if there is no response and fever continues or if patient becomes delirious.



### Prevention of Malaria

Mosquitoes thrive in warm and wet climates. There are many types of mosquitoes, but only very few of them transmit the disease. The mosquito that transmits malaria is called Anopheles and it bites almost exclusively at night. It does not bite during the day. That is why sleeping under a bed net is a good way of preventing bites. The mosquito that spreads malaria breeds in clean water. That is why during rainy season, where water collects, this forms a good breeding place for mosquitoes.

