

Malaria

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Abstract

Malaria is a parasitic disease transmitted through the bites of infected mosquitoes. It is prevalent in tropical and subtropical regions, causing high fever and shaking chills. Annually, nearly 290 million cases occur, with over 400,000 deaths. Prevention includes insecticide-treated bed nets, preventive drugs, and a WHO-recommended vaccine for children in high-risk areas.

Symptoms

- High fever
- Shaking chills
- Fatigue
- Headache
- Nausea
- Vomiting
- Muscle pain

Causes

Infection by Plasmodium parasites (e.g., *P. falciparum*, *P. vivax*) transmitted via Anopheles mosquito bites.

Risk Factors

- Living in or traveling to tropical/subtropical regions
- Lack of mosquito protection
- Pregnancy
- Young age
- Weakened immune system

Complications

- Severe anemia

- Cerebral malaria
- Organ failure
- Death (if untreated)

Diagnosis

Blood tests (microscopy or rapid diagnostic tests) to detect Plasmodium parasites.

Treatment

Antimalarial medications (e.g., artemisinin-based combination therapy, chloroquine) tailored to the parasite species and severity.

Prevention

- Use of insecticide-treated bed nets
- Prophylactic antimalarial medications
- WHO-approved malaria vaccine for children
- Wearing protective clothing
- Eliminating standing water

When to See a Doctor

Seek immediate medical attention if experiencing fever, chills, or flu-like symptoms after travel to a malaria-endemic area.

Lifestyle and Home Remedies

- Rest and hydration
- Avoiding mosquito exposure
- Using bed nets and repellents

References

1. World Health Organization (WHO) Disease Database
2. Mayo Clinic Medical References
3. Centers for Disease Control and Prevention (CDC)