

## Malaria hasn't gone away

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A Member reports that in February 2021 one of their personnel had been admitted to the Intensive Care Unit of their local hospital, with confirmed malaria.

### What happened?

The individual had recently travelled back from work in a malaria-risk country, had developed flu-like symptoms and *had assumed this may be due to COVID-19*. Following two negative COVID-19 tests and onset of confusion, the individual was admitted to hospital. (*IMCA italics*)

This flash highlights the symptoms of malaria and the process which should be implemented by persons working in a malaria-risk country.

### Key facts about malaria

Malaria is a life-threatening disease caused by parasites that are transmitted to people through the bites of infected female Anopheles mosquitoes.

- The mosquitoes which spread malaria are most likely to bite at dusk or at dawn.
- The main symptoms of malaria are:
  - fever
  - headache
  - chills
  - multi-organ failure (if treatment not received quickly).

The initial symptoms of malaria are similar to those of flu or of COVID-19 – if you experience these after having been in a malaria-risk country you should first assume that it may be malaria

### Preventing malaria infection

Prevention is better than cure. Take the following measures to avoid being bitten:

- Wear long-sleeved and long-leg clothing to keep skin covered.
- Use an appropriately effective mosquito repellent.

- Sleep under a mosquito net, where provided.
- Take anti-malaria medication (chemoprophylaxis) to reduce the effects if you are bitten.
  - This is not 100% effective, so anyone displaying symptoms whilst taking the medication should still seek medical advice.

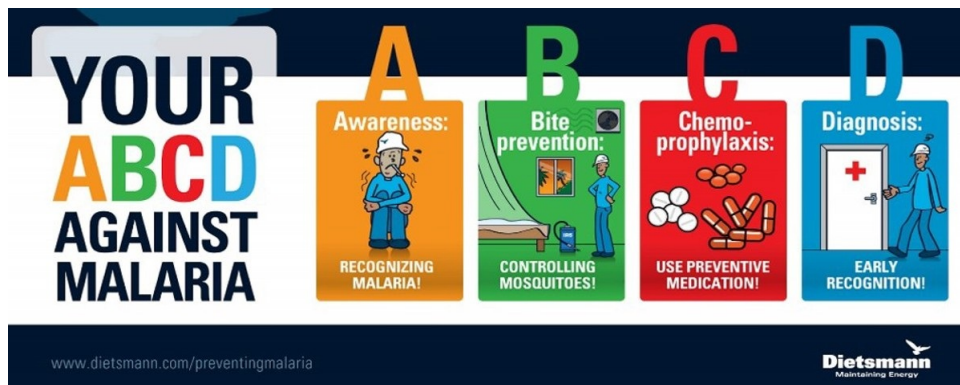
## Diagnosis and treatment

Early diagnosis and treatment reduce disease and prevent death.

Being aware of symptoms and ensuring family & friends are also aware of these may help reduce delay in diagnosis.

If you experience flu-like symptoms after being to a malaria-risk country, contact your doctor urgently and advise them that you should be checked for malaria so that you can receive treatment quickly

**Malaria: Know the symptoms and get checked immediately if you display them.**



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