



25 APRIL IS **WORLD MALARIA DAY**

Find out how to recognise the symptoms and get treatment.

WHAT IS MALARIA?

Malaria is a life-threatening disease spread to humans by the female Anopheles mosquito.

WHAT ARE THE SYMPTOMS?

- Fever
- Chills
- Headache
- Sweats
- Fatigue
- Nausea and vomiting
- Body aches
- Generally feeling sick

Severe symptoms include fatigue, confusion, seizures and difficulty breathing.



WHERE DO I GET TESTED IF I THINK I HAVE MALARIA?

If you have any of the above symptoms and have recently been to a high-risk area, you should immediately make an appointment with your doctor who will test a sample of your blood. If you test positive, you will be prescribed medication.

CAN MALARIA BE TREATED?

Yes, malaria is preventable and curable if diagnosed and treated promptly and correctly. Treatment is part of the Scheme's prescribed minimum benefits (PMB).



HOW CAN I GET MALARIA?

Malaria is transmitted to humans by the female Anopheles mosquito. The infection is caused by this mosquito only and does not spread from person to person. In South Africa, malaria is found in north-eastern KwaZulu-Natal, parts of Mpumalanga and Limpopo.



SEPTEMBER TO MAY

is considered malaria season.



Infants, children under 5 years, pregnant women, travellers and people with HIV or AIDS are at **higher risk** of severe infection.



HOW CAN I PREVENT GETTING MALARIA IN HIGH-RISK AREAS?

Malaria can be prevented by avoiding mosquito bites and by taking anti-malaria medication if you are travelling to high-risk areas. Treatment can also stop mild cases from getting worse.

NEED HELP? Contact your scheme for any benefit-related queries you may have.

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