Look for these symptoms:
- Initially Flu like illness
- High grade fever with chills
- Headache
- Nausea and Vomiting
- Fatigue and worsening malaise

Risk factors:
- Living or traveling in areas where malaria transmission is ongoing
- Infants, children, and pregnant women.

KEY FACTS
- Malaria is a parasitic infection (*Plasmodium* parasite) spread by anopheles mosquitoes which mostly bite between dusk and dawn.
- *P.falciparum, P.vivax, P.ovale, P.malariae, and P.knowlesi* are the different types of parasite which infect humans. Of these *P. falciparum* and *P. vivax* are prevalent in Nepal. *P. falciparum* is the most dangerous and causes severe form of malaria.
- In Nepal (2016), 84% of reported malaria cases were caused by *P. Vivax* and 16 % were due to *P. Falciparum*.
- Severe malaria usually manifest with one or more of the following: coma (cerebral malaria), metabolic acidosis, severe anemia, hypoglycemia, acute renal failure or acute pulmonary edema.
- Malaria is present throughout the year with higher incidence during the April-September months of the year.

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<tr>
<th>Do’s</th>
<th>Don’ts</th>
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<tr>
<td><strong>Prevention</strong></td>
<td><strong>Treatment</strong></td>
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<tr>
<td>- Protective measures/ Avoid mosquito bites&lt;br&gt;- Sleep under long-lasting insecticidal nets (LLINs) and use mosquito repellent products.&lt;br&gt;- Wear protective clothing; full sleeved shirts and pants or similar dresses.&lt;br&gt;- Use nets in windows and doors.&lt;br&gt;- Get rid/cover suspected breeding places of mosquito near home – stagnant water, drains.</td>
<td>- Do not apply mosquito repellent on your palms, or near your eyes or mouth.&lt;br&gt;- Read instructions before using repellents, especially those pertaining to infants, breast-feeding and mothers’ pregnant women.&lt;br&gt;- Avoid outdoor activities in areas with lots of mosquitoes during dawn and dusk when mosquitoes are most active.&lt;br&gt;- Avoid travelling to malaria endemic areas.</td>
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<td><strong>Chemoprophylaxis:</strong>&lt;br&gt;- As Nepal is a Malaria Elimination Country, chemoprophylaxis is generally not recommended for travel within country.</td>
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