



Avoiding Malaria

Language: _____

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1. In this lesson we will look at what causes malaria, the symptoms of malaria and what you can do to prevent it.

2. Malaria is a dangerous illness. Many people get malaria every year and large numbers of children die from it.

3. If you get malaria you may get a fever, headaches and vomiting. You can become very weak and die.

4. Anyone can get malaria, but it is especially dangerous for children and pregnant women.

5. Now YOU need to answer a question. Try to answer by using the arrow buttons on the controller. You can hear any question again by pressing the centre button.

6. Is malaria dangerous?

7. Yes,

8. Or no?

9. Press a button now.

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10. You are right. Malaria is very dangerous. Many people get malaria every year and large numbers of children die from it.

11. Malaria is spread by mosquitoes. You can get malaria when an infected mosquito bites you.

12. The period between early evening and early morning is when mosquitoes are most active and likely to bite you.

13. You will not get malaria if you are not bitten by a mosquito. If you prevent mosquitoes biting you, you will not get malaria.

14. Now try to answer these questions.

15. How do you get malaria?

16. From mosquito bites,

17. or from the air?

18. Press a button now.

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19. Right. You can get malaria when an infected mosquito bites you.

20. When are mosquitoes most active?

21. In the daytime when the sun is shining,

22. Or between sunset and sunrise?

23. Press a button now.

24. Yes! The period between early evening and early morning is when mosquitoes are most active and likely to bite you.

25. Mosquitoes are active at night. It is very important that your whole family sleeps under bed nets, so that they are protected from mosquitoes.

26. Bed nets can be treated with a special liquid for killing mosquitoes or insecticide. This will help stop mosquitoes coming near and trying to bite you.

27. Bed nets which have been treated with insecticide are much more effective than bed nets without insecticide.

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28. If bed nets are not available old rags or cloths (NOT clothes!) can be soaked in insecticide and dried. You can then hang the rags over doors and windows to help keep mosquitoes out.

29. Why is it important to sleep under a bed net?

30. Mosquitoes are active at night so the net stops them from biting you,

31. Or bed nets keep you warm?

32. Press a button now.

33. Correct! If you and your family sleep under bed nets you are less likely to be bitten by mosquitoes at night.

34. If you don't have bed nets what can you use to help stop mosquitoes from biting you?

35. Rags soaked in water,

36. Or rags soaked in safe insecticide?

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37. Press a button now.

38. Yes you are right. Rags that have been soaked in a safe insecticide can help to stop mosquitoes coming into your house.

39. A good way of stopping mosquitoes from biting is to wear clothes that cover your arms and legs.

40. This is especially important for children and pregnant women.

41. Another way to stop mosquitoes coming into your house is to burn special coils or to use insecticide sprays if these are available.

42. Why is it a good idea to wear clothes that cover your arms and legs between early evening and early morning?

43. Because it gets colder at night,

44. Or because it stops mosquitoes from biting you?

45. Press a button now.

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46. Yes you are right. Clothes that cover your arms and legs help stop mosquitoes from biting you.
47. What else can you do to stop mosquitoes coming into your house?
48. Use insecticide sprays,
49. Or sing loudly?
50. Press a button now.
51. Yes you are right. If they are available it is good to use insecticide sprays or burn coils inside your house at night.
52. If you are pregnant and get malaria it can seriously harm, or even kill, you and your unborn child.
53. If you are pregnant you should take anti-malarial tablets if possible, as these tablets can help you avoid getting malaria.
54. Not all anti-malarial tablets are safe for pregnant women. You should check with a health worker before taking any tablets.

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55. If you are pregnant and think you might have malaria you should go to the health centre for advice immediately.

56. Why is malaria especially dangerous if you are pregnant?

57. It makes you feel very thirsty,

58. Or it can seriously harm you and your unborn baby?

59. Press a button now.

60. Yes you are right. Malaria can harm or even kill you and your unborn baby.

61. If you are pregnant what can you do to avoid getting malaria?

62. Ask your doctor or health worker for anti-malarial tablets,

63. Or keep warm?

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64. Press a button now.
65. Yes. If you are pregnant, taking anti-malarial tablets can help you to avoid getting malaria. But always check with your health worker first to make sure the tablets are safe for your unborn baby.
66. What should you do if you are pregnant and think you might have malaria?
67. Wait for a few days to see if you feel better,
68. Or go to the doctor or clinic immediately?
69. Press a button now.
70. Correct! If you are pregnant and think you might have malaria you must get medical help as soon as possible.
71. Here are some of the symptoms of malaria: fever, no appetite, vomiting, sleepiness and having fits.
72. If you or anyone in your family has some of these symptoms they might have malaria and must have medical help.

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73. It is especially important for children to be treated immediately or they might die.
74. You must finish all the medicine you are given even if you start feeling better before you have finished it. If you do not feel better after you have finished all the medicine you must see the health worker again.
75. What are the signs that you or someone in your family might have malaria?
76. Fever, vomiting, and sleepiness,
77. Or spots?
78. Press a button now.
79. Yes. If you or someone in your family has fever, vomiting and sleepiness it might be because they have malaria and they must go to the health centre immediately.
80. What should you do if you have had malaria and begin to feel better?
81. Stop the treatment and keep the medicine for another time,

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82. Or take the full course of treatment as instructed by the health worker?
83. Press a button now.
84. Correct. It is very important that you finish the treatment you are given. If you do not feel better after finishing the treatment you should go back to the health centre.
85. If your child has a fever he or she must be kept cool, so it is important to bathe them in cool (not cold) water or dab them with a cloth dipped in cool water.
86. They should only wear thin clothing.
87. You should encourage your child to drink plenty and eat as much as possible.
88. If your baby has a fever you should breastfeed often.
89. What can you do to keep children cool when they have fever?
90. Bathe them in cool water,

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91. Or bathe them in very cold water?
92. Press a button now.
93. Yes you are right. You must keep children with a fever cool by bathing them in cool water or dabbing them with a cloth that has been dipped in cool water.
94. Should you give food and water to children with malaria?
95. No, because it will make them more sick,
96. Or yes, they need food and water to make them stronger?
97. Press a button now.
98. Yes you are right. You must give food and clean water to children with malaria or they might die. Babies should be breastfed often.
99. The best way to prevent mosquitoes is to stop them breeding. If you stop mosquitoes breeding there will be much less malaria.

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100. Mosquitoes breed where there is still water:- in ponds, swamps, puddles, on the edges of streams and in water containers, tanks and rice fields.

101. Mosquitoes also breed in moisture in long grass and bushes.

102. Is it important to try to stop mosquitoes breeding?

103. Yes,

104. Or no?

105. Press a button now.

106. Yes you are right. It is very important to try to stop mosquitoes breeding, as this will help reduce malaria.

107. Where do mosquitoes breed?

108. Where there is still water,

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109. Or in the air?
110. Press a button now.
111. Correct. Mosquitoes breed where there is still water:- in ponds, swamps, puddles, on the edges of streams and in water containers, tanks and rice fields.
112. It is important to try to stop mosquitoes breeding. To do this you need to reduce the places where still water collects.
113. This can be done by filling in or draining places where water collects.
114. You can also cover water containers or tanks and clear long grass and bushes from around your house. All of these things are important.
115. What can you do to try to stop mosquitoes breeding?
116. Keep windows and doors open,
117. Or cover water containers and tanks?

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118. Press a button now.

119. Yes. You need to cover water containers and tanks, fill in or drain places where water collects, and clear long grass and bushes from around the house.

120. Malaria is a very dangerous illness, so you should do all you can to prevent yourself and your family being bitten by mosquitoes.

121. Use bed nets every night and try to reduce the places where mosquitoes collect and breed.

122. Remember the symptoms of malaria: fever, no appetite, vomiting, sleepiness and having fits. If you think you or anyone in your family has malaria, go to the health centre for treatment immediately.

123. The prevention and early treatment of malaria can save your life and the lives of people in your family.

124. That was the wrong answer. Let's go back and listen again.

125. Sorry! Wrong answer.

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126. Hello. The title of this lesson is "Avoiding Malaria". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.

127. You have now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!

128. Correct!

129. "Avoiding Malaria"