



Bed Nets Can Save Lives!

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Bed Nets Can Save Lives!

1. Today we will talk about a very serious illness called MALARIA and how the use of bed nets can stop you getting malaria.

2. Malaria makes you ill.

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

4. Now YOU need to answer a question!

5. Can malaria kill you?

6. Press the up arrow if you think Yes,

7. or press the down arrow if you think No.

8. Press a button now.

9. That's right. Malaria is a very serious illness and can kill you.

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

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

12. You will not get malaria if you are not bitten by a mosquito. If you prevent mosquito bites you will not get malaria.

13. Now try to answer these questions:

14. How do you get malaria?

15. From mosquito bites,

16. or from the air?

17. Press a button now.

18. Correct. You can get malaria when an infected mosquito bites you.

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19. When are mosquitoes most likely to bite you?

20. During the day,

21. Or during the night?

22. Press a button now.

23. That's right. Mosquitoes are most likely to bite you between early evening and early morning.

24. Mosquitoes give you malaria when they bite your skin. This can happen when you are sleeping.

25. If you live in a malarial area you should use a bed net over your bed at night when mosquitoes bite.

26. Bed nets are made from a very fine mesh, which makes it difficult for mosquitoes to bite you.

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27. Can using a bed net stop mosquitoes from biting you at night?
28. Yes,
29. or no?
30. Press a button now.
31. Well done. If you sleep under a bed net you are less likely to get malaria because bed nets stop mosquitoes from biting you.
32. Anyone can get malaria so it is important that your whole family sleeps under bed nets, so that they are protected from mosquitoes.
33. It is especially important for children and pregnant women to sleep under bed nets. This is because malaria is most dangerous for children and pregnant women.
34. Does everyone in your family need to use a bed net?
35. Yes,

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36. or no?
37. Yes. Anyone can get malaria so it is important that your whole family sleeps under bed nets, so that they are protected from mosquitoes.
38. If you want your bed net to protect you from mosquitoes it is important that you buy one that is big enough to completely cover you when you are in bed.
39. It is important that you are able to tuck your net under the mattress so that there are no holes or gaps. This is because if there are gaps mosquitoes can get through them and bite you.
40. Mosquitoes can bite you every night so it is important to protect yourself by using a bed net every night so that you do not get malaria.
41. Is it important that your bed net is big enough to cover you and your bed entirely?
42. Yes,
43. or no?

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44. That's right. If your net is not big enough the mosquitoes will be able to get in and bite you.
45. What should you do with the edges of your bed net?
46. Leave them hanging loose,
47. Or tuck them under the mattress?
48. Correct. You should tuck the edges of your bed net under the mattress so that mosquitoes cannot get in and bite you.
49. How often should you use a bed net?
50. Only when you can see mosquitoes,
51. Or every night?

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52. That's right. Mosquitoes can bite you every night, so it is important to protect yourself by using a bed net every night.

53. It is very important that your net does not have any holes or tears in it. This is because mosquitoes will be able to get through the hole and bite you.

54. You must check your bed net regularly to make sure that it is not damaged.

55. If you find a hole in your bed net you should repair it immediately.

56. Do not buy a damaged bed net because it will not protect you from mosquitoes and malaria.

57. What should you do when you buy a bed net?

58. Check it is not damaged,

59. Or choose a nice coloured net?

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60. That's right. Bed nets that are damaged will allow mosquitoes to get in and bite you.

61. What should you do if your bed net has a hole in it?

62. Stop using it,

63. Or repair it immediately?

64. Correct. It is very important that your bed net is not damaged. So if you find a tear or hole repair it immediately.

65. 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 through your net.

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

67. Most bed nets need to be re-treated with insecticide once every year.

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68. It is important that your bed net is only treated with special insecticide for bed nets. This is because other types of insecticides can make you ill.
69. Why is it a good idea to use a bed net which has been treated with a special insecticide?
70. Because it stops mosquitoes coming near and biting you?
71. Or because it smells nice?
72. That's right! Your bed net will keep the mosquitoes away if is treated with insecticide!
73. How often should you put more insecticide on your bed net?
74. Every week,
75. Or every year?

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76. Yes! Most bed nets only need to be re-treated with insecticide once every year.
77. What type of insecticide should you use on your bed net?
78. The cheapest,
79. Or only a special type of insecticide for bed nets?
80. That's right. Other types of insecticide can make you ill.
81. If you wash your bed net you will remove the insecticide and may damage the fabric of your net.
82. This will give you less protection against mosquitoes.
83. If you must wash your bed net do not use detergents or bleach.
84. Should you use detergent and bleach to wash your bed net?

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85. Yes,
86. or no?
87. Correct. Using detergent and bleach will damage the fabric and wash the insecticide from your bed net. This will mean that your net will not protect you from mosquitoes and malaria.
88. It is important that you do not leave your bed net in the sun.
89. If your bed net stays in the sun the heat will damage the fabric.
90. It is important that you look after your bed net so that it will last for a long time and will protect you from mosquitoes and malaria.
91. Is it good to hang your bed net in the sun?
92. Yes,
93. or no?
94. That's right. The sun can damage your bed net. It is very important that you keep your bed net out of the sun during the day.

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95. We have seen that bed nets can help stop mosquitoes from biting you.

96. If mosquitoes do not bite you, you cannot get malaria.

97. A bed net may seem expensive, but, if you regularly check and repair your bed net, it can last for many years and may save your life!

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

99. Sorry! Wrong answer.

100. Hello. The title of this lesson is "Bed nets can save lives!". 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.

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

102. Correct!

103. Bed nets can save lives!