Malaria Lesson Plan 1

***Ask participants their knowledge concerning malaria. Place information received on any surface that can be seen by entire audience. During Health Lesson, review information on the board, verify and/or correct preconceived notions. Use posters when appropriate.***

1. What is malaria?

Malaria is a dangerous disease spread by mosquitoes. It is responsible for the illness of one out of every 10 persons admitted to hospitals in Africa. Each year, malaria kills about one million people, most of them children, in the continent.

2. How does someone get malaria?

Malaria is passed from person to person by some mosquitoes. When the mosquito bites a person, it injects into his blood the germs which cause malaria and, as a result, he/she becomes ill later.

3. What conditions encourage the spread of malaria?

***Tell the following story. Afterwards, ask the participants how malaria was contracted, spread and treated...***

There was a woman called Aissata Ndiaye who sold cans and bottles. All around her yard were cans and bottles with water in them. Aissata Ndiaye’s young son was always getting fever. One day the boy had a terrible headache and a high fever with chills. Aissata Ndiaye went to the store and bought aspirin for the boy, but it did not bring the fever down. So she took him to the traditional healer. Soon after, the boy died. Aissata Ndiaye was unhappy for a long time. She could not understand why the boy had had so much malaria. She thought perhaps the boy was not meant to live. One day she heard about a health worker close to her village. She went and told him about her son’s death. So the health worker went with Aissata Ndiaye to her house. When they arrived, mosquitoes were buzzing everywhere because it was late afternoon. The health worker saw the cans and bottles lying around with water in them. And he found little ‘summersaulters’ (baby mosquitoes) in the water. He showed these to Aissata Ndiaye and told her that mosquitoes biting her son had caused him to get malaria and die. Together they cleaned up her yard. Then he told her she should bring her other children to the clinic every month so they could receive medicine pills to prevent malaria. They became healthier and all were happier.***

Mosquitoes breed in water that is not flowing, especially, water caught in holes, pits, empty cans or tins, pots, bottles and anything that can hold water in which they can lay their eggs. Wherever there is water in such containers, there will be mosquitoes which will spread malaria.

4. How can I prevent malaria?

1. Protect yourself and your family against mosquito bites by doing the following:

i. Wear clothing to protect the exposed parts of the body in the evenings.
ii. Sleep under a bed net impregnated with insecticide.
iii. Cover your baby’s cot with a bed net impregnated with insecticide.
iv. Soak curtains in water mixed with insecticide before hanging them.
v. Put mosquito screens on the windows in the house.

2. Stop mosquitoes from breeding near your house by doing the following:

i. Drain or fill up with sand any holes or pits holding water in which mosquitoes can breed.
ii. Cover all pots and other containers in which water is stored.
iii. Bury in a deep hole all unwanted cans, tins, bottles, broken pots and other containers in which water can stand.
iv. Clear all bush around your house.

5. If my child has malaria, what are the signs?

i. The child feels cold and begins to shiver.
ii. He has a headache and feels pains in his muscles.
iii. He becomes weak and gets tired easily.
iv. He may start vomiting.
v. His body feels hot (temperature rises to 38° or 39° C or more).
vi. He starts sweating. Then, his body cools down.
vii. After a few hours, his body gets hot again.
viii. His temperature may continue going up and down for several days.

6. What should I do when my child has malaria?

i. Cool his body down by wiping it with a cloth soaked in slightly warm water or by using a fan.
ii. Make him drink plenty of cold water.
iii. Make him wear light clothing only.
iv. Take him to the community health worker, health centre or hospital for treatment.
v. Follow strictly the instructions of the health worker or doctor.
vi. Make sure the child takes all the medicine the health worker gives him.
vii. Don't let him stop even if he says he feels well after taking part of the medicine. (If he does not take all the medicine, the malaria germs in his blood which the medicine has not killed will become active again later. This will make him fall sick again.)

7. If anyone who has malaria is not treated in time, what will happen to him?

1. If anyone has malaria and he is not treated in time,

i. malaria may affect his brain and make him start seeing and talking about things which are not real;
ii. it may make him become unconscious;
iii. it can make him have convulsions;
iv. it will make him have anemia (inadequate blood);
v. it may kill him.

2. If a pregnant woman has malaria,

i. she may lose her baby before it is born;
ii. if she delivers the baby, it may not weigh as much as it should.

You can avoid all these if you protect yourself and your family against mosquitoes, and prevent mosquitoes from breeding.

***Ask participants to share any stories they might have concerning malaria. Then ask others to comment on the stories. Facilitate the discussion by directing participants through highlighting key factors contributing to the acquisition, transmission, signs and treatment of malaria.***
Useful Facts:

A) In 2002, of the Top Ten Causes of Death in Senegal, Malaria accounted for 13% of all deaths.

B) From 2000-2003, Malaria accounted for 28% of all deaths amongst children under 5 years of age in Senegal
   1. Concerning the Regional Average, Malaria caused 17% of all deaths amongst children under 5 years of Age

C) In 2000, only 1.7% of children under 5 were sleeping under insecticide-treated nets in Senegal
   1. In 2006, 16.4% of children under 5 were sleeping under insecticide-treated nets in Senegal

D) In 2000, 36.2% of children under 5 with fever received treatment with any anti-malarial in Senegal