

What is malaria?

Malaria is a disease caused by a mosquito bite. A person can get this disease if bitten by an infected mosquito.

Can malaria be prevented?

Malaria can be prevented by:

- Spraying the house with insecticides to kill the mosquitoes.
- Getting rid of stagnant water in which mosquitoes breed.
- Sleeping under a mosquito net which has been treated with insecticide.
- Pregnant women can take an anti-malarial drug during pregnancy.

Why is malaria dangerous?

Malaria is dangerous because it can lead to serious health problems such as kidney failure, severe anemia, and death.

What are the symptoms of malaria?

Some of the symptoms of malaria are:

- Fever
- Headache
- Vomiting
- Muscle and joint pain
- Other flu-like signs

What is anemia?

Anemia is a serious health condition in which there are not enough red blood cells or hemoglobin in the blood.

Hemoglobin is a substance in the blood that carries oxygen to the brain, muscles, disease-fighting organs and other parts of the body. Iron is important for making hemoglobin.

What are the symptoms of anemia?

Some of the symptoms of anemia are:

- tiredness
- headaches
- dizziness
- poor appetite
- heart palpitations
- shortness of breath

Why is anemia dangerous?

Anemia is dangerous because:

- it reduces one's resistance to infections
- severe anemia can lead to heart failure
- anemic children have poor learning capacity

MALARIA AND ANEMIA TEST RESULTS

Date: _____

HEMOGLOBIN		
Name	Name	Name
Hb Level: _____ g/dl	Hb Level: _____ g/dl	Hb Level: _____ g/dl
Anemia diagnosis:		
Severe anemia (less than 8.0 g/dl)	Severe anemia (less than 8.0 g/dl)	Severe anemia (less than 8.0 g/dl)
Moderate anemia (8.0-9.9 g/dl)	Moderate anemia (8.0-9.9 g/dl)	Moderate anemia (8.0-9.9 g/dl)
Mild anemia (10.0-10.9 g/dl)	Mild anemia (10.0-10.9 g/dl)	Mild anemia (10.0-10.9 g/dl)
Normal (11.0 g/dl or more)	Normal (11.0 g/dl or more)	Normal (11.0 g/dl or more)
MALARIA		
Name	Name	Name
Malaria diagnosis:	Malaria diagnosis:	Malaria diagnosis:
Positive	Positive	Positive
Negative	Negative	Negative
TREATMENT FOR MALARIA PROVIDED:	TREATMENT FOR MALARIA PROVIDED:	TREATMENT FOR MALARIA PROVIDED:
YES	YES	YES
NO	NO	NO
Instructions for Administering Malaria Treatment		
[TO BE ADDED BASED ON COUNTRY RECOMMENDATIONS]		

What do the anemia test results mean?

Severe anemia: The child has a seriously low level of hemoglobin in the blood. You need to take the child to your doctor or health centre immediately for treatment.

Moderate anemia: The child has a reduced level of hemoglobin. You need to take the child to your doctor or health centre as soon as possible.

Mild anemia: The child's hemoglobin level is slightly lower than normal. It is not necessary to take the child to a doctor or health centre, but you should take action to see that the child's diet includes more daily iron.

What causes anemia?

Anemia is caused by:

- loss of blood due to:
 - parasites, especially malaria and hookworms
 - excessive menstrual losses
 - chronic diseases such as ulcers or tuberculosis.
- lack of iron in the diet
- inability of the body to absorb iron from food
- Destruction of blood cells due to malaria

How can anemia be prevented or treated?

- Take iron tablets or syrup, if anemia is due to a lack of iron in the diet.
- Eat a diet adequate in iron-rich foods such as dark green leafy vegetables, liver, meat or fish, and fruits rich in vitamin C such as oranges, lemons and mangoes.
- Avoid giving tea or coffee to infants and young children.
- Prevent and treat worms.
- Prevent malaria by using mosquito nets, spraying the house with insecticide, removing stagnant water, and promptly treating any case in young children.

[NAME OF IMPLEMENTING AGENCY]

[LOGO OF IMPLEMENTING AGENCY]

Name of Household Head:

Date: _____

[IMPLEMENTING AGENCY] is conducting a study on anemia and malaria. The study will help us identify whether there are problems with anemia and malaria among young children in [COUNTRY].

We appreciate that we have had the opportunity to interview members of your household and to test children 6 months to 5 years old for anemia and malaria.

Thank you for your cooperation.

*Please look inside
for the results of the
anemia and malaria
testing.*