

# CDRS

Communicable Disease Reporting System

COMMUNICABLE DISEASE FACT SHEET

# MALARIA

Malaria is a mosquito-borne disease caused by any one of four different blood parasites, called *Plasmodium*. The disease is transmitted to people by the *Anopheles* mosquito.

## Symptoms

- fever and flu-like illness
- shaking chills
- headache
- muscle aches
- tiredness
- nausea, vomiting, and diarrhea
- anemia
- jaundice (yellow coloring of the skin and eyes)
- if not promptly treated, malaria may cause kidney failure, seizures, mental confusion, coma, and death.

## Transmission

- Humans get malaria from the bite of a malaria-infected mosquito.
- Malaria is NOT spread between humans.

## Treatment

- Malaria can be cured with prescription drugs. The type of drugs and length of treatment depend on which kind of malaria is diagnosed, where the patient was infected, the age of the patient, and how severely ill the patient was at start of treatment.

## Prevention

- Malaria is not native to the United States, so Americans most often get malaria during travel to countries in which malaria is most common, such as sub-Saharan Africa, Asia, the Caribbean, and South and Central America.
- Before travel to these areas, it is advisable to begin taking drugs that may prevent you from getting malaria. These drugs do not offer 100% protection, however.
- In order to determine whether you are really at risk for getting malaria from travel, please call the CDC's hotline open 24 hours a day for detailed recommendations for prevention: 1-877-FYI-TRIP
- While traveling, you should take the following precautions in order to decrease your chances of being exposed to the mosquitoes that carry the blood parasites that cause malaria:
- The mosquitoes are present in greatest numbers between dusk and dawn – if you can stay indoors during this time, you will decrease your chances of being exposed to the mosquitoes
- Remain in well-screened areas
- Use mosquito nets
- If you must be outside between dusk and dawn, wear clothes that cover your whole body, and use insect repellent containing DEET

**All information is general in nature and is not intended to be used as a substitute for appropriate professional advice.**

Franklin County



Board of Health

Report Disease With Ease - 24 hours a day

[www.cdrsinfo.com](http://www.cdrsinfo.com)

Columbus and Franklin County Communicable Disease Reporting System

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