

A Malaria-Free Me

A Campaign on the Prevention and Control
of Malaria for Health Promoting Schools



Urbani
School Health Kit



World Health
Organization
Western Pacific Region

Urbani School Health Kit
TEACHER'S RESOURCE BOOK

A Malaria-Free Me

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of Malaria for Health Promoting Schools



Key Issue

Preventing and controlling malaria.

Objectives

After the lessons, schoolchildren **ages 5 to 9** will be able to:

- Identify the mosquito as a harmful insect
- Name ways of protecting oneself from getting bitten by mosquitoes
- Describe a person who gets malaria
- List ways of stopping spread of malaria

After the lessons, schoolchildren **ages 10 to 12** will be able to:

- Discuss the factors in the development of malaria
- Describe the transmission of malaria
- Explain the lifecycle of mosquitoes and their role in the transmission of disease
- Describe the signs and symptoms of malaria
- Explain what should be done when a person has signs and symptoms of malaria
- Discuss the importance of early detection and prompt treatment of malaria
- Share experiences in keeping the environment clean and free from disease causing mosquitoes.

Key Messages

For ages 5 to 9

- The mosquito is a potentially harmful insect since it may carry the organisms that cause malaria in humans.
- A person who gets malaria has fever and chills, and very likely, also has damage to several internal organs.
- Children can help prevent malaria by avoiding mosquito breeding sites.
- Protecting oneself from mosquito bites includes wearing proper clothes (long sleeves and pants), use of mosquito nets or mosquito repellants.

In addition, for ages 10 to 12

- Preventing infectious disease starts with an understanding of the factors that influence the spread of infectious diseases.
- A healthy person has a better immune system to fight off diseases.
- Mosquitoes may carry the parasites that cause malaria .
- Persons who manifest the signs and symptoms of malaria should get prompt treatment.
- Children have an important role to play in preventing malaria in the community.

Activities

For ages 5 to 9

- Role-playing
- Demonstration: protecting oneself from mosquito bites
- Fieldwork: cleaning mosquito breeding sites in the environment

For ages 10 to 12

- Investigative report/survey of home and school for mosquito breeding sites

Materials/Resources

For ages 5 to 9

- Long sleeved shirts and pants, mosquito repellants and mosquito nets
- Board game and sets of questions for the game
- Chart for identifying mosquito breeding sites

For ages 10 to 12

- Survey chart

Keeping the environment clean and free of disease-causing mosquitoes is important to the prevention of malaria. Some mosquitoes carry the parasite that causes malaria. These organisms are transferred to humans by mosquito bites. Malaria is among the major causes of disability and death worldwide, especially among children.

The mosquito as a harmful insect

Young children should be taught that the mosquito is an example of a harmful insect. The mosquito feeds on the blood under the skin of people. The bite creates an itchy rash. In most cases, this is simply an annoyance that goes away without the need for medical treatment. However, a mosquito bite can cause serious disease if the mosquito happens to be carrying the parasites that cause malaria.

The effects of malaria

Malaria is both preventable and curable but it also kills when the person is not given prompt treatment. A **person with malaria** has chills, shaking, and periodic bouts of intense fever. In some cases, malaria can affect organs such as the brain and kidney. A child who has the symptoms of malaria should be given prompt medical attention. Tell the children that if they do not feel well, they should always tell an adult: their parents, teachers or school nurse.

Preventing spread of malaria

Preventing spread of malaria and dengue targets the **factors involved in their transmission**, namely: host, agent and environment.

What should children know about malaria?



The Anopheles mosquito carries the malaria parasite.

(Illustration courtesy of the Department of Health, Republic of the Philippines)



The host. The host is the person who is at risk of getting the disease. Protection of people from exposure to mosquito bites is the key to stop their being infected with the malaria parasite.

Malaria-causing mosquitoes usually bite at night so children should sleep under mosquito nets. Mosquito nets serve as a barrier against mosquitoes. If the nets are treated with insecticides, they can kill mosquitoes too.

In general, children should wear protective clothing, such as long-sleeved shirts and pants so that mosquitoes would not have access to bare skin. Mosquito-repellants and insecticide spray may also be used to drive away mosquitoes. Children should also avoid going to places such as breeding sites of mosquitoes. Proper nutrition is also important since good nutrition boosts the immune system, which helps fight disease..

The agent/vector. The agent or vector is the organism that transmits a particular disease or parasite from one person to another. The mosquito is the agent responsible for transmitting malaria. Knowing about the life cycle of a mosquito can make children aware of where mosquitoes

This is the life circle of the mosquito (Anopheles) that carries the malaria parasite.

Its larvae look slightly different, usually lying flat just under the surface



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