



Motoring Mirror

Malaria Awareness Week (7-13 November) @ Life Peglerae Hospital

Rustenburg – The Life Peglerae Hospital (Rustenburg) is celebrating Malaria Awareness Week, from 7-13 November 2011, by educating the public as to this illness. In short; Malaria is one of the most common tropical diseases and may be fatal if not diagnosed and treated at an early stage.

Malaria is caused by parasites called Plasmodium which are transmitted by some species of Anopheles mosquitoes.

Contact with mosquitoes may be minimized by the following measures:

- Sleep under a mosquito proof bed-net;
- Spray your house (inside) with a aerosol insecticide;
- Use mosquito coils of mosquito

mats;

- Use a mosquito repellent;
- Avoid outdoor activities after sunset; and
- Wear long sleeved clothing, long trousers and socks when outside after sunset.

Signs and symptoms:

These include fever, shivering, arthralgia (joint pain) and vomiting. Although malaria is not a major concern for inhabitants of the North West Province, many residents visit areas which are prone to malaria. Therefore, take Prophylaxis before visiting the following areas: Mpumalanga, Limpopo, North KZN, Phalaborwa, Skukuza, Komatipoort, Melelane, and other East African countries. It can be obtained from your doctor or local pharmacy.



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