

# Malaria

Malaria is a parasitic infection in your blood, which is transmitted through the bite of a female anopheles mosquito. There are two types of malaria: severe malaria and classic malaria.

## How do I know if I have classic malaria?

Symptoms include:

- Shivers and feeling cold
- High fever
- Vomiting
- Feeling weak
- Headaches
- Having pains in your muscles

## How do I know if I have severe malaria?

*Severe malaria is when the parasite causes organ failure*

The symptoms will include impairment in the functions of the organ affected. For example:

- Kidney - dark color and small amount of urine
- Lungs - trouble breathing

## Measures you can take against malaria:

- Proper usage of mosquito nets
- Indoor Residual Spraying
- Environmental sanitation
- Consult a doctor as soon as you experience any of the mentioned symptoms

# Yellow Fever



Photo by: <http://eschooltoday.com/malaria/malaria-prevention-tips.html>

## What is yellow fever?

Yellow fever is a virus that is transmitted by aedes aegypti mosquitoes. When a mosquito bites a monkey infected with the virus it can spread it to a human.

Once infected with yellow fever you can go through one or two phases.

## Measures you can take against Yellow Fever

- Make sure that you vaccinate yourself! WHO and the United Nations usually provide vaccinations that give you 99% immunity against yellow fever
- Always sleep with mosquito nets

## Symptoms of yellow fever:

Most people experience the **first phase**, which includes:

- Fever
- Muscle pain
- Headaches
- Shivers
- Lack of appetite
- Nausea or vomiting

These symptoms usually improve within 3 to 4 days.

However, the unlucky 15% of those infected will develop a **second phase** of symptoms which might include:

- Severe stomach pains
- Vomiting
- Bleeding from mouth, eyes and/or stomach