

Malaria and Your Community

Recently, there have been some cases of malaria within your community. Malaria is a serious disease spread by the bite of an *Anopheles* mosquito. Persons infected with malaria can develop a flu-like illness, which can very rapidly become a severe and life-threatening disease if not treated promptly. Symptoms can include chills, headache, muscle aches, and tiredness. If you or anyone in your family should experience any of these symptoms, please contact your local health department and your doctor **immediately**.



To prevent mosquito bites, you and your family should take the following steps:

- Avoid or limit outdoor activities between dusk and dawn.
- Wear long pants, long-sleeve shirts and socks outdoors between dusk and dawn.
- Use an insect repellent containing DEET on exposed skin. For more information on DEET, go to http://www.cdc.gov/ncidod/dvbid/westnile/qa/insect_repellent.htm.
- Close windows at night or install screens in windows and doors if left open at night.
- Sleep under a mosquito bed net if you do not live in a screened or air-conditioned house.

PLEASE
PLACE
STAMP
HERE

Until Malaria Is Wiped Out, Protection Is Best!

More information on malaria is available at the CDC Malaria Web site <http://www.cdc.gov/malaria/> and the toll free fax information service (1-888-232-3299). If you have additional questions, please contact your doctor and/or [*Name*] County Health Department at [*telephone number*], for assistance.

