



Have You Heard: Malaria Has Been Reported In Your Area



Recently, there have been some cases of malaria within our 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. Some symptoms can include:

- Fever
- Chills
- Headache
- Muscle aches
- Tiredness

If you or anyone in your family should experience any of the symptoms above, please contact your local health department and your doctor. To prevent mosquito bites, you and your family should:

- Avoid or limit outdoor activities between dusk and dawn.
- Wear long pants, long-sleeved shirts and socks outdoors during dusk and dawn.
- Use an insect repellent containing DEET* on exposed skin.
- 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.



*For more information on DEET use, go to http://www.cdc.gov/ncidod/dvbid/westnile/qa/insect_repellent.htm. For additional malaria information visit the CDC Malaria Web site <http://www.cdc.gov/malaria/faq.htm> or call the toll free Fax information line at 1-888-232-3299.

