

Malaria: Prevention and Control of the Diseases

Lamine Mahaman Moustapha*

Department of Centre de Recherche Médicale ET Sanitaire

Perspective

Malaria is an insect-borne disease caused by a mosquito. A patient diagnosed with malaria will usually have a high fever; feel sick, and knowledge shaking chills. Every year, approximately, there are 210 million people infected with malaria, and of which, a shocking 440,000 die from the disease. The worst part is, young children are the most who die from this disease.

Malaria is transmitted by blood, through: An organ transplant, A blood transfusion, Use of shared needles or syringes, Symptoms of malaria, Fever with high temperature, Headache, Vomiting and nausea, Diarrhea, Abdominal pain, Intense sweating, Muscle pain, Bloody stools

Prevention of malaria, if you're located or traveling to places where malaria is common, confirm to remain safe from mosquito bites. Protection from mosquito bites/ mosquitoes is that the only thing you'll do to stop the onset of this disease. Also, the chances of severity vary from individual to individual depending on their physical condition and health records. Here are a number of the preventive measures you'll fancy control malaria and stop it from spreading further.

Wear full sleeve protective clothing. Spray insect repellants on your exposed skin. The recommended repellent contains 20-35% N N, N-Diethyl-metoluamide (DEET).

Use a screen over the bed if your bedroom isn't air-conditioned or screened. For additional safety, you'll treat the screen with the insecticide permethrin.

When you leave, additionally to spraying insect repellants on your exposed skin, you'll also spray on your clothing. Mosquitoes find it easy to bite through thin clothing. Keep your home and surroundings clean without any junks or wastes.

When it involves controlling the disease, keep an eye fixed out for the symptoms like fever with heat. As soon as you discover any possible signs of malaria, consult your doctor immediately.

Make sure you don't keep your windows and doors open at night as mosquitoes get active during the night and pose a higher risk. You can either use a mosquito or any net to seal your window and then open for the whole day. Depending on the condition and prescription, you'll take anti-malarial tablets.

If you are a regular user of sunscreen, make sure you apply sunscreen first and then use an insect repellent. Also, choose a sunscreen with SPF of 30-50. Follow the prescriptions of the doctor. This means that if your doctor has requested you to follow a 2-week course, follow the prescription and medications for 2 weeks.

Currently, there's no over-the-counter medication available for malaria.

**Address for Correspondence: Lamine Mahaman Moustapha, Department of Centre de Recherche Médicale ET Sanitaire, Tel: +227 20.75.20.40, E-mail: laminemahamanmoustapha@gmail.com*

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So the only way you can treat this disease is by taking all the necessary precautions and safety measures.

Though the disease isn't so common in temperate climatic areas, the numbers can go high when proper precautionary measures aren't taken. If you're a businessman who keeps traveling round the world for meetings and conferences, or that tripping partner, attempt to follow these precautionary actions before and after the trip.

Considerations when choosing a drug for malaria prophylaxis:

Recommendations for drugs to stop malaria differ by country of travel and may be found in Malaria Information by Country. Recommended drugs for each country are listed in alphabetical order and have comparable efficacy in that country.

No antimalarial drug is 100% protective and must be combined with the use of personal protective measures, (i.e., insect repellent, long sleeves, long pants, sleeping in a mosquito-free setting or using an insecticide-treated bednet).

For all medicines, also consider the possibility of drug-drug interactions with other medicines that the person might be taking as well as other medical contraindications, such as drug allergies.

When several different drugs are recommended for a neighborhood, the subsequent table might help within the decision process.

This information is meant for travelers who reside within the us. Travelers from other countries may find this information helpful; however, because malaria prevention recommendations and therefore the availability of antimalarial drugs vary, travelers from other countries should consult health care providers in their respective countries. For more health recommendations for international travel, visit the CDC Yellow Book 2018.

Every year, many US residents visit countries where malaria is present. About 2,000 cases of malaria are diagnosed within the us annually, mostly in returned travelers.

Travelers to Sub-Saharan Africa have the best risk of both getting malaria and dying from their infection. However, all travelers to countries where malaria is present could also be in danger for infection.

Prevention of malaria involves a balance between ensuring that each one people that are going to be in danger of infection use the acceptable prevention measures, while preventing adverse effects of these interventions among people using them unnecessarily. An individual risk assessment should be conducted for each traveler, taking under consideration not only the destination country, but also the detailed itinerary, including specific cities, sorts of accommodation, season, and style of travel. In addition, conditions like pregnancy or the presence of antimalarial resistance at the destination may modify the danger assessment.

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