

DISEASE PREVENTION

Preventing Mosquito Borne Diseases

FOR COMMUNITY HEALTH WORKERS AND COMMUNITY VOLUNTEERS

KEY MESSAGES:

- ◆ These diseases are caused by different types of mosquito.
- ◆ Mosquitos transmitting these diseases breed in water.

KEY MESSAGES FOR PREVENTION:

- ◆ All mosquitoes borne disease can be prevented.
- ◆ Malaria is preventable by always sleeping under treated net.
- ◆ Yellow Fever is prevented by the Yellow Fever vaccine which protects you for life.
- ◆ Filaria is prevented by using the Filaria tablets distributed during Mass Drug Administration.
- ◆ Reduce mosquito breeding sites by:
 - Filling in water-logged holes in the yard
 - Burying tyres, coconut shells and other containers
 - Washing regularly and covering all containers that store water
- ◆ Mosquito screens or curtains on doors and windows in the home keep mosquitoes out.
- ◆ Everyone should sleep under mosquito nets whether sleeping on a bed or in a hammock, especially pregnant women and children under 5 years of age, as they are more vulnerable.
- ◆ Repellents and mosquito coils can also help to reduce the risk of mosquito bites.
- ◆ Wearing light coloured clothing, long pants and long sleeves help to prevent mosquito bites.



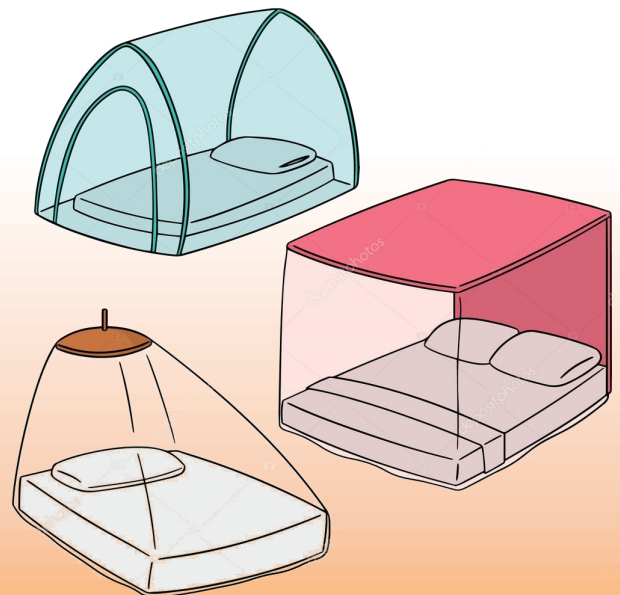
TOOL KIT FOR VOLUNTEERS

KEY MESSAGES:

- ◆ All types of mosquitoes nets help to prevent mosquito bites.
- ◆ Some nets are treated with a special insecticide to kill mosquitoes when they go on the net. This insecticide is not harmful to humans.
- ◆ Treated nets can be either:
 - Nets treated with special insecticide which do not need to be retreated as often. These are called long-lasting treated nets; or are
 - Regular nets which can be used as is or treated with a special insecticide for further protection. If you treat regular nets, they should be re-treated once or twice each year.
- ◆ Insecticide-treated nets should not be washed frequently after treatment, check for specific instructions.
- ◆ Mosquito nets can be treated and retreated with insecticide at home, or as a community based project, or by the health services. Ask what is available in your area.
- ◆ Do not wash nets or discard remaining treatment solution in or near rivers, creeks or water sources, as it can affect river life and drinking water.

HOW TO USE A NET PROPERLY:

- ◆ Make sure the net is always tucked under the mattress, mat or tied underneath the hammock, to prevent mosquitoes from entering.
- ◆ Nets too small for the size mattress, mat, or hammock increases the risk of mosquitoes getting under the net.
- ◆ Holes or tears in the net should be mended immediately.
- ◆ Encourage networking with community members to learn about the problems and practices people may have with completing treatments especially for malaria, and encourage greater compliance for complete cures.



WHAT YOU KNOW & DO IN YOUR COMMUNITY:

- ◆ Which mosquito borne diseases are common in your area and where mosquitoes breed.
- ◆ Learn what the people know and think about these diseases, their prevention, and treatment, including the use of mosquito nets and clarify any misconceptions.
- ◆ Know the attitudes and obstacles to the use of nets and encourage the use of nets.
- ◆ Explain and demonstrate how to treat nets with insecticide and their proper use.
- ◆ Explain the dangers of mosquito borne diseases, especially for pregnant women and children under 5 years of age.
- ◆ Work with the vector control service where available and community leaders to learn about problems the community may have with the nets and respond to questions.

VOLUNTEERS' CHECKLIST FOR PROMOTION OF INSECTIDE-TREATED NETS:

You should:

- ☒ Have all the information necessary on insecticide treated nets.
- ☒ Know where nets are available and their cost.
- ☒ Know where nets can be retreated with insecticide.
- ☒ Know how to treat nets with insecticide or know to whom to refer.
- ☒ Know the attitudes and behaviours of the community members regarding the use of nets.

VOLUNTEERS' CHECKLIST FOR PROMOTION OF INSECTIDE-TREATED NETS:

- ☒ Families are using insecticide treated nets regularly.
- ☒ More babies, pregnant women and children under 5 years of age are using
- ☒ Families get their nets retreated when needed, or communities do this regularly.
- ☒ More persons actively monitor and remove possible breeding sites of mosquitoes.
- ☒ More persons complete their prescribed treatment regime.

KEEPING RECORDS & REPORTING ON YOUR VOLUNTEER WORK:

- ♦ The total number of households in your area.
- ♦ The total number of vulnerable people who sleep under mosquito nets.
- ♦ The number of community meetings you held this month.
- ♦ The number of households which acquired new nets this month.
- ♦ The total number of households with bed nets.
- ♦ The number of days you volunteered during the month.



CAUTION: Insecticide sprays such as 'Baygon', 'Bop', and 'Fish', are highly toxic! Avoid use around pregnant women, babies, and small children. **NEVER** let children play with spray cans!

POINTS TO REMEMBER:

In Malaria areas, remind pregnant women that they should seek medical attention and have a malaria rapid test if they have fever and follow the advice given by the health care providers.

If you do home visits, always go with another volunteer.

MALARIA

- ♦ Malaria is a parasitic infection which can be life threatening
- ♦ Malaria is curable; however one can get malaria many times if re-infected.

DENGUE

- ♦ Dengue fever is a serious viral infection and it makes you sick. Dengue Fever or repeated attacks of Dengue Fever can cause death.

YELLOW FEVER

- ♦ Yellow Fever is a viral infection passed from monkeys to man through mosquitoes. It can cause severe life-threatening illness.

FILARIA

- ♦ Filaria is a parasitic infection which can cause permanent swelling (Elephantitis) of parts of the body, legs, arms, scrotum and breasts.



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