



Malaria

Definition:

Malaria is a mosquito-borne parasitic disease. Malaria is not commonly found in the United States, but travelers may become infected overseas. When untreated, this disease can be very serious and even fatal.

Signs and Symptoms:

Symptoms of malaria often include chills, sweats, headache, nausea, vomiting, weight loss, muscle pains, elevated temperature, and general fatigue. The more serious symptoms (typically caused by *P. falciparum*) include confusion, coma, respiratory difficulties and severe red blood cell loss.

Transmission:

Malaria is spread through the bite of an infected mosquito.

Diagnosis:

Malaria is diagnosed through a blood smear or laboratory testing.

Role of the School Nurse:

Prevention

- Remind students and faculty who may be traveling overseas to consider using malaria prophylaxis, to protect against mosquito bites with repellent and bed nets, and to watch for symptoms.
- Monitor students and faculty for symptoms who have recently traveled overseas for 10 days to a month after their return

Treatment recommendations

- Several effective treatments are available; some of the more common ones include Chloroquine, Mefloquine, Doxycycline, Primaquine, Artemether/lumefantrine and Atovaquone/proguanil.

Exclusions:

- There is no need to exclude students from school for malaria.
- Education should be provided to children with a positive diagnosis

Reporting Requirements

- Malaria is a reportable disease.

Resources:

- Federal CDC Malaria website: <http://www.cdc.gov/malaria/>
- Maine CDC disease reporting & consultation line: **1-800-821-5821** (available 24/7)