

EXPERIMENT: 15



Centurion
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Shaping Lives...
Empowering Communities...

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AIM OF THE EXPERIMENT: Health Communication: communicable diseases, their signs and symptoms, and prevention of Malaria.

REQUIREMENT: Data Collection

THEORY:

Malaria is a potentially life-threatening disease caused by a parasite called Plasmodium, which is transmitted to humans through the bites of infected mosquitoes. There are several species of Plasmodium that can cause malaria and can be passed from person to person through blood transfusions, organ transplants, or from a mother to her unborn child.

There are several different species of Plasmodium parasites that can cause malaria in humans. The most common species that cause human malaria are:

- **Plasmodium falciparum:** This is the most severe form of malaria and is responsible for most malaria-related deaths. It is prevalent in sub-Saharan Africa, but can also be found in other parts of the world.
- **Plasmodium vivax:** This species is found mainly in Asia and South America, and can cause recurrent episodes of malaria.
- **Plasmodium ovale:** This species is found mainly in West Africa, and can cause mild to severe malaria.
- **Plasmodium malariae:** This species is found worldwide and can cause chronic, low-grade infections.
- **Plasmodium knowlesi:** This species is found in Southeast Asia and can cause severe and sometimes fatal malaria.

SIGN & SYMPTOMS:

- **Fever and chills:** The most common symptom of malaria is a high fever that typically comes and goes in cycles.
- **Headache:** Many people with malaria also experience severe headaches.
- **Muscle aches and joint pain:** Malaria can cause severe pain in the muscles and joints.
- **Nausea and vomiting:** Some people with malaria experience nausea and vomiting, especially during the early stages of the infection.
- **Fatigue:** Malaria can cause extreme fatigue and weakness, making it difficult to carry out daily activities.
- **Sweating:** Profuse sweating is a common symptom of malaria.
- **Anemia:** Malaria can cause a decrease in the number of red blood cells, leading to anemia.

PREVENTION:

- **Avoid mosquito bites:** Use mosquito repellents, wear long-sleeved clothing, and use bed nets to avoid mosquito bites.
- **Take antimalarial medications:** Depending on the region where you are traveling, taking antimalarial medications can be an effective preventive measure.
- **Keep your environment clean:** Mosquitoes breed in stagnant water, so keeping your environment clean and free of stagnant water can reduce the number of mosquitoes.
- **Wear light-colored clothing:** Mosquitoes are attracted to dark colors, so wearing light-colored clothing can make you less attractive to them.

- **Seek medical attention if you have a fever:** If you develop a fever while traveling in a malaria-endemic area or within a few weeks of returning, seek medical attention immediately.

Conclusion: From the above experiment, we discussed about the signs and symptoms, and prevention of **Malaria**.