



World Malaria Day 2019

PUBLIC RELATIONS DRIVE

World Malaria Day 25 April 2019 Media Campaign Q & A

1. For the benefit of our viewers, what is Malaria?

Malaria is a parasitic infection caused by the bite of a female anopheles mosquito

2. What are the symptoms of malaria?

Fever, headache, chills, nausea, vomiting, joints pain, backache and diarrhoea

3. Who is mostly at risk in Namibia?

Those at risk are people living and travelling to malaria endemic regions like (Kavango, Zambezi, Ohangwena, Oshana, Oshikoto, Omusati, Kunene, Otjozondjupa and Omaheke).

In these areas everyone is at risk of malaria, however, globally the most at risk are children under 5, pregnant women, travellers from low to high endemic areas and immune compromised individuals.

4. Tell us about malaria trend in Namibia, for the past few years

Transmission depends on climatic conditions that may affect a number and survival of mosquitoes, such as rainfall patterns, temperature and humidity. In Namibia, transmission is seasonal with the peak during and just after the rain season (December-May).

Namibia managed to reduce malaria cases from 119,711 in 2008 to 3,163 in 2012 recording a reduction of 99%.

Similarly, deaths were reduced from 1,747 to 4 recording 99.7% for the same period.

However, since 2013, malaria cases have been increasing with sporadic outbreaks in Zambezi, Kavango and Ohangwena. A total of 36,451, cases and 85 deaths were reported in 2018.

5. Why is there a need to commemorate World Malaria Day?

Malaria day was established in May 2007 by the 60th session of the World Health Assembly, WHO decision-making body.

Established to provide:

- Education and understanding of malaria
- Spread information on the progress/ achievements of national malaria control strategies which include:
 - Case Management
 - Vector Control
 - Research and
 - Community-based activities for malaria management and prevention

World malaria day allows for corporations, multinational Organizations and grassroot Organizations globally to work together to bring awareness to malaria and advocate for public changes.

6. The theme for this year's World Malaria Day is "Ready to Beat malaria." Why this theme?

This theme underscores the collective energy and commitment of the global malaria community in uniting around the common goal of a world free of malaria.

It highlights the remarkable progress achieved in tackling one humanity's oldest diseases, while also calling out worrying trends of malaria as captured in the 2017 world malaria report.

7. What is malaria elimination and at what stage are we as a country?

Malaria elimination is defined as the interruption of local transmission of a specified malaria parasite species in a defined geographical area as a result of deliberate activities.

Continued measures are required to prevent re-establishment of transmission.

(The certification of malaria elimination in a country will require that local transmission is interrupted for all human malaria parasites.).

Namibia is at the elimination stage and aim to eliminate malaria by 2022.

8. What are the intervention strategies for malaria?

Prevention

- Indoor Residual Spraying of Houses
- Use of mosquito nets
- Larviciding (Targeting early stages of mosquitos to prevent them from maturing into adult mosquitos)

- Community mobilization and advocacy
- Use of repellents
- Use of traditional herbs to repel mosquitos (Etselyakuku / devil's claw)
- Long sleeve clothing
- Use of chemoprophylaxis medication before traveling to malaria endemic areas

Curative / Case Management

Use of effective anti-malaria medicines as indicated in our National Malaria Control policy:

- 1st line antimalarial medicine: Artemether Lumefantrine
- 2nd line anti malaria medicine quinine tablets
- Parenteral Artesunate for severe malaria
- Primaquine low dose for gametocyte clearance

9. What can communities do to protect themselves against malaria?

- Allow the spray teams to spray your houses
- Sleep in sprayed rooms/structures
- Sleep under mosquito nets
- Use repellents
- Wear protective clothing when outside
- Visit your nearest health facility if you experience signs and symptoms of malaria

10. How can one prevent/avoid malaria?

- Drain any standing water within your home and keep your surroundings clean
- Allow the spray teams to spray your houses
- Sleep in sprayed rooms/structures
- Use repellents
- Wear protective clothing when outside
- When travelling to malarious areas in the country, be sure to take your bed net with you and follow all these preventions above.

11. Final Remarks?

Malaria is a preventable disease and treatable; please own the campaign and be part of the success as tackle the malaria eliminate.