

MALARIA



MALARIA FACTS

Malaria is a life-threatening disease that is typically transmitted through the bite of an infected mosquito.



Mosquitoes have been around for approximately 100 million years and have successfully adapted to climates from the arctic to the equator.

According to WHO, every two minutes a child dies of malaria and each year and more than 200 million new cases of the disease are reported.

Mosquitoes bite people or animals to obtain the blood's proteins, which allow their eggs to develop.

Symptoms of malaria can develop as quickly as 7 days after you are bitten by an infected mosquito.

INFESTED AREAS

Mosquitoes **thrive** in:

- Regions with warm temperatures.
- Humid conditions.
- Places with high rainfall.

Therefore, **tropical and subtropical** areas are ideal places for them to live.



Malaria is found in more than 85 countries including:

- Large areas of Africa and Asia.
- Central and South America.
- Haiti and the Dominican Republic.
- Parts of the Middle East.
- Some Pacific islands.

In 2018, fifteen countries in sub-Saharan Africa and India carried almost 80% of the global malaria burden.

SYMPTOMS OF MALARIA

- High temperature
- Headache
- Sweats
- Chills
- Vomiting
- Delusions

These symptoms occur 7 to 18 days after being bitten by an infected mosquito.

You should tell your doctor if you feel unwell and have been to a malaria-infested area.

Without prompt treatment, the most serious types of malaria can quickly lead to severe and life-threatening complications.



TOP 5 WAYS TO PREVENT MALARIA

1. Know the disease risks and the best ways to avoid them:

- Consult government health advice, a doctor or travel clinic, when visiting a malaria-prone area.
- Empty objects that hold stagnant water to curb the breeding of mosquitoes.



TOP 5 WAYS TO PREVENT MALARIA

2. Wear long, loose, bright clothing:

- Mosquitoes can bite through tight-fitting clothing so wear long and loose-fitting clothing.
- Mosquitoes are attracted to dark colours, so wear bright-coloured clothes.
- Mosquitoes are attracted to high body temperatures, sweat and heavy breathing, so cover up if you do any strenuous activity outdoors.



TOP 5 WAYS TO PREVENT MALARIA

3. Use nets:

- Mosquitoes are active at night so try to sleep under a protective insecticide-treated bed net, free from rips and ensure it is tucked under the mattress.
- Keep windows and doors closed as much as possible.



TOP 5 WAYS TO PREVENT MALARIA

4. Mosquito Repellent:

- Use a DEET based insect repellent.
- Reapply as frequently as prescribed.
- Always have a bottle at hand just in case.



TOP 5 WAYS TO PREVENT MALARIA

4. Anti Malaria Medication:

- Pills/medication can be used to prevent malaria.
- Examples include: Doxycycline, Malarone, Mefloquine and Aralen – the latter two can be taken during pregnancy.
- Often tablets will need to be taken while in malaria-prone areas AND for around four weeks after leaving.



Disclaimer: The notes in this presentation are not conclusive and so you would need to consult your doctor to validate any prescriptions on malaria prophylactics and treatment.

FEEL UNWELL? SEEK MEDICAL ATTENTION

- If you develop a fever during or after travel seek prompt medical attention.
- If you become unwell after leaving an infected area, tell the doctor about any abroad trips taken in the recent past.
- Seeking rapid diagnosis is key in the treatment of malaria.
- Never belittle the signs and symptoms of fever or malaria.
- Make sure to complete the full course of any medication given to you for the treatment of malaria.
- Malaria is preventable and curable if diagnosed and treated promptly

PUMA ENERGY'S MALARIA POLICY

Those on business travelling to infested areas must:

- Follow the travel health advice from government and doctors.
- Have the recommended vaccinations for the areas being visited.
- Take a course of anti-malarial tablets if travelling to a malaria-infested area.
- Take precautions to avoid being bitten by mosquitoes.

Local employees in infested areas should:

- Follow local government and doctor's public health advice.
- Take precautions to avoid being bitten by mosquitoes.

THANK YOU

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