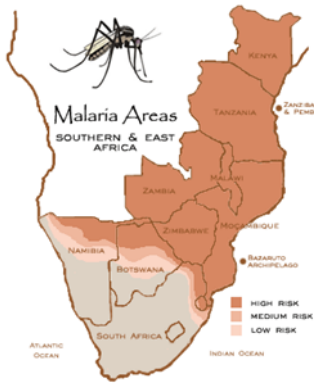


FACT:

Malaria kills more than a million people every year with 90 per cent of these deaths occurring in Africa.

High risk areas in Southern Africa include:

The Eastern borders of South Africa the Limpopo Province, Mpumalanga, Kwazulu-Natal imports strains from Mozambique and Zimbabwe.



FACT:

Malaria symptoms only appear some time after you have been infected so if you stop taking your medication before the symptoms appear, you will get sick!

Take care, say goodbye to these nasty little insects and their deadly bites..



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WELLNESS PROGRAMMES

MALARIA



MALARIA

Malaria affects 300-500 million people each year worldwide.

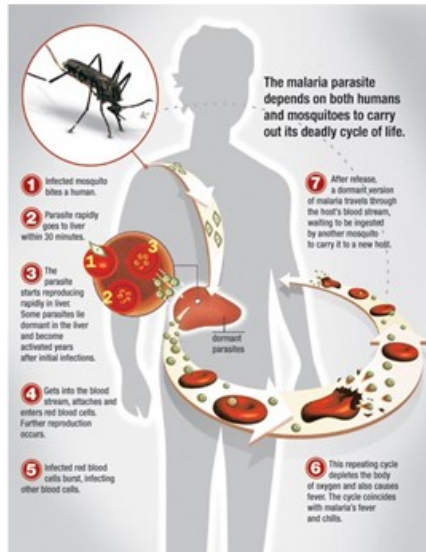


This nasty disease starts with a simple bite given by the female mosquito by her stiletto like mouthparts on an exposed patch of

skin, most often in the middle of the night, heralded by a high pitched warning signal.

At this juncture she infects her pray with a parasite called 'Plasmodium', which she has nurtured in her system and transfers to the victim via her saliva.

Life cycle



SYMPTOMS

How do you know if you have Malaria?

Common symptoms in adults include:

- Weakness, dizziness or fatigue
- Chills, sweats, fever
- Muscular, back or abdominal pain
- Vomiting, nausea or diarrhea



Children are affected a little differently and may experience:

- Coughing
- Rapid or shallow breathing
- Feverish convulsions
- Fever, vomiting, diarrhea

Always seek medical attention when symptoms are noticeable.

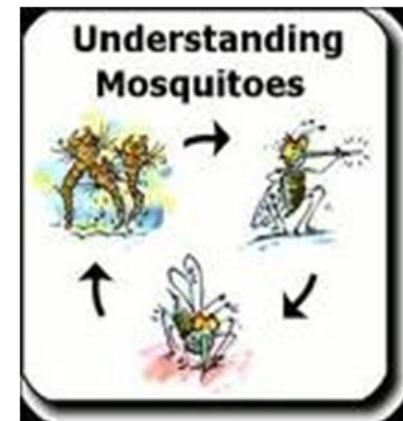
PRECAUTIONS

How to protect yourself:

Simple ways to protect yourself and your loved ones is to keep your environment clean

Mosquitoes like dirty environments and are attracted to waste bins and stagnant water.

Learn as much as you can about malaria, in order to combat it.



Symptoms may start from 7 days or up to months after the mosquito bites, depending on the type of parasite.