

**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)