



Government of the Republic of Trinidad and Tobago
Ministry of Health



M A L A R I A

Frequently Asked Questions



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Ministry of Health-Trinidad and Tobago



TrinidadHealth



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What is Malaria?

a. Malaria is a life-threatening disease caused by parasites that are transmitted to humans through the bites of infected *Anopheles* mosquitoes, which bite mostly in the evening and at nights.

b. Malaria is not endemic to Trinidad so the disease is brought here by persons travelling from countries endemic for Malaria, either visitors or returning residents.

What do I do if I get these symptoms?

a. The main symptoms of Malaria infection are fever, chills, sweating, muscle and joint pain, fatigue, abdominal pain and vomiting.

What to do if I get these symptoms?

If you have recently travelled or have been interacting with someone who has travelled from a Malaria endemic area, then report to your nearest health centre if you get these symptoms.

Is Malaria treatable?

a. Yes, Malaria is treatable and the medication used is very effective at getting rid of the parasite and reducing the symptoms of the disease. This medication is available in Trinidad and Tobago and is readily provided by the Ministry of Health to treat all Malaria cases.

Who is at risk of getting Malaria?

Anyone can get Malaria if they are bitten by an infected mosquito. Most persons get Malaria if they live in a country that has Malaria or if they visit a country where Malaria is present.

If you are planning to travel abroad, check whether the country you are visiting has Malaria. If it does, visit your local health centre or doctor one to two weeks before you travel and let them know where you are travelling to. They can give you anti-malaria medication to take before you travel, that would reduce your risk of getting malaria.

There is no commercial vaccine available.

If you travelled to a country where Malaria is present, and develop fever or other symptoms of malaria, immediately check your doctor or visit the nearest health facility.

DO NOT TREAT YOURSELF

What other measures can you take to prevent getting Malaria?

- Avoid going into areas where mosquito bites are likely to occur, between dusk and dawn
- Apply Insect Repellent generously to exposed skin.
- Wear long pants and long-sleeved clothes to reduce the amount of skin exposed to mosquito. Use light coloured clothing. The *Anopheles* mosquito is attracted to dark colours.
- Sleep under tight fitting mosquito nets, especially at night.
- Screen doors and windows to prevent mosquitoes coming into the house.
- Spray inside living or sleeping quarters with mosquito insecticide. Pay particular attention to spaces under chairs, tables, beds, behind wardrobes, cupboards and in dark corners.
- Keep your surroundings clean and free of places where mosquitoes can breed.

KEEP MALARIA OUT

*For more information, please contact the
Insect Vector Control Division.
ivcd@health.gov.tt*



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