



## 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 who recently traveled overseas for 10 days to a month for symptoms.

#### 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.
- Educational modifications may be warranted in children with a positive diagnosis

### Reporting Requirements

- Malaria is a reportable disease.

### Resources:

- Federal CDC Malaria website: <http://www.cdc.gov/malaria/>