

# Report on the outbreak: Malaria

Malaria is a very serious and sometimes fatal disease caused by a parasite that commonly infects mosquitoes which feed on humans. People that get malaria usually get very sick and typically receive symptoms such as<sup>1</sup> high fevers, shaking chills, and flu-like illnesses. malaria is usually found in<sup>(2)</sup> large areas of Africa, south Africa, central and south America, as well as other places in the world.

The current outbreak of malaria is in a rural village in Mali, situated in the west of Africa. Mali is a huge and highly populated country,<sup>(3)</sup>it's Africa's eighth biggest country with a population of 19.1 million. Due to the size and population of Mali, I believe the country is overpopulated and will massively contribute to the spreading of malaria, not just throughout Mali but the whole of Africa.

Based on the fact that mali is overpopulated and people live so close together, I would say the severity of the outbreak is very serious and high. People would easily catch malaria due to the exposure to mosquitoes and the densely populated area would increase risk of infection. Action must be taken to rectify this situation.

It is important to prevent the outbreak because this disease could ruin people's lives and change them drastically, an example of this is if left unchecked malaria could cause disabilities such as, brain damage which is known as cerebral malaria it could also cause fits(seizures)or coma, this is just some of the repercussions this disease also causes fatalities and worldwide panic. If malaria is not stopped it will affect and hinder the<sup>(4)</sup> economic growth of the country which will, in turn, affect the lives of the people,<sup>(5)</sup> the disease can also affect the improvement of human health and human potential.

<sup>(6)</sup>Malaria is a difficult disease to control mainly due to the highly adaptable nature of the vector and parasites involved. The vector in malaria changes often so this makes it hard to adapt and change the

vaccines, furthermore,(7) Mali being a LIC(low-income country)makes it even harder because they do not have the resources and medical assistance needed to help fight against malaria.

Based on my research and assessment of the situation I compiled a list of ways we can help prevent the spreading of the malaria outbreak. For starters, we need to make sure that the people are not attracting the mosquitoes towards them but rather making them want to stay away by using some(8) insect repellent, and just to be safe cover your body so the mosquitoes have nowhere to bite, also try using a mosquito net if you want the maximum safety for yourself. However disadvantages to using the insect repellent would be, irritation to eyes,lips and other sensitive areas, skin reaction to certain users and several other side effects.

Insect repelling is only one way of malaria prevention, another way to prevent malaria would be to provide the locals and the diagnosed people with (9)malaria prevention tablets if you do use the anti malaria tablets make sure you take the right doses.This may not be the best option due to the countries poor quality of care but if need be is still an option.

In addition, to help prevent malaria always try to(10) plan your travels and when you leave your house, also take into consideration what time of day the mosquitoes are most active to avoid infection and most importantly check the malaria risk of where you're going, and always check for(11) symptoms such as fevers, chills, etc. If signs of any symptoms go check with your doctor.

In conclusion, it is a quite severe situation and it is critical we stop the spread, the most problematic factor to stop the spread would be the disease itself due to the fact it is a vector borne infection the more people that have it the quicker and easier it spreads, but we are already taking measures to combat this. We have come up with methods to help, one of them is to supply the citizens with insect repellents and if needed mosquito nets. Another way we have come up with is anti malaria tablets but i believe that the more effective method would be to

give the people insect repellent and mosquito nets. Antimalaria tables would not be as effective due to the fact that Mali is a LIC and would not have good quality of care to use the anti malaria tablets. This is the current situation being dealt with but rest assured all the proper steps are being taken to stop this deadly outbreak.

- 1- About malaria facts-FAQs-CDC- website name
- 2- About malaria facts-FAQs-CDC- website name
- 3- Wikipedia- website name
- 4- malarianomore.org- website name
- 5- malarianomore.org- website name
- 6- niaid.nih.gov- website
- 7- coolgeography.co.uk -website
- 8- NHS.uk - the NHS website
- 9- NHS.uk - the NHS website
- 10- zavamed - website name
- 11- zavamed - website name