



In partnership with **Sir Brian Bell Foundation**

# FIRST AID IN THE PACIFIC

## WHAT IS FIRST AID?

First aid is the help given to someone who is injured or ill to keep them safe and to cause no further harm. The role of a first aider is to give someone this help.

## THE FIRST AIMS OF FIRST AID ARE:

- Preserve life
- Prevent illness or injury from becoming worse
- Relieve pain, if possible
- Promote recovery
- Protect the unconscious

All information provided is from St John Ambulance in partnership with Sir Brian Bell Foundation Papua New Guinea

# MALARIA

## SIGNS AND SYMPTOMS

- Symptoms usually appear 10-15 days after the infective mosquito bite.
- The first symptoms can be difficult to recognise as malaria. They are fever, headache and chills.
- Other symptoms include weakness, muscle and back ache and vomiting.
- Children with severe malaria can develop severe anaemia (low blood count), problems with their breathing, low blood sugar, seizures and confusion.

Malaria is an infectious disease caused by parasites called Plasmodium. There are five types of Plasmodium that cause malaria in humans. Plasmodium is transmitted to people when the Anopheles mosquito bites them. These mosquitos commonly bite people between dusk and dawn.

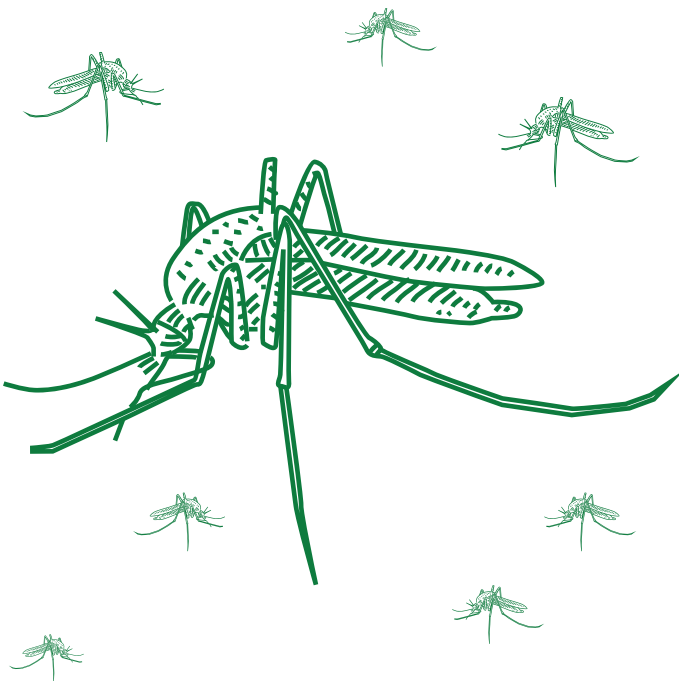
Anyone who is bitten by the mosquitos can catch malaria, but children under five years, pregnant women and people with HIV/AIDs are at greater risk.

Malaria is a serious illness, and can be life-threatening. Importantly, it can be prevented and is curable. Seeking help early, within 24 hours, can save lives.

## PREVENTION:

The most important way to prevent malaria is to prevent mosquito bites.

- Sleeping under an insecticide-treated net can reduce the risk of mosquito bites and malaria. It is important, especially for pregnant women and children, to use the nets every night.
- Indoor spraying with insecticides to reduce the presence of mosquitos in the home
- Removal of stagnant water around the home. Mosquitos breed in water.
- Preventative treatment with antimalarial medicine should also be given to children under five and pregnant women in areas with high-malaria transmission.
- Environmental hygiene - keep your area in and around your house clean at all times. Prevention is better than cure.



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