

# Fact Sheet on Malaria

Empowering Communities to prevent and control malaria  
in Baringo County, Kenya



A product of WHO/TDR/IDRC sponsored research project on  
Population Health Vulnerabilities to Vector-borne Diseases:  
Increasing Resilience under Climate  
Change Conditions in Africa.



World Health  
Organization



CRDI



For research on  
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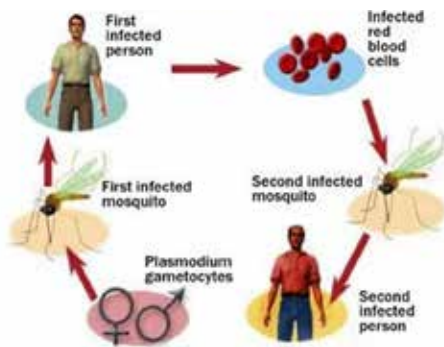


# Transmission of Malaria

Malaria is caused by a parasite known as *Plasmodium* and it is spread by the female *Anopheles* mosquito.

The mosquito acquires the parasite when it bites and sucks blood from an infected person. It then transmits the parasite to another person when it bites again.

## Malaria Transmission Life-Cycle



In Baringo County, high densities of malaria causing mosquitoes are mostly concentrated in the low lying areas like Lake Baringo, Lake Bogoria and Lake Kamnarok which lies within the Kerio Valley

Communities in low-lying regions are therefore at greater risk of Malaria infections than occupants of high and midland areas

Photo source <https://www.pinterest.com/explore/malaria-cycle/>

### **Malaria Prevalent areas in Baringo County**

Out of 15 primary Schools sampled during the study, three (3) primary schools namely: Litein, Lake Kamnarok and Barwessa bordering the following Sub-locations were found to have reported high cases of malaria:

- ❖ Keturwo
- ❖ Konoo
- ❖ Barwessa
- ❖ Katibel
- ❖ Kapluk

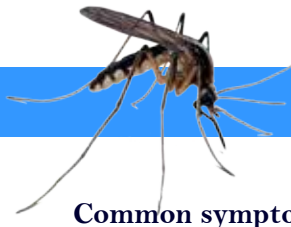


## Who is at risk of getting infected with Malaria?



Anybody can be infected, but children under the age of 5 years and pregnant women are the most vulnerable. Pregnant women are susceptible to malaria because of their reduced immunity while infants and children under the age of five (5) years are at risk since their immune systems have not developed effective resistance to malaria.





# Common Signs and Symptoms of Malaria

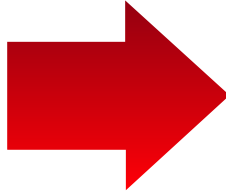
## Common symptoms of Malaria include:

- ❖ Headache
- ❖ Fever and Chills
- ❖ Nausea and vomiting
- ❖ Loss of appetite
- ❖ Fatigue and general body weakness
- ❖ Joint and muscle pains
- ❖ Stomach ache and diarrhoea among others.

These symptoms may be similar to those of other diseases.

Ensure you seek medical attention whenever you identify the above symptoms

Danger signs to watch out for in Malaria



- ❖ Abnormal breathing pattern
- ❖ Persistent vomiting and Diarrhea
- ❖ Bleeding
- ❖ Dark urine
- ❖ Yellow eyes (jaundice)
- ❖ Convulsions

# Habitats and House types that attract mosquito breeding



Houses with big eave spaces, wall cracks and mud walls provide easy access and suitable resting places for mosquitoes.



Mosquitoes breed in places such as stagnant water pools, water pans and dams among others



## Practices that pre-dispose the community to malaria infections

1. Living in close proximity to mosquito breeding habitats such as swamps and lake margins.
2. Not sleeping under insecticide treated mosquito nets.
3. Resting outdoors during the peak biting time (late evening and early morning) for mosquitoes.
4. Using medicine that has not been prescribed by qualified medical personnel.
5. Using herbal mixtures that have not been proven to be effective against malaria.
6. Beliefs that consumption of fatty foods, sugary foods, green maize and peas, sugarcane and maize stalks cause malaria.



*Community members also use non-conventional methods of treating malaria alongside conventional treatment methods. While herbal mixtures may be acceptable, everyone is advised to seek proper medical attention whenever they experience symptoms of illness.*



# Prevention and Control of Malaria

- Sleep under a treated mosquito net every night.
- Use indoor insect sprays to control mosquitoes.
- Clear bushes and drain stagnant water around the homestead.
- Use clothing that fully cover your body when staying out late in the evening or going out in the early morning hours.

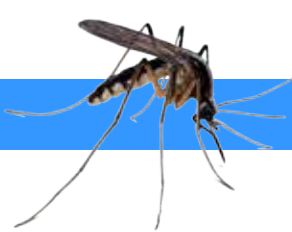


## How do you manage malaria infections?



- Seek medical care every time you suspect you are sick with malaria
- Follow the doctor's advice on medication.
- Do not share medicine with another person



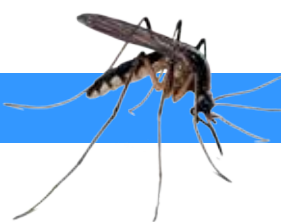


## Involving the Community in Controlling malaria



The entire community comprising: local administrators, health workers , elders, women, youth and children should continually participate in community awareness and sensitization activities for increased knowledge on prevention and control of malaria.





# Recommendations

1. Intensify interventions for control of Malaria in Baringo County especially in the lowland and riverine zones.
2. Encourage community members to use their bed nets consistently during the dry and rainy seasons to reduce chances of being infected with malaria.
3. Encourage community members to seek treatment from the nearest health facilities to avoid the risk of severe illness and mortality from malaria.
4. Intensify awareness and sensitization activities for better prevention and control of malaria.

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*Photos Courtesy of ECHD project*

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