

# Malaria community case management in the time of COVID-19



REPUBLIC OF ZAMBIA

This job aid is intended to guide conversations about COVID-19 with your community. It is important to share the facts around this disease and the actions each person can take to protect themselves and others. It is also very important to continue your malaria work.

**Malaria and COVID-19 share similar symptoms so please continue to test, treat and report for malaria per Ministry of Health guidelines.**

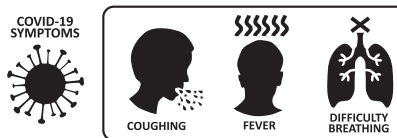
**Because COVID-19 is contagious you must take steps to limit your exposure.** Wear a mask and new gloves for each malaria patient. Wash your hands for at least 20 seconds with soap and water, both before and after seeing a patient. If the patient is coughing or sneezing, tell them to cover their nose and mouth with a tissue or flexed elbow. When seeing a patient, find an area to conduct malaria testing away from other family members. If a patient tests positive for malaria, be sure the patient takes the full course of the correct medicine. If the test result is negative, refer to the health facility.

**Continue to share malaria messages with your community:** *sleep under a treated mosquito net every night, every season, all year-round; go for immediate testing at first signs of malaria; if you test positive, take the full course of the correct malaria medicine; pregnant women go to ANC early and take preventive treatment; allow your house to be sprayed*

**How to use the Job Aid:** Share this COVID-19 information when you interact with community members. Use the text to guide your conversations as you show and explain the four images on the reverse:

- (1) About the disease called COVID-19;
- (2) The importance of hand washing;
- (3) Avoid touching others or your face;
- (4) Avoid public gatherings.

IMAGE 1: ABOUT COVID-19



COVID-19 illness can range from a mild cold to serious pneumonia, and it can be easily spread to others. All Zambians are at risk, though the elderly and those already with health conditions (TB, HIV / AIDS, high blood pressure, diabetes, asthma and other breathing problems) are more likely to get very sick. The virus can be deadly.

If you are taking any medications it is very important that you continue to take – do not miss a dose.

COVID-19 symptoms include fever, cough, shortness of breath, headache, body pains, sore throat, fatigue. Most people who are infected will have mild symptoms and recover. Malaria has similar symptoms – fever, chills, headache, joint pain, nausea, fatigue. If you or someone you know has any of these symptoms, go for immediate malaria testing.

There is no cure for COVID-19 at this time – there is nothing you can drink or eat to prevent the disease, or to make it go away if you are infected. If you test negative for malaria and are referred, the health facility can provide relief from the symptoms of COVID-19. But there are important steps you can take to protect yourself and others.

IMAGE 2: HAND WASHING



COVID-19 can spread by standing next to an infected person who is coughing or sneezing;

by interacting with an infected person through shaking hands or hugging; or by touching an infected surface. COVID-19 stays on surfaces, including your hands, for a long time. One of the best ways to prevent infection is to frequently and thoroughly wash your hands with soap and water. Wash your hands for at least 20 seconds. This will break down the virus and cause it to fall away.

Be sure to show your children how to properly wash their hands.

IMAGE 3: AVOID TOUCHING



Avoid touching your face as much as possible. This is because COVID-19

can spread when an infected person touches a surface and then another person touches the same area and then his eyes, nose or mouth. Then the virus can enter your body and make you sick. Avoid touching others, too – no handshakes. This can be difficult, but it is important to reduce contact with other people. This can stop the spread of COVID-19.

Be sure to cover coughs and sneezes with a tissue or flexed elbow, not your hands.

IMAGE 4: AVOID GATHERINGS



Gathering together is common for church, celebrations, funerals. But during

this time of COVID-19 we must avoid public gatherings. The virus can more easily spread when there are many people in the same place.

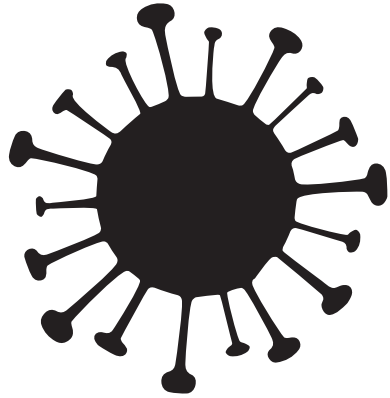
Stay away from crowds and limit your movements – travel only when necessary. By reducing our contact with other people, we can prevent infection and stop the spread of COVID-19.

**PATH**  
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1: ABOUT COVID-19

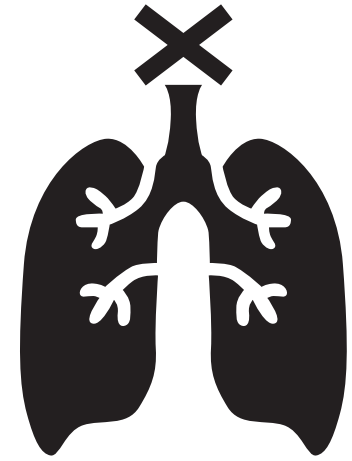
COVID-19  
SYMPTOMS



COUGHING



FEVER



DIFFICULTY  
BREATHING

2: FREQUENT HAND WASHING



3: DO NOT TOUCH (YOUR FACE, OTHERS)



4: AVOID PUBLIC GATHERINGS

