

## Stop malaria stop

Grade Level: 3-6

**Overview** Malaria is by far, one of the prevalent causes of death among children in Africa. This lesson covers a wide range of content necessary for the prevention and cure of malaria. In many African countries, traditional medicine using herbs has been combined in the treatment of malaria with the orthodox use of malaria tablets. Research is still going on to find a complete remedy to eradicate malaria from all parts of Africa.

**Purpose** In this lesson, the causes, treatment, and prevention of malaria are presented to children with the hope that they too can contribute to malaria eradication in Africa.

**Objectives** Students will be able to:

- i. Recognize the symptoms of malaria
- ii. Discuss necessary steps for prevention of malaria
- iii. Advise other children on the treatment of malaria
- iv. Sing the malaria song.

### Resources/Materials

Can of mosquito spray  
A mosquito coil  
Local herbs for treatment of malaria  
Posters on malaria-causes, cure, and prevention

### Activities and Procedures

The teacher should approach this lesson stepwise:

Step One-What causes malaria?

The teacher should lead the discussion to establish the cause of malaria. The children may already know that the mosquito causes malaria. What the teacher should establish is the fact that not all mosquitoes carry the malaria parasite. It is only the *female anopheles mosquito* that carries the malaria parasite, called *plasmodium*. There are other mosquitoes-Culex, and Aedes.

Step Two-What are the symptoms of malaria fever?

Ask the children to narrate how they felt when they had malaria fever. Discuss with them before confirming the following:

- High temperature and sweating
- Trembling with fever
- Aches in the joints
- Loss of appetite.

The teacher can add any other peculiar symptoms.

Step Three-How is malaria fever cured?

The teacher should start by exploring with the children what methods are adopted in their locality to cure malaria.

- Use of local herbs
- Taking anti-malaria tablets prescribed by health officers
- Administering of injections under the supervision of a health officer.

Chloroquin and all the other quins have been the popular drugs prescribed for the cure of malaria. The children will recall that the "quin" drugs are bitter.

Step Four-How is malaria prevented?

Here again there are local ways of driving away mosquito from a room by burning the leaves of certain plants. In addition to that, the following are done:

- Frequent taking of anti-malaria tablets
- Clearing of bushes around the home
- Not allowing any stagnant water near houses
- Covering windows with wire mesh
- Spraying of insect repellent in rooms
- Sleeping under a mosquito net.

Discuss all of the above with the children who may complement the above with their own experience. The teacher should involve the children in the discussion throughout this lesson.

**Tying it all together** Children can help spread the important messages about preventing and treating malaria to parents and other adults, as well as to other children. They can do this in many ways:

- Putting up a play
- Making posters
- Sing the Malaria Song-Malaria is a very bad sick.

**Assessment** Participation of the children should be the criteria for assessing the success of this lesson.

### **Suggestions/Modifications**

- This lesson could be part of a larger unit covering the most prominent diseases in Africa.
- The students can run an anti-malaria campaign by creating pamphlets, designing posters, and taking their information around the village in order to educate.
- The students can do research reports about malaria and the best ways to prevent it.

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### **References**

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