



**Addis and Gutema
Protect their Family
Against Malaria**

**MAATIIKOO BUSAA
IRRAA NANITTISA**

Addis and Gutema protect their family against Malaria



Nahili, the community volunteer is making a house visit. She greets Addis and her husband, Gutema. Nahili explains that she will be giving them valuable information about how to protect their family against malaria. They are happy to listen and invite her in.

How to use this flipchart:

1. Read and learn the story ahead of time
2. Greet and welcome the participants.
3. Hold up the flipchart and ensure that the illustrations are clearly visible.
4. Go through the flipchart content, page by page

General Story

- Nahili is a community volunteer who makes house visits in her area, to provide families with information about malaria.
- Addis and Gutema are married and have two children.
- Megertu is Addis's friend. She has two older children and a three year old son, Birki. She is pregnant with her fourth child.
- Balcha and Ayantu are also married. They have a two year old son, Lemi.



I

Addis and Gutema hang their mosquito net



Addis and her husband Gutema own a rectangular net. This type of net requires ropes and six nails to hang, properly.

Important Points

It is important to show household members, how to hang their rectangular nets properly.

Question: How do you hang a rectangular net?

Answer: A rectangular net has six loops. Using six nails and ropes, secure the ropes onto nails, on the wall and ceiling.



2

Addis and her family sleep under mosquito nets



Gutema and Addis are asleep, under their mosquito net. Their two children are also sleeping, under a second net.

Important Points

Emphasize the Essential Malaria Action (EMA):

“All family members should sleep under Insecticide-Treated bed Nets (ITNs), every night.”

Question: Why is sleeping under a net so important?

Answer: In Ethiopia, bed nets prevent up to 62% of malaria cases.

97% of the bites from malaria causing mosquitoes occur between the evening and morning hours.

Families can protect themselves from malaria by always sleeping under a bed net.



3

Addis helps Megertu hang her mosquito net



Addis helps her neighbor Megertu, to hang her conical net. Addis knows the importance of sleeping under a bed net.

Important Points

It is important to show household members, how to hang their conical nets properly.

- Demonstrate the correct way to hang their net, based on their current sleeping area.
- Give the family a “how to hang a net” leaflet.
- Stress the importance of sleeping under a mosquito net, as the best way to prevent malaria.



4

Megertu and Birki are sleeping under a mosquito net



Megertu knows that pregnant women and children under 5 are most vulnerable to malaria. As there is only one bed net in their household, Megertu and Birki sleep under it.

Important Points

Emphasize the Essential Malaria Action (EMA):

“Give priority to pregnant women and children under five to sleep under ITNs, every night.”

Question: Why are pregnant women and children under 5, most at risk of malaria?

Answer: Pregnant women and children under 5 use their energy to grow and therefore have less resistance to fight off malaria, than other people. Contracting malaria may cause pregnant women to have a miscarriage, severe anemia, intra-uterine death and may cause them to have an underweight baby.



5

Balcha and Ayantu don't have a mosquito net



Balcha, his wife Ayantu and Lemi don't sleep under a mosquito net, because they don't understand how dangerous malaria can be. They get bitten by several mosquitoes, every night.

Important Points

- Discuss the consequences of not sleeping under a mosquito net, consistently.
- Encourage consistent use for protection against malaria
- Encourage net use all year, to discourage seasonal use.



6

Lemi is burning with fever



Ayanttu woke up this morning and noticed that Lemi's forehead was burning with fever. Nahili visits and explains the symptoms of malaria. Nahili tells Ayanttu to take Lemi to the health centre, immediately.

The symptoms of malaria are:

- Headache
- Fever
- Loss of appetite
- Vomiting
- Diarrhoea

Important Points

- Knowing malaria symptoms will help families seek treatment, early.



7

Ayanttu and Balcha take Lemi to the Health Centre



Ayanttu tells her husband Balcha that they have to take Lemi to the health facility. They dress quickly and rush to the nearest clinic.

Important Points

Emphasize the Essential Malaria Action (EMA):

“Whenever a family member has a fever, take them to the nearest health facility, immediately.”

Question: What’s wrong with waiting a few days, before going to the clinic?

Answer: Malaria is dangerous. Fever is a sign of a serious illness that threatens a person’s life, especially young children. Any delay, could lead to a life threatening condition.





Ayanttu gives Lemi his anti-malaria medication



Ayanttu is relieved. At the health facility, she was told that if she gives her baby his malaria medication, as prescribed, Lemi will get well soon. She has already noticed that he no longer has a fever and he has also regained his appetite.

Important Points

- Emphasize the benefits of early treatment seeking behavior.
- Discuss the consequences of delaying treatment, which can cause death.



9

Ayantu has a fever too



A week later, Ayantu has a fever. She goes to the clinic immediately, where the doctor prescribes anti-malaria medication. She is careful to take all her medication. Even though, she feels better already, she will continue taking her medication, until it is finished.

Important Points

Emphasize the Essential Malaria Action (EMA):

“Take all (full course) of the anti-malaria drugs prescribed to you by health personnel.”

Question: What if I feel better, can I stop taking the medication?

Answer: It is important to finish the full course of anti-malaria drugs, as prescribed by the health personnel. Some people feel better after a few days and stop taking the medication. Even if you feel better, the parasite might still be in your system and the disease will relapse again.



10

Now Balcha has malaria too



Balcha had a fever for two days. Ayantu told him to go to the clinic, but he said he has too much work, on the farm. But, when he woke up this morning, he was shivering. He asks his wife to share her anti-malaria drugs with him. Ayantu refuses and tells him that he must go to the clinic, to get treatment.

Important Points

Emphasize the Essential Malaria Action (EMA):

“Do not interrupt or share your anti-malaria drugs, prescribed to you by health personnel.”

This will prevent the malaria from relapsing.

Question: But what if a member of my family has malaria too?

Answer: Encourage them to go to the nearest health facility, immediately.





Addis washes her mosquito nets



Addis noticed that her bed nets get dirty from the soot of her wood cooking fires. She washes them with regular soap, so that the insecticide can work effectively. Addis hangs the nets to dry in the shade, to ensure that they are not exposed to direct sunlight.

Important Points

Emphasize the Essential Malaria Action (EMA):

“Wash your bed net with regular soap every 3 - 4 months and hang or lay it out to dry in the shade.”

This will help the insecticide in the net, work better.

Question: Is there a special way to wash the net?

Answer: Not really. When washing your net, it is important to use regular soap and avoid washing in lakes/ streams or any other water source.

At all times, nets should always be hung up in the shade to dry or for airing out.



12

Addis and Gutema get their house sprayed



Addis and Gutema spent the morning cleaning and taking household items outside. They are getting their house sprayed with insecticide, which will help them to better protect their family against malaria. The insecticide will be sprayed on the walls and will kill mosquitoes, on contact. Addis covers all food items and cooking utensils with a cloth, so it won't be contaminated by the chemical.

Important Points

Emphasize the Essential Malaria Action (EMA):

“Cooperate with sprayers during Indoor Residual Spraying (IRS) period.”

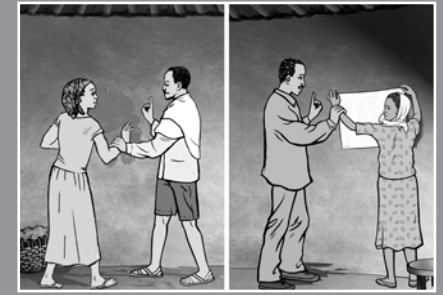
Question: What is Indoor Residual Spraying?

Answer: Indoor Residual Spraying (IRS) is a chemical that is sprayed on the walls of households, to kill malaria-causing mosquitoes. IRS is sprayed twice a year in some areas and once in others, depending on the level of malaria transmission. Having your house sprayed protects you and your family from getting malaria.



13

Addis wants to re-plaster her home



Addis wants to re-plaster her home for the holiday. Addis begins putting fresh dung on her wall, that morning. Her husband Gutema asks her to stop and explains that re-plastering eliminates the effectiveness of the insecticide.

Important Points

Emphasize the Essential Malaria Action (EMA):

“Do not re-plaster your homes for six months, after spraying is complete”

This ensures that the insecticide remains effective.

Question: Why can't I re-plaster my walls after spraying?

Answer: Once walls are sprayed, we must refrain from re-plastering, since the chemical sprayed on walls, will no longer be effective. Walls can be re-plastered at least one week before spray operation starts and six months after spraying is conducted.



14



Addis and her family earn a Malaria Protection Sticker

Nahili visits Addis' family several times. Addis's family all sleep under a bed net and her house has been sprayed with IRS. She knows the other criteria to earn a "Malaria Protection Sticker." Nahili is proud of the family's achievement and gives Addis a "Malaria Protection Sticker", during a ceremony at the health post.

Important Points

Emphasize the following:

To earn a Malaria Protection Sticker, families must answer yes to the four questions below:

1. Did your family sleep under a bed net every night, during the past month, giving priority to pregnant women and children under 5?
2. If a family member has fever, do you take them to the health clinic, immediately?
3. Do you take all the malaria medicine you receive, even if you feel better?
4. Do you assist the indoor spraying team, when they come to your community?



15



Balcha and Ayantu are curious about the colorful sticker

Balcha and Ayantu are surprised to see the beautiful sticker, on Addis's door. They ask about it. Addis explains that her family received a Malaria Protection Sticker, because they comply with the 4 Essential Malaria Actions. Addis tells Balcha and Ayantu that they can start by getting a bed net. Addis's husband, Gutema offers to help hang their new mosquito net.

Important Points

- Encourage residents to start using bed nets, if they are not already doing so.
- Using bed nets is the first step to help families earn a “Malaria Protection Sticker”



Acknowledgements

AED/C-Change would like to thank all partners who participated in and contributed to the message harmonization and finalization process.

- Anti Malaria Association (AMA)
- Catholic Relief Services (CRS)
- CRDA/Core Group Ethiopia
- Fayaa Integrated Development Association (FIDA)
- International Centre for AIDS Care Program (ICAP)
- MACEPA
- Management for Science for Health (MSH/SPS)
- Research Triangle Institution International/IRS Ethiopia (RTI) I
- UNICEF
- CARE Ethiopia
- Coalition of Media Against Malaria in Ethiopia
- Ethiopian Malaria Control Professionals Association
- Integrated Family Health Program (IFHP)
- Internews
- Malaria Consortium
- Population Service International (PSI)
- The Carter Centre

In particular, we would like to thank the Federal Ministry of Health (FMOH), Health Extension & Education Centre (HEEC) and the Oromia Regional Health Bureau (ORHB) for their continuous support. We would especially like to thank USAID and PMI for funding this project.

