



I pledge to protect myself from mosquitoes so I will not have malaria.



My family and I will sleep inside an insecticide treated mosquito net every night, all year round.



When I have fever, I will quickly go for a test to be sure it is malaria before I take malaria medicine.



If malaria is confirmed, I will immediately start taking my malaria medicine and finish taking it even if I start feeling well after the first dose.



I will tell my friends, neighbors and loved ones to sleep inside an insecticide treated mosquito net every night, all year round... So help me God.

## How you care for your mosquito net.















Washing

Airing to dry

Stitching

1. Roll up or tie the net up when not in use.

2. Wash the net only when it is dirty, and use only gentle/mild soap.

3. Air the net to dry under a shade after washing.

4. Keep the net away from fire, animals and sharp objects.

5. If the net is torn, sew it immediately so the hole does not get bigger.





