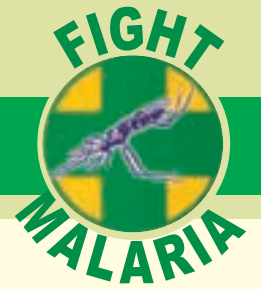


Your New Long Lasting Insecticide treated Mosquito Net (LLIN): How to Use and Maintain It



Use It Well To Keep Your Family Safe!

Your New Long Lasting Insecticide Treated Mosquito Net (LLIN):



Reminder Card for Community Volunteers



How to use and maintain your LLIN.

1. Before using your LLIN, hang it somewhere to air out for at least one day.
2. Ask your partner to help you hang the net using strings provided on the corners of your net.
3. Tuck the net under the mat or mattress so mosquitoes have no space to enter.
4. Malaria is most harmful to pregnant women, children under 5 years and people living with HIV/AIDS. They need to sleep under an LLIN every night.
5. During the day, flip up the net so it can not get damaged.
6. Wash the net only when it's dirty with water and soap (5 times a year for 4 years).
7. Dry the LLIN away from direct sunlight, preferably on the grass under a tree shade.
8. Sew up every small hole in your LLIN before it becomes big and hard to manage.

The insecticide used for treating the LLINs is not harmful to humans.

Even if a child sucks on the net it will not affect them. The insecticide is recommended by the World Health Organisation and Ministry of Health as safe.

An LLIN is very valuable. It is cheaper to buy a net than to treat malaria. Using an LLIN can:

- Prevent miscarriages and still births during pregnancy.
- Protect the lives of your children against malaria.
- Give you a peaceful night's rest.

People with low immunity are most affected by malaria. They include:

- Children (under 5 years).
- Pregnant Women.
- People living with HIV/AIDS.

Is malaria spread by eating too many mangoes, maize or by walking in the rain?

No, malaria is not spread by eating mangoes, maize or walking in the rain. People believe that because during the rainy season there are more places for mosquitoes to breed. Malaria is only spread by mosquitoes which bite you at night between 10.00 pm and 5.00 am.

For more information contact your nearest health facility.