MALARIA is spread by mosquito bites. It is not spread by person to person contact.

**Symptoms of Malaria**
- Fever
- Chills
- Nausea
- Body Aches
- Headache

**Protect Yourself**
- Spray yourself with mosquito repellent.
- Cover your arms and legs with long clothing.
- Drain standing water.

**Stop Mosquitoes from Breeding**
Mosquitoes can live indoors and will bite at any time, day or night.
- Mosquitoes breed by laying eggs in and near standing water.
- As little as one teaspoon or bottle cap of water standing for more than one week is enough for mosquitoes to breed and multiply.

**Around Buildings**
At least once a week, empty or cover anything that could hold water, such as:
- Buckets
- Toys
- Child Pools and Pool Covers
- Birdbaths
- Trash, Containers, and Recycling Bins
- Boat or Car Covers
- Roof Gutters
- Coolers
- Pet Dishes
- Tires

**Keep them Outside**
- Use Air Conditioning
- Keep Screens on All Windows
- Keep Doors Exterior
- Windows Closed

Effective treatment is readily available through hospitals and other health care providers. Individuals with symptoms of fever, chills, sweats, nausea/vomiting, and headache should seek immediate medical attention.