

Somo ya Malaria na Wajawazito (Kiswahili)

Ugonjwa wa malaria huathiri watu wote, lakini ni hatari zaidi kwa watoto wadogo na wajawazito. Kwa wajawazito, ni rahisi zaidi kupata malaria wenyewe lakini mtoto aliye tumboni pia. Kama unapata mimba, nenda zihanati na daktari atakupa dawa IPTP (Intermittent Preventive Therapy in Pregnancy) au SP (sulfadoxine-pyrimethamine) bure. Unahitaji dozi nne wakati wa ujauzito. Baada ya miezi mitatu wa ujauzito, ni salama kwa mama na mtoto kutumia dawa kuzuia malaria. Wanatumia dawa SP wa zihanati au quinine, clindamycin, proguanil au chloroquine wa duka la dawa. SP ni kwa wajawazito tu sasa kuingia malaria, siyo kama Alu kutiba malaria. Zamani, walitumia SP kwa wote, lakini ugonjwa umebadilika sasa na SP haifanya kazi kwa malaria. Kama huna mimba na unapata malaria, usitume SP, tumia Alu.

Kama mama mjauzito anapata malaria, mtoto anaweza kuwa na upungufu damu (anemia). Mama atapata kuaribika kwa mimba na moyo wa mtoto utasimama. Ni hatari na pia, inawezekana mtoto atazaliwa njiti (with a low birth weight). Malara inaweza kuingia mfuko wa uzazi (placenta) na kujificha kwahiyo ni ngumu kujua kama mama au mtoto ana malaria. Pia, mtoto anaweza kufia tumboni.

Kwa mbu, anapenda sana jasho la mwili, na mama mjauzito anatoka jasho jingi mwilini! Mbu wanapenda sana wajawazito, kwahiyo kinga malaria!

Kwa mama:

- **Tumia SP mara nne baada ya miezi mitatu wa ujauzito (wiki 20, 24, 28, 32)**
- **Kupima kwa malaria kama ana dalili ya malaria**
- **Kama anapata malaria wakati wa ujauzito, tumia dawa kama quinine au Alu kwa siku saba(Quinine) au tatu (Alu)**
- **Kulala chini ya chandarua kila usiku**

Lakini ni muhimu kwa sisi wa jamii kujua, siyo mama tu! Usisahau, malaria inaambukizwa kwa mtu kwenda kwa mtu. Kama baba wa nyumba anaumwa malaria, na hapendi kulala chini ya chandarua, mbu atakuja kumwambukiza mama mjamzito. Mbu atatumia damu ya baba. Kwahiyo, kila mtu katika jamii anahitaji kulala kwenye chandaru-kuzuia malaria mwenyewe lakini kwa watu wenye hatari zaidi pia, kama wajawazito, watoto chini ya miaka mitano na watoto wachanga (newborn)! Kama hutumi chandarua, utambukiza mwingine!

Kwa watoto wadogo pia, ni hatari sana kupata malaria. Hawana kinga za mwili (immunity) na ni rahisi kupata malaria ya kichwa, na kupungukiwa damu au kufa.

Miaka mitatu iliyopita, kuna mradi Hati Punguzo kwa wajawazito kupata vyandarua bei rahisi. Mradi ilisimama na sasa ni muhimu sana kujua ni jikumu yako kuingia malaria na kutunza familia yako.

Malaria In Pregnancy Lesson (English)

Malaria affects everyone, but it is most dangerous for small children and pregnant women. For pregnant women, it is easier to get malaria, for themselves and for the fetus. If you are pregnant, go to the clinic and the doctor will give you IPTP/SP for free. You need four doses. After the first trimester, it is safe for the mother and her child to use medicine to prevent malaria. They use SP at the clinic, or if you go to a pharmacy they may have quinine, clindamycin, proguanil or chloroquine. SP is only for pregnant women to prevent malaria, it is not like Alu to treat malaria. A long time ago, SP was used to treat malaria for everyone but now the disease has adapted and people built up resistance to SP. If you aren't pregnant, don't use SP, use Alu.

If a pregnant woman gets malaria, her child can get anemia. The mother can miscarry and the baby's heart can stop. Also, it is possible that the baby will be born with a low birth weight (LBW). Malaria can enter the placenta and hide there, therefore it is difficult to know if a mother or her baby has malaria. The baby can also die in the womb.

Mosquitoes love sweat, and pregnant women have a lot of sweat coming from their body. Mosquitoes are attracted to pregnant women, therefore, protect against malaria!

For pregnant mothers:

- **Use SP- 4 doses (week 20, 24, 28, 32)**
- **Test for malaria if you show symptoms**
- **If you get malaria, use Quinine (7 days) or Alu (3 days)**
- **Sleep under a bed net every night**

But it is also important for us as members of the community to know, it isn't only mamas! Don't forget, malaria infects from person to person. If the father of the household is sick with malaria, and he doesn't like sleeping under a bednet, the mosquito can infect the pregnant mother. The mosquito will use the father's blood. Therefore, every person in the community needs to sleep under a bed net- to prevent malaria for themselves but also for those most at risk, such as pregnant women, children under 5 years, and infants too! If you don't use a bed net, you will infect someone else!

For small children also, it is easy and dangerous to get malaria. They do not yet have immunity built up and it is easy to get cerebral malaria, anemia or to die.

A few years ago in Tanzania there was a program Hati Punguzo which was a voucher system for pregnant women to buy bed nets at an affordable price (500 tsh). This program ended and now it is very important to know that it is your responsibility to prevent malaria and to protect your family!