**resilience radar** **Adjustment to questions I.2 and I.4** 

**Note***:* Question I.2 refers to the most the knowledge of the most common diseases in your target area. The standard questionnaire refers to Tuberculosis (TB) – we encourage you to replace this with another disease that may be more applicable in your target area.

Meanwhile, question I.4 refers to preventative measures (in the standard version, to dengue fever). Please replace as appropriate. This sheet provides a brief background as well as common symptoms and preventative measures.

**1. Malaria**

Malaria is caused by Plasmodium parasites. The parasites are spread to people through the bites of infected female *Anopheles* mosquitoes, called "malaria vectors." There are 5 parasite species that cause malaria in humans, and 2 of these species – *P. falciparum* and *P. vivax* – pose the greatest threat with *P. vivax* the dominant malaria parasite in most countries outside of sub-Saharan Africa.

**Signs and symptoms**

* Acute febrile illness
  + Fever
  + Headaches
  + Chills
  + Vomiting
* Symptoms may be mild and not recognized as malaria
* If untreated can lead to severe illness and death

**Prevention measures**

* Avoiding mosquito bites from dusk to dawn
* Covering with clothing to prevent bites
* Vector control
  + Insecticide-treated mosquito nets
  + Indoor residual spraying
  + Environmental controls such as drainage of standing water

**Response measures/practice**

* Early diagnosis – rapid diagnostics or microscopy
* Treatment with appropriate drugs (reduce transmission and resistance) especially for children and pregnant women

**2. Acute Respiratory Infections (ARI)**

Acute respiratory infections (ARI) are caused by germs that infect the lungs and breathing tubes and can include pneumonia, Avian Influenza, Middle Eastern Respiratory Syndrome (MERS) and other infections. Germs are spread from an infected person to another person by coughing, sneezing or breathing.

Pneumonia is the most serious ARI. Pneumonia can be life-threatening, especially in young children. About 20 per cent of all deaths in children under five years of age are due to acute respiratory infections; 90 per cent of these deaths are due to pneumonia. Pneumonia and other ARIs can be treated with medicines given by a health worker. It is important to refer anyone with danger signs of an ARI to a health center immediately.

**Signs and symptoms**

* Fast breathing, may also be shallow
* Noisy or difficult breathing
* Drawing in of the chest when breathing
* Pain or aches in the side
* Cough
* Fever
* Loss of appetite

**Prevention measures**

Acute respiratory infections can be prevented by:

* Breastfeeding babies for two years or more, and exclusively for the first six months of life
* Immunizing children according to the national vaccination schedule
* Protecting infants from exposure to cold
* Avoiding smoky (from cigarettes or cooking fires) or overcrowded rooms
* Eating nutritious foods
* Practicing good hygiene and hand-washing

**Response measures/practice**

Early recognition and treatment can be life-saving. Some respiratory infections are mild and only have a cough or runny nose. These will often go away. Refer a person with a cough or cold that continues for more than three weeks to a health centre. It is important to get prompt medical attention for any danger sign of ARI.

* Drink plenty of fluids
* Breastfeed infants more frequently
* Eat nutritious foods
* Keep the person warm, but do not overheat
* Clean the person’s nose of mucous
* Place cushions behind the person’s back to elevate the chest when they are resting
* Severe ARI can be treated with antibiotics or antiviral treatments

**3. Diarrheal Disease**

Diarrhoea can be caused by:

* Drinking unsafe water
* Eating foods prepared with unsafe water
* Eating spoiled foods or uncooked meats
* Unsanitary living conditions
* Poor personal hygiene
* Diarrhoea can lead to dehydration, an excessive loss of water and salt in the body

**Signs and symptoms**

* Three or more watery, loose stools in a 24 hour period
* Blood may or may not be present (if present this is a serious sign)

Diarrhoea can be serious for children under five years, and can result in death if not treated immediately.

Signs of dehydration include:

* Sunken eyes (but no tears)
* Dry mouth and tongue
* Extreme thirst
* Little or no urine
* When gently pinching the skin, it will stay in a pinch and go back slowly
* Muscle cramps

**Prevention measures**

* Drinking safe water – treating water correctly before use and safe storage of water
* Regular handwashing, especially before food preparation and eating and after use of latrines
* Hygienic preparation of food especially for children and babies
* Breastfeeding
* Vaccination/immunisation

**Response measures/practice**

When a child has diarrhoea, caregivers should:

* Seek early support from health care workers
* Increase breastfeeding
* Give more food-based fluids
* Use oral rehydration solution (ORS) as instructed
* Provide frequent feedings of small amounts of food
* Give the child recovering from diarrhoea an extra meal every day for two weeks