



English Master Script For Translation

Malaria (2021)

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1. In this lesson we will look at what causes malaria. We will learn what the symptoms of malaria are. Symptoms are the signs that show you that someone may have malaria. Then we will also learn what you can do to prevent getting malaria.
2. Malaria is a dangerous illness. Many people get malaria every year and lots of children die because of it.
3. If you get malaria you may get a fever and headaches. You may also vomit. This means that you empty the contents of your stomach through your mouth. You can become very weak and die.
4. Anyone can get malaria, but it is especially dangerous for children and pregnant women. Children might be offered a vaccine that can help to stop them becoming very sick with malaria, but you should still follow the advice in this lesson even if you have been vaccinated.
5. Now YOU need to answer a question. Try to answer using the arrow on the controller. You can hear any question again if you press the button in the centre.
6. Is malaria dangerous?

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7. Yes,
8. Or no?
9. Press a button now.
10. You are right. Malaria is very dangerous. Many people get malaria every year and lots of children die because of it.
11. It is mosquitoes that infect people with malaria. This happens when an infected mosquito bites you.
12. Mosquitoes can bite at any time of the day or night, but they are most active and most likely to bite you from early evening until early morning.
13. You will not get malaria if mosquitoes do not bite you. If you prevent mosquitoes from biting you, you will not get malaria.

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14. Now try to answer these questions.
15. How do you get malaria?
16. From mosquito bites,
17. or from the air?
18. Press a button now.
19. Right. You can get malaria when an infected mosquito bites you.
20. Are mosquitoes active all the time?
21. No, they are only active on sunny days?
22. Or yes, they can be active all the time?
23. Press a button now.
24. Yes! Mosquitoes can be active at any time, though they are most likely to bite you from early evening until early morning.

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25. Mosquitoes are active at night. It is very important that your whole family sleeps under bed nets. The bed nets protect your family, so that they are protected from mosquitoes.
26. Bed nets can be treated with insecticide. This is a special liquid for killing mosquitoes. It will help to stop mosquitoes coming near and trying to bite you.
27. If someone has put insecticide on your bed nets, they will be much more effective than nets without insecticide.
28. If bed nets are not available, dip any material or cloth in insecticide and dry it. You can then hang the material or cloth over doors and windows to help stop mosquitoes from coming in.
29. Why is it important to sleep under a bed net?

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- 30. Mosquitoes are active at night so the net stops them from biting you,
- 31. Or bed nets keep you warm?
- 32. Press a button now.
- 33. Correct! If you and your family sleep under bed nets it is less likely that mosquitoes will bite you at night.
- 34. If you don't have bed nets what can you use to help stop mosquitoes from biting you?
- 35. Material or cloth dipped in water,
- 36. Or material or cloth dipped in safe insecticide?
- 37. Press a button now.
- 38. Yes you are right. If you have dipped material or cloth in a safe insecticide, it can help to stop mosquitoes coming into your house.

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- 39. A good way to stop mosquitoes from biting you is to wear clothes that cover your arms and legs. You should especially cover your wrists and ankles.

- 40. This is especially important for children and pregnant women.

- 41. Another way to stop mosquitoes coming into your house is to burn special coils or to use insecticide sprays if these are available.

- 42. Why is it a good idea to wear clothes that cover your arms and legs from early evening until early morning?

- 43. Because it gets colder at night,

- 44. Or because it stops mosquitoes from biting you?

- 45. Press a button now.

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- 46. Yes, you are right. Clothes that cover your arms and legs, especially your wrists and ankles, help stop mosquitoes from biting you.
- 47. What else can you do to stop mosquitoes coming into your house?
- 48. Use insecticide sprays,
- 49. Or sing loudly?
- 50. Press a button now.
- 51. Yes you are right. If they are available it is good to use insecticide sprays or burn coils inside your house at night.
- 52. If you are pregnant and get malaria it can seriously harm, or even kill, you and your unborn child.

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- 53. If you are pregnant there are special anti-malarial medicines that you can take during your pregnancy. In this way you can protect yourself and your baby from malaria.

- 54. If you have malaria in pregnancy, it can be dangerous. So even if you do not have malaria, you should talk to your health worker about getting these medicines. Not all medicines are safe for pregnant women but your health worker can tell you what is safe.

- 55. If you are pregnant and think that you might have malaria, you should go to the health centre for advice immediately.

- 56. Why is malaria especially dangerous if you are pregnant?

- 57. It makes you feel very thirsty,

- 58. Or it can seriously harm you and your unborn baby?

- 59. Press a button now.

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- 60. Yes you are right. Malaria can harm or even kill you and your unborn baby.
- 61. If you are pregnant what can you do to avoid getting malaria?
- 62. Ask your doctor or health worker for the special anti-malaria medicine to protect you and your baby.
- 63. Or keep warm?
- 64. Press a button now.
- 65. Yes. If you are pregnant, there is medicine that you can take. It will help you to avoid getting malaria. But always check with your health worker first to make sure the medicine is safe for your unborn baby.
- 66. What should you do if you are pregnant and think you might have malaria?
- 67. Wait for a few days to see if you feel better,
- 68. Or go to the doctor or clinic immediately?
- 69. Press a button now.

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- 70. Correct! If you are pregnant and think you might have malaria you must get medical help as soon as possible.
- 71. Here are some of the symptoms of malaria: fever, no appetite, vomiting, sleepiness and having fits.
- 72. If you or anyone in your family has some of these symptoms they might have malaria. They must have medical help.
- 73. It is especially important for children to be treated immediately or they might die.
- 74. You must finish taking all the medicine that the health worker has given you. You must do this even if you start feeling better before you have finished taking it. If you do not feel better after you have finished taking all the medicine, you must see the health worker again.
- 75. What are the signs that you or someone in your family might have malaria?

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- 76. Fever, vomiting, and sleepiness,
- 77. Or spots?
- 78. Press a button now.
- 79. Yes. If you or someone in your family has fever, vomiting and sleepiness it might be because they have malaria. They must go to the health centre immediately.
- 80. What should you do if you have had malaria and begin to feel better?
- 81. Stop the treatment and keep the medicine for another time,
- 82. Or continue the treatment and do what the health worker told you to do?
- 83. Press a button now.
- 84. Correct. It is very important that you finish taking the medicine that the health worker has given to you. If you do not feel better after finishing the medicine, you should go back to the health centre.

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- 85. If your child has a fever he or she must keep cool. So it is important to bathe them in cool (not cold) water or else use a wet cloth to put quick, light touches of cool water all over their body.
- 86. They should only wear thin clothing.
- 87. Your child might not want to eat or drink. But you should encourage your child to drink plenty and eat small amounts of food often.
- 88. If your baby has a fever you should breastfeed him or her often.
- 89. What can you do to keep children cool when they have fever?
- 90. Bathe them in cool water,
- 91. Or bathe them in very cold water?
- 92. Press a button now.
- 93. Yes you are right. You must keep children with a fever cool by bathing them in cool water or else use a wet cloth to put quick, light touches of cool water all over their body.

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- 94. Should you give food and water to children with malaria?
- 95. No, because it will make them more sick,
- 96. Or yes, they need food and water to make them stronger?
- 97. Press a button now.
- 98. Yes you are right. You must encourage children with malaria to drink plenty of water and eat small amounts of food often or they might die. You should breastfeed babies often.
- 99. The best way to prevent mosquitoes is to stop them breeding, that is producing lots of young mosquitoes. If you stop mosquitoes breeding there will be much less malaria.
- 100. Mosquitoes breed where there is still water, that is water that is not moving. They breed in ponds and puddles, which are pools of still water. They breed in swamps which are on low land with no drains. They breed in the still water on the edges of streams. They breed in water containers, water tanks and rice fields.

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- 101. Mosquitoes also breed in moisture in long grass and bushes.
- 102. Is it important to try to stop mosquitoes breeding?
- 103. Yes,
- 104. Or no?
- 105. Press a button now.
- 106. Yes you are right. It is very important to try to stop mosquitoes breeding, as this will help to reduce malaria.
- 107. Where do mosquitoes breed?
- 108. Where there is still water,
- 109. Or in the air?

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- 110. Press a button now.
- 111. Correct. Mosquitoes breed where there is still water. They breed in ponds, puddles, swamps, on the edges of streams and in water containers, water tanks and rice fields.
- 112. It is important to try to stop mosquitoes breeding. To do this you need to reduce the number of places where there is still water.
- 113. You can fill in holes in the ground or put in drains where there is still water outside.
- 114. You can also cover water containers or water tanks and clear long grass and bushes from around your house. All of these things are important.
- 115. What can you do to try to stop mosquitoes breeding?
- 116. Keep windows and doors open,

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- 117. Or cover water containers and tanks?
- 118. Press a button now.
- 119. Yes. You need to cover water containers and water tanks. You need to fill in holes or put in drains in the places where there is still water outside. You need to clear long grass and bushes from around the house.
- 120. Malaria is a very dangerous illness. So you should do all you can to prevent mosquitoes from biting you and your family.
- 121. The malaria vaccine will be available in Africa in those areas where malaria is common. Children will get 4 doses of the vaccine, starting when they are 5 months old.
- 122. The vaccine is safe, and prevents infection for about half of children who are bitten.
- 123. Even if your children are vaccinated, you must still follow the advice in this lesson. Use bed nets every night and try to reduce the number of places where mosquitoes gather and breed.

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- 124. Remember the symptoms of malaria: fever, no appetite, vomiting, sleepiness and having fits. If you think you or anyone in your family has malaria, go to the health centre for treatment immediately.
- 125. The prevention and early treatment of malaria can save your life and the lives of people in your family.
- 126. That was the wrong answer. Let's go back and listen again.
- 127. Sorry! Wrong answer.
- 128. Hello. The title of this lesson is "Malaria". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.
- 129. You have now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!

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- 130. Correct!
- 131. "Malaria"
- 132. Welcome to the quiz! You will now be asked 10 questions. To win a gold star you will need to get all 10 questions correct. Let's get started - good luck!
- 133. Sorry, you haven't got enough points for a gold star. Have another go at the lesson and try to get every question correct.
- 134. Congratulations, you got every question correct and you have a gold star. Choose another lesson, to learn more!