

# MALARIA VERSUS YOU

**PROTECT YOURSELF.**

**1. Sleep under a long-lasting  
insecticide-treated net every**



**night. 2. At first signs of fever, go to a  
health center for malaria testing**



**and treatment. 3. Take only prescribed  
ACTs. 4. Encourage pregnant**



**women to seek antenatal care to protect  
their unborn babies from malaria.**



CECAFA has joined United Against Malaria because footballers, fans, and families cannot thrive when they suffer from malaria, a preventable and treatable disease that kills a child every 45 seconds. We have the tools and the momentum. Now we need you. [www.unitedagainstmalaria.org](http://www.unitedagainstmalaria.org)

