



STOPPING A KILLER:

PREVENTING MALARIA IN OUR COMMUNITIES

A Guide to Help Faith Leaders
Educate Congregations and
Communities About Malaria

Muslim



CENTER FOR
INTERFAITH ACTION
on global poverty



IMA ADVANCING HEALTH & HEALING
THE WORLD OVER
WORLDHEALTH

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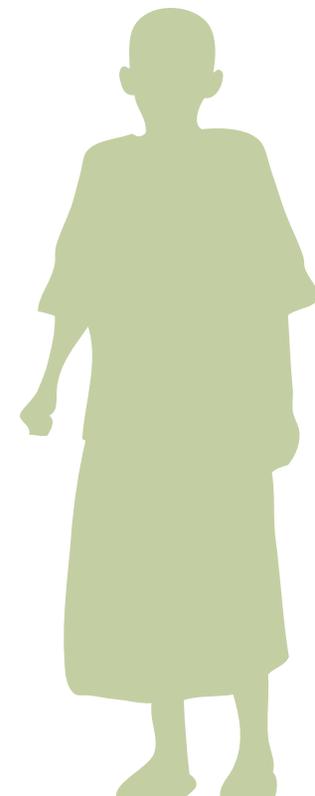
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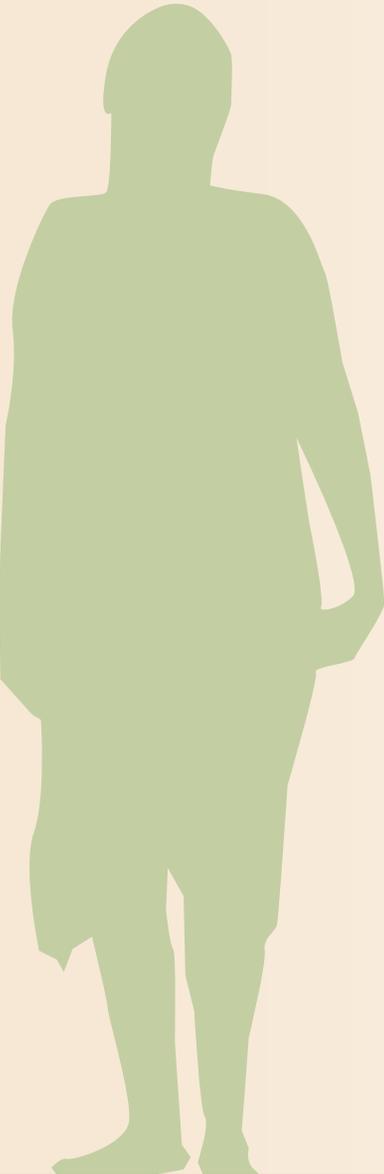
*In the name of God, the Beneficent, the Merciful.
All praise is due to God, the Lord of the Worlds.
The Beneficent, the Merciful.
Master of the Day of Judgment.
Thee do we serve and Thee do we beseech for help.
Keep us on the straight path.*

(Quran 1:1-6)

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ACRONYMS & DEFINITIONS

ACT	Artemisinin Combined Therapy
DALY	Disability Adjusted Life Year
IPT	Intermittent Preventive Treatment
IRS	Indoor Residual Spraying
ITN	Insecticide-Treated Net
LLIN	Long-Lasting Insecticide-Treated Net
NMCP	National Malaria Control Program
PBUH	Peace Be Upon Him [Muhammed]
RBM	Roll Back Malaria
RDT	Rapid Diagnostic Test
SP	Sulfadoxine Pyrimethamine
WHA	World Health Assembly
WHO	World Health Organization

MALARIA: PROBLEM, PROGRESS, POSSIBILITY

PROBLEM

Malaria is Destructive, but Malaria is Preventable

Malaria is a killer that preys on many in God's creation. More than one million people across the globe die each year from malaria and it is the number one killer of children under five years of age in sub-Saharan Africa. The good news is that we have the resources to stop this destructive disease.

Malaria is a preventable disease that can be managed if we take steps that have proven to cure the disease and control its spread. We know malaria is spread by mosquitoes and we know how to control, treat, and combat this killer. The sample sermons in this guide will help you share this knowledge with your congregation and community to help save lives. The introductions to each sermon will give you more information and help you better understand the disease.

Malaria's Human Toll

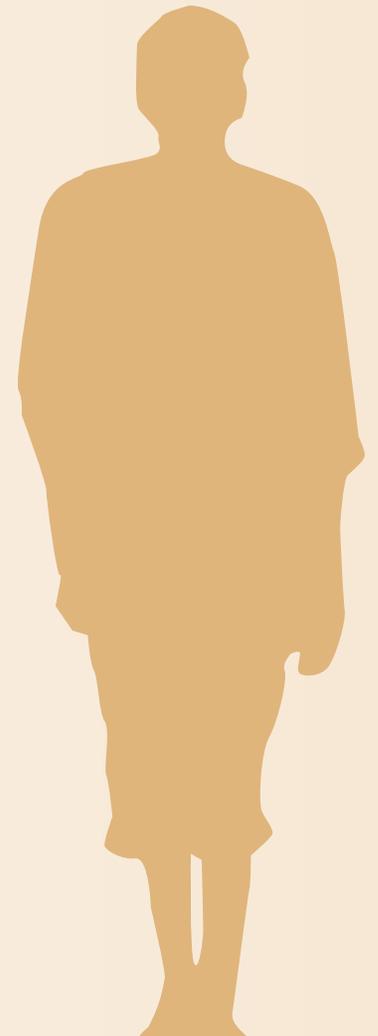
Each year, 247 million people are stricken with malaria across the globe, and over 1 million die from this disease annually. Muslims comprise 40% of this annual death toll.¹ Africa is hit especially hard by malaria. Two hundred and twelve (212) million malaria cases and 91% of global deaths from malaria occur in Africa each year. Children are among the most vulnerable, as 85% of malaria deaths each year are among children under five years of age.²

Pregnant women are also particularly vulnerable to malaria as pregnancy reduces a woman's immunity to the disease, making her more susceptible to malaria infection and increasing the risk of illness, severe anemia, and death. Malaria in the mother increases the risk of miscarriage, stillbirth, and premature delivery and low birth weight for the baby, a leading cause of child mortality.³

Malaria's Economic Burden

Malaria affects more than just the people who are stricken with the disease and their families. It also has a heavy economic toll. Malaria-related illnesses and mortality cost Africa's economy \$12 billion USD each year. Approximately 40% of public health spending in sub-Saharan Africa is spent on malaria and an estimated 20 to 50% of healthcare facility admissions and up to 50% of outpatient visits are related to malaria.⁴ In addition to these direct costs, malaria has many associated indirect costs for developing countries. For instance, malaria accounts for 3-8% of all-cause absenteeism from school, and up to 50% of preventable absenteeism.⁵ Malaria is also responsible for an incalculable amount of hours, days, years lost during the life of an individual. The World Bank uses a unit of measurement for this called Disability Adjusted Life Years, or DALYs, which is "The sum of years of potential life lost due to premature mortality and the years of productive life lost due to disability."⁶ According to this measurement, malaria is responsible for an annual loss of 42,279,000 ⁷ DALYs, or lost years of productive, healthy living. Just imagine what could be accomplished if this burden were removed. Nations could regain lost productivity and harness the positive energies and talents of the people that have been lost to this destructive disease.

**MALARIA IS A KILLER ...
BUT WE HAVE THE
POWER TO STOP IT**



MALARIA IS PRESENT IN 108 COUNTRIES

Where Does Malaria Strike the Hardest?

Although malaria has been virtually eradicated in many countries, approximately 3.3 billion people - half the world's population - live in areas where malaria is a constant threat⁸, and those living in lower-income countries are particularly at risk.⁹ The five countries with the most cases of malaria are Nigeria, the Democratic Republic of the Congo, Ethiopia, Tanzania, and Kenya.¹⁰

What Can We Do?

According to the *World Malaria Report 2009*, malaria is present in 108 countries, with 98% percent of the deaths from malaria occurring in only 35 countries—30 countries in sub-Saharan Africa and 5 in Asia. This tells us that there are steps we must take in these nations to greatly reduce the number of deaths.¹²

In 1998, global partners founded the Roll Back Malaria Partnership (RBM) to do just this—to take action to combat malaria by accelerating malaria control efforts towards meeting specific targets. In April 2000, African Heads of State, as part of

FIGURE 1: MALARIA SITUATION¹¹

- AREAS IN WHICH MALARIA HAS DISAPPEARED, BEEN ERADICATED OR NEVER EXISTED
- AREAS WITH LIMITED RISK
- AREAS WHERE MALARIA TRANSMISSION OCCURS

98% OF THE DEATHS FROM MALARIA OCCUR IN ONLY 35 COUNTRIES

the African Summit on Roll Back Malaria, made commitments to an intensive effort to cut malaria mortality in Africa by 50% by 2010.^{13,14} Then in 2005, the World Health Assembly determined to “ensure a reduction in the burden of malaria of at least 50% by 2010 and by 75% by 2015.”¹⁵ It is important to note that this resolution is interpreted to mean a reduction in malaria morbidity (illness from malaria) as well as mortality (deaths from malaria). In an effort to meet these goals, many organizations and governments are engaged in scaled-up prevention & treatment campaigns which have led to success in certain regions, due to improved disease surveillance and use of effective intervention methods.

Appropriate malaria control interventions include:

- use of long-lasting insecticide-treated nets (LLINs) while sleeping,
- use of intermittent preventive treatment (IPT) among pregnant women,
- indoor residual spraying (IRS) of insecticide in households,
- use of rapid diagnostic tests (RDT) to test for malaria
- use of Artemisinin Combined Therapy (ACT) for treatment of malaria.

The *World Malaria Report 2009* highlights progress made in meeting these World Health Assembly (WHA) targets for malaria, reporting that in the past year, “more than one-third of the 108 malarious countries (9 African countries and 29 outside of Africa) documented reductions of malaria cases of > 50% in 2008 compared to 2000.”

This proves that there are specific things we can and must do to successfully reduce the malaria burden, globally and in our communities.¹⁶

PROGRESS

Examples of Success

In settings where there are high levels of use of the effective

MUCH MORE PROGRESS REMAINS TO BE MADE

interventions listed above, dramatic reductions in the numbers of childhood deaths from malaria have been reported.

Examples of nations that have had success in reducing the burden of malaria include Eritrea, Rwanda, and the island nation of Sao Tome and Principe. These nations reduced the number of cases and deaths from malaria by 50% or more between the years 2000 and 2008 by increasing malaria control activities.¹⁷ On the island of Zanzibar, malaria cases have dropped from 60% to almost zero in just a few years; similarly, malaria cases have fallen by around 60% and 40% in certain districts in Uganda and Tanzania, respectively.¹⁸ In Rwanda, malaria cases declined 64% and child deaths from malaria dropped 66%. These lower malaria incidence rates are attributed to a few targeted interventions, including: increased use of LLINs while sleeping (31% increase in high-burden countries by the end of 2008), increased use of IPT by pregnant women, and increased availability and use of RDTs and ACTs for testing and treatment of malaria.¹⁹

In Sao Tome and Principe and Zanzibar, reductions in the number of malaria cases and deaths were found within two to three years of aggressive malaria control, including widespread use of IRS, LLINs and ACTs. Specifically, a significant 30% increase over the past six to seven years in the number of children under five years sleeping under an LLIN is attributed as the reasons for the dramatic decrease in the malaria incidence rate in Sao Tome and Principe. Looking at Rwanda as an

example, there is evidence that the combination of long-lasting insecticide-treated nets (LLINs) and drug therapy (ACT) to treat the disease was responsible for a substantial reduction of cases in that country.²⁰ Evidence from Sao Tome and Principe, Zanzibar and Zambia reveals that large decreases in malaria cases and deaths have been mirrored by steep declines in overall deaths among children less than 5 years of age.

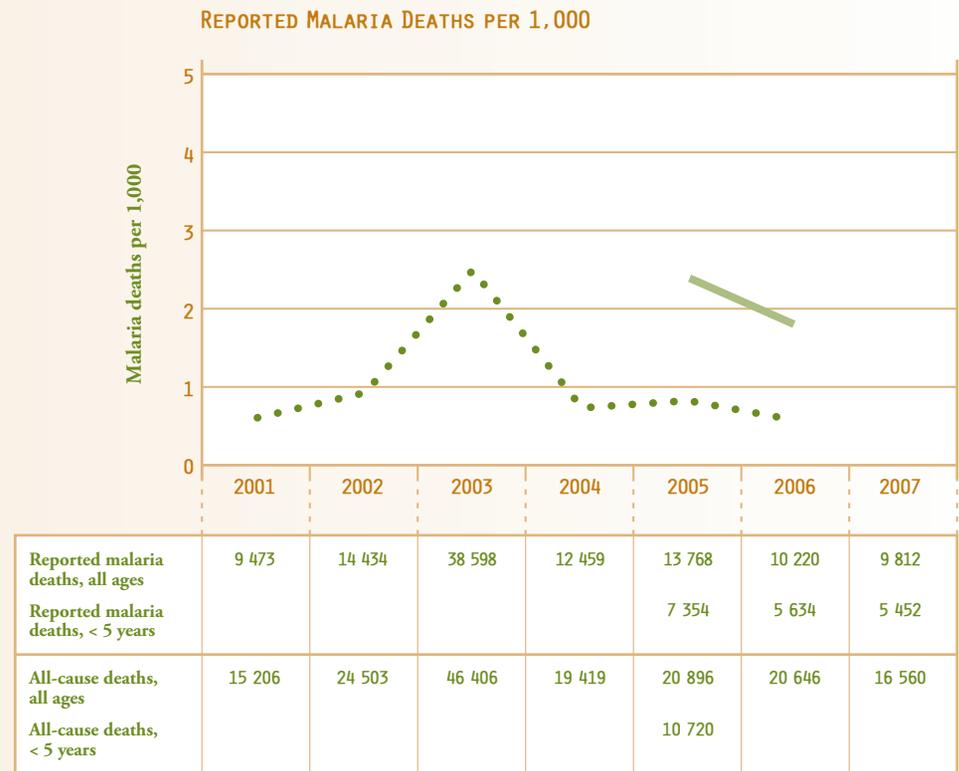
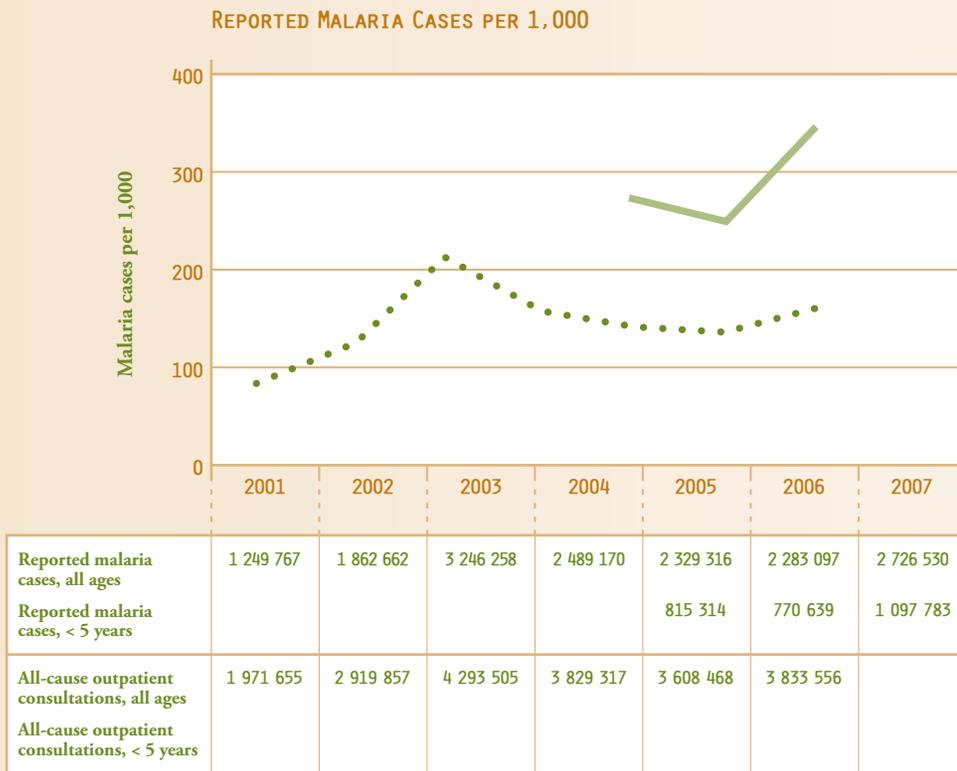
Although malaria-related illness (morbidity) and death (mortality) has improved in recent years, as the figure below shows, much more progress remains to be made.

What Should We Do?

The successes reported by the World Health Organization (WHO) in the *World Malaria Report 2009* demonstrate that increased funding for malaria “has resulted in steady increases in the coverage with malaria control interventions, especially long-lasting insecticide-treated mosquito nets. It also shows that where these interventions have been fully scaled up, the malaria burden falls dramatically.”

As Margaret Chan, Director-General of WHO, said: “We can save millions of lives over the coming years by scaling up the

FIGURE 2: TRENDS IN MALARIA MORBIDITY AND MORTALITY²¹



LEGEND

- Reported malaria cases/1,000, all ages
- Reported malaria cases/1,000, < 5

malaria control tools that we already have available.”²² If we use the same proven strategies as those used by the countries described above, we too can beat malaria where we live. We know what to do to fight malaria; now we must motivate our communities to take the actions that will save lives, protect our societies and avoid catastrophic burdens on our economies.

POSSIBILITY

How Faith Leaders Can Help

As a faith leader, you have great influence among your congregation and in your community. You also have the great privilege and responsibility to protect the most vulnerable of God’s creation with your words, good deeds, and positive example. As God says in the Quran, *“Have you considered him who calls the judgement a lie? That is the one who treats orphans with harshness. And does not urge others to feed the poor. So woe to the praying ones, who are unmindful of their prayers, who do good to be seen, and withhold the necessities of life.”* (Quran 107:1-7). You are called to help the vulnerable in any way possible. There is also a Hadith that serves as a reminder of our responsibility to do so. The Prophet (peace be upon him) said: *“Whoever among you sees an evil action, let him change it with his hand (by taking action); if he cannot, then with his tongue (by speaking out); if he cannot, then with his heart (by hating it and feeling that it is wrong), and that is the weakest of faith.”* (Narrated by Muslim).

You can help families protect their health by giving them information to make the right choices. Information is a powerful weapon in the fight against malaria. Knowing how to protect against mosquito bites that transmit malaria, how to recognize the symptoms of malaria, and how to treat the disease can make the difference between life and death. Use the sample sermons in this guide to share this powerful information with your congregation and read the introductions to each sermon to help you better understand the disease.

Six Messages to Fight Malaria and Save Lives

Malaria is a dangerous disease for many people, and it is caused by infected mosquitoes. We should take all possible precautions to prevent and control malaria. We can do this by practicing important healthy behaviors.

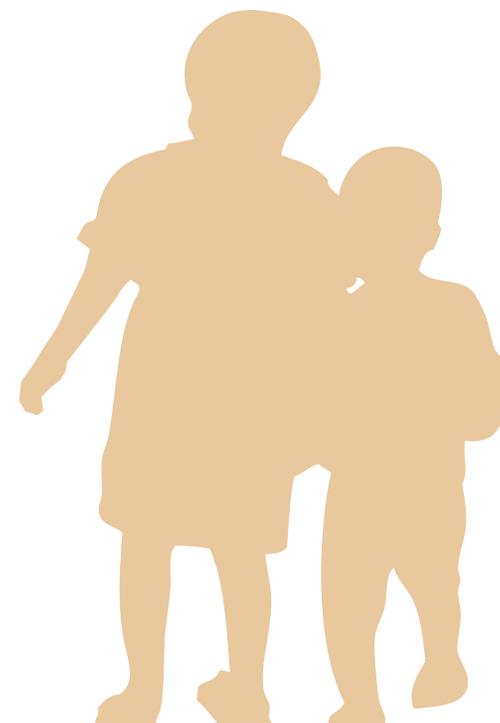
Health experts have developed six (6) critical strategies to prevent malaria and to control its spread. Each of the six (6) sample sermons in this guide corresponds to one of these key messages.

1. All people in a household should sleep under a long-lasting insecticide-treated net, especially pregnant women and children under five years, since they are the most vulnerable to malaria.
2. Pregnant women must take two doses of anti-malarial medicine as prescribed by a healthcare provider.
3. Be receptive to local initiatives to spray the inside or outside of homes, as this also prevents malaria.
4. It is important to recognize the symptoms of malaria and to seek treatment as soon as possible at a health facility.
5. Follow treatment guidelines as directed by health facility staff and complete the full course of treatment to ensure malaria is cured and does not become resistant to medication.
6. Keep a clean environment, so mosquitoes cannot breed – Clear standing water and clean up trash around your property.

The following chapters will provide more information about these messages, including how these strategies protect against malaria and what can happen if the recommendations are not followed. Use the sample sermon accompanying each chapter as a model for how you can use Quranic principles to teach these life-saving messages about malaria control to your congregations and communities.

“WE CAN SAVE
MILLIONS
OF LIVES OVER THE
COMING YEARS BY
SCALING UP THE
MALARIA CONTROL
TOOLS THAT WE
ALREADY
HAVE AVAILABLE.”²²

– MARGARET CHAN
DIRECTOR-GENERAL, WHO



INTRODUCTORY SERMON: GOD'S TRUST, OR AMANA

MESSAGE:

MALARIA IS A DANGEROUS DISEASE FOR MANY PEOPLE, AND IT IS CAUSED BY INFECTED MOSQUITOES. WE SHOULD TAKE ALL POSSIBLE PRECAUTIONS TO PREVENT AND CONTROL MALARIA.

INTRODUCTION

As Muslims, we know that our bodies are a trust from God, and they have rights over us. As the prophet Muhammed (Peace be upon him) said to Abdullah ibn Amr: *"Your body has a right over you"* (Imam Nawai's 40 Hadith, Muslim). Therefore, we must treat our bodies with the utmost care and learn how to keep them healthy. Preventing malaria is one of the important ways in which we must respect God's trust in our bodies. *Malaria is a dangerous disease for many people, and it is caused by infected mosquitoes. We should take all possible precautions to prevent and control malaria.*

In order to help families protect their health, health experts have identified six critical strategies to prevent malaria and to control its spread. In places where malaria is a danger, it is a threat to all people, of all ages, even if it is particularly dangerous for small children, pregnant women, and elderly people. As a religious leader, it is important to use your influence to inform and educate your entire community about how to protect against mosquito bites that transmit malaria, how to recognize the symptoms of malaria, and how to treat the disease. Use the sample sermons in this guide to share this life-saving information with your congregation during worship services and teaching times. Read the introductions to each sermon to help you better understand the background to this disease and the suggested interventions.

Each of the six sample sermons in this guide correspond with one of the following key messages ...



IN PLACES
WHERE **MALARIA** IS
A DANGER, IT IS A THREAT
TO **ALL** PEOPLE, OF
ALL AGES

1. Everyone who lives in an area where malaria is present should sleep under a long-lasting insecticide-treated net, but this is absolutely necessary for pregnant women and children under five years of age. Young children and pregnant women are especially vulnerable to malaria. Eighty-five percent (85%) of malaria deaths each year are among children under five years of age.²³ **For this reason, it is recommended that all people in a household should sleep under a long-lasting insecticide-treated net, especially pregnant women and children under five years, since they are the most vulnerable to malaria.**
2. Malaria is especially dangerous for pregnant women and the babies they carry. It increases the risk of miscarriage, stillbirth, premature delivery, and low birth weight for the baby—a leading cause of child mortality. Malaria in the mother can also result in parasites in the placenta. The placenta is needed to deliver food to the baby and parasites hinder the child from receiving proper nutrition. The undernourished newborn suffers from low birth weight, making it more vulnerable to death and developmental problems. **To help prevent any of these types of complications, pregnant women must take two doses of anti-malarial medicine as prescribed by a healthcare provider.**
3. To reduce or eliminate mosquitoes in the home, the WHO recommends spraying the inside or outside walls of a home with a long-lasting insecticide, known as indoor residual spraying, or IRS. The most effective insecticide to kill mosquitoes and fight the spread of malaria is DDT. Governments are implementing indoor residual spraying programs in many locations and residents should participate in the program, if available. **You should encourage your community to be receptive to local initiatives to spray homes, as this also prevents malaria.**
4. **It is important to recognize the symptoms of malaria and to seek treatment as soon as possible at a health facility.** Educating your community about recognizing the symptoms of this killer disease and seeking prompt treatment will save lives. Malaria can strike anyone at any time. Symptoms of malaria include: fever, shaking chills, headache, muscle

aches, and fatigue. The infected person may also experience nausea, vomiting and diarrhea. Malaria can cause anemia and jaundice (yellow coloring in the eyes) due to the loss of red blood cells. A simple blood test done at the local healthcare facility can tell if a person is infected with malaria, and then doctors can prescribe the proper medicine.

5. Over the years, malaria has become resistant to medications that were highly effective in treating the disease in the past. ‘Resistant’ means the malaria parasites are not eliminated by the medicines, and the drug can no longer cure the disease. When a drug is not powerful enough to kill all the malaria parasites infecting a person, it can allow the stronger ones to survive. These stronger malaria parasites can multiply, and the resulting infection will be resistant to the medication. A disease can become resistant to a medicine if patients do not take the drugs exactly as they are instructed by a healthcare provider. Therefore, **it is very important to inform your community to follow treatment guidelines as directed by health facility staff and to complete the full course of treatment to ensure malaria is cured, and does not become resistant to medication.**
6. Diseases like malaria can spread rapidly in unclean environments. You should encourage your community to reduce the spread of disease by motivating people to keep their homes and the areas around their homes clean and free of trash. Controlling the mosquito population is crucial in reducing the spread of malaria, and mosquitoes, which can carry and spread malaria, breed in stagnant pools of water. Mosquito larvae live in water while they develop into adults. Therefore, **a very effective way to reduce the spread of malaria is to keep a clean environment, so mosquitoes cannot breed—especially by clearing standing water and cleaning up trash around your property.**

The sermons you will deliver in the following weeks will provide your congregations with more information about these interventions, including how these recommended actions will protect them against malaria, and the Quranic basis for putting them into practice.

“Have I not been informed that you fast all day and pray all night?’ I said, ‘Yes, Messenger of God.’ He said, ‘Do not do it. Fast and break the fast, and sleep and pray. Your body has a right over you, your eye has a right over you, your wife has a right over you, and your visitor has a right over you.”

(Imam Nawai’s 40 Hadith, Muslim)

SUGGESTED INTRODUCTORY SERMON: “GOD’S TRUST, OR AMANA”

SCRIPTURE

“Have I not been informed that you fast all day and pray all night?” I said, ‘Yes, Messenger of God.’ He said, ‘Do not do it. Fast and break the fast, and sleep and pray. Your body has a right over you, your eye has a right over you, your wife has a right over you, and your visitor has a right over you.” (Imam Nawawi’s 40 Hadith, Muslim)

“And among men is he who disputes about God, without knowledge or guidance, or a Book giving light.”
(Quran, 22:8)

SERMON

Our bodies are a trust from God, and they have rights over us. As stated by a Hadith that describes what the Prophet Muhammed (Peace be upon him) said to Abdullah ibn Amr: *“Have I not been informed that you fast all day and pray all night?” I said, ‘Yes, Messenger of God.’ He said, ‘Do not do it. Fast and break the fast, and sleep and pray. Your body has a right over you, your eye has a right over you, your wife has a right over you, and your visitor has a right over you.”* (Imam Nawawi’s 40 Hadith, Muslim) This Hadith makes clear the rights our body has over us. As a trust from God, we must treat it with the utmost care and learn how to keep it healthy.

In order to know how to care for our bodies, we must seek proper knowledge. In the Quran, seeking proper knowledge is encouraged, as in the verse describing those who argue about God without knowledge or guidance: *“And among men is he who disputes about God, without knowledge or guidance, or a Book giving light.”* (Quran, 22:8) It is looked down upon for one to engage in a subject without insight, but it is honorable to seek insight. Therefore, it is our responsibility to seek knowledge about anything that can threaten our bodies, and to honor God’s trust by learning how to prevent disease.

Therefore we must understand that our body has rights over us, and take the proper precautionary steps to stay healthy. By learning what we can do to prevent disease and to save lives, while at the same time protecting our own bodies, we are fulfilling a religious obligation. Preventing malaria is one of the important ways in which we must protect God's trust in our bodies, but it is important to know what a deadly disease malaria is in order to understand why this is so.

Malaria is a deadly disease which kills more than one million people across the world each year, and it sickens 212 million people each year in Africa alone. However, it does not have to be this way; we have proven methods to avoid mosquito bites, and instructions about what to do if we think we have malaria.

In places where malaria is a danger (like sub-Saharan Africa, Southeast Asia, and parts of South America), it is a threat to all people, of all ages. Even though it is particularly dangerous for small children, pregnant women, and elderly people, ***malaria is a danger to many people, and it is caused by something as small as bites from infected mosquitoes. Thus everyone must take all possible precautions to prevent and control this deadly disease,*** in order to eliminate it from our communities forever. Scientists, medical professionals, and government officials are working to fight this disease and to stay ahead of it as it changes. Following the recommendations of these experts will help our congregation fight this killer. Therefore, during the following weeks, we will learn together about some of these specific interventions we can use to prevent malaria and to control its spread in our community.



These actions include:

1. Sleeping under a long-lasting insecticide-treated net, especially pregnant women and children under five years, since they are the most vulnerable to malaria.
2. Pregnant women taking two doses of anti-malarial medicine as prescribed by a healthcare provider.
3. Being receptive to local initiatives to spray the inside or outside of homes, as this also prevents malaria.
4. Recognizing the symptoms of malaria and seeking treatment as soon as possible at a health facility.
5. Following treatment guidelines as directed by health facility staff and completing the full course of treatment to ensure malaria is cured and does not become resistant to medication.
6. Keeping a clean environment, so mosquitoes cannot breed—by clearing standing water and cleaning up trash around your property.

The sermons you will hear in the following weeks will provide more information about these interventions, including how these strategies protect against malaria and what can happen if the recommendations are not followed. Together, let us commit to treating God's trust with respect by learning how to keep our bodies healthy and free from malaria!

WE MUST SEEK PROPER KNOWLEDGE ABOUT HOW TO CARE FOR OURSELVES AND OUR FAMILIES

SERMON 1: PROTECT ONE ANOTHER

MESSAGE:

ALL PEOPLE IN A HOUSEHOLD SHOULD SLEEP UNDER A LONG-LASTING INSECTICIDE-TREATED NET, ESPECIALLY PREGNANT WOMEN AND CHILDREN UNDER FIVE YEARS OF AGE, SINCE THEY ARE THE MOST VULNERABLE TO MALARIA.

INTRODUCTION

Malaria is spread through the bites of mosquitoes. Although there are other types of mosquitoes that bite during the day, the type of mosquito that carries malaria is most likely to bite late at night.²⁴ Avoiding mosquito bites during the night can drastically reduce the cases of malaria. A net that has been treated with an insecticide to kill or repel mosquitoes will protect against these night-time bites and malaria.

Everyone who lives in an area where malaria is present should sleep under a long-lasting insecticide-treated net, but it is absolutely necessary for pregnant women and children under five years of age. Young children and pregnant women are especially vulnerable to malaria. Eighty-five percent (85%) of malaria deaths each year are among children under five years of age.²⁵

Dangers to Pregnant Women and Their Babies

Pregnant women and their unborn babies are also particularly vulnerable to malaria as pregnancy reduces a woman's immunity to the disease. She is more susceptible to malaria infection and has an increased risk of illness, severe anemia and death. The mother may die during her pregnancy from the malaria itself, or from the anemia that results from the malaria.²⁶ Anemia is a condition where red blood cells cannot carry the oxygen the body needs and causes the mother to be more vulnerable to excessive bleeding after childbirth.

Malaria in the mother increases the risk of miscarriage, stillbirth, and premature delivery and low birth weight for the baby, a leading cause of child mortality.²⁷ In areas where the number of malaria cases is very high and people have developed some immunity to the disease, a mother with malaria may not display symptoms, but the disease can still be very harmful to her

and her developing baby. In addition to anemia, malaria in the mother can also result in parasites in the placenta. The placenta is needed to deliver food to the baby and parasites hinder the child from receiving proper nutrition, which results in low birth weight and is a leading cause of poorer infant survival and development.²⁸

Long-Lasting Insecticide-Treated Nets Work

The evidence is clear. Nets treated with an insecticide protect against malaria. A study showed that the use of long-lasting insecticide-treated nets reduced the cases of malaria by 62% compared with using no net and 43% compared with using a net that is not treated with an insecticide.²⁹ Use of long-lasting insecticide-treated nets is a proven method of reducing night-time mosquito bites and the number of malaria cases they cause.



EACH
OF YOU IS A
GUARDIAN

SUGGESTED SERMON 1: “PROTECT ONE ANOTHER”

SCRIPTURE

“They ask you as to what they should spend. Say: Whatever wealth you spend, it is for the parents and the near of kin and the orphans and the needy and the wayfarer, and whatever good you do, God surely knows it.” (Quran 2:215)

“Each of you is a guardian, and each of you will be asked about your guardianship. The leader is a guardian, and the man is a guardian over the people of his house, and the woman is a guardian over her husband’s house and children. So each of you is a guardian, and each of you will be asked about your guardianship.” (narrated by Ibn Umar, Muslim).

“Have you considered him who calls the judgement a lie? That is the one who treats orphans with harshness. And does not urge others to feed the poor. So woe to the praying ones, who are unmindful of their prayers, who do good to be seen, and withhold the necessities of life.” (Quran 107:1-7)

“..God has not created a disease without creating a cure for it..” (narrated by Usamah Bin Shareek, Bukhari)

SERMON

God calls us to protect the vulnerable, both in our own families and beyond. As healthy adults, we have the ability to make decisions for ourselves and act on them. If we decide we need something to protect ourselves, we can seek it out. But a child or a baby developing in its mother’s womb cannot. It is up to us as protectors of the vulnerable to provide for them.

Protecting the vulnerable in our families and communities from malaria is a responsibility we cannot ignore. Malaria is a killer among us, taking more than one million lives across the globe each year. Children are especially vulnerable: Out of all those who die from malaria each year, 85% of the deaths are among children under five years of age. In a Hadith from Muslim, we are reminded that *“each of you is a guardian, and each of you will be asked about your guardianship. The leader is a guardian, and the man is a guardian over the people of his house, and the woman is a guardian over her husband’s house and children. So each of you is a guardian, and each of you will be asked about your guardianship.”* Thus, we need to make sure they are taken care of.

A pregnant woman and her unborn baby are also highly vulnerable to malaria. Pregnancy makes the mother more susceptible to malaria infection and she has an increased risk of illness and death. But it does not have to be this way. We have a proven method of protecting against malaria and the mosquitoes that carry the disease. We have evidence that sleeping under a special net treated with an insecticide can protect against malaria. The mosquitoes that carry malaria are more likely to bite late at night. If we can protect ourselves and our families from mosquitoes at night, we can greatly reduce our chances of contracting malaria. ***All people in a household should sleep under a long-lasting insecticide-treated net, especially pregnant women and children under five years of age, since they are the most vulnerable to malaria.*** As a Hadith from Bukhari narrated by Usamah bin Shareek states: *“God has not created a disease without creating a cure for it.”* That is why sleeping under a net treated with an insecticide is effective in reducing the cases of malaria.

85% OF
MALARIA DEATHS
EACH YEAR ARE
AMONG CHILDREN
UNDER FIVE
YEARS OF AGE.



Malaria is caused by mosquito bites, and the mosquitoes that carry malaria are more likely to bite late at night. If we can protect ourselves and our families from mosquitoes at night, we can greatly reduce our chances of contracting malaria. The best way to prevent malaria is to sleep under a net. All people should sleep under a net, but especially young children and pregnant women. To be effective, the entire body must be inside the net all night, with no part exposed. It is also important to fill in standing water and to clean up trash around your property, to prevent mosquitoes from breeding.

there. Mosquitoes can easily seek out and find your family and infect them with the disease. We should not leave our children unprotected any more than we would let them lean dangerously over a cliff.

God knows when we are good to our family and protect them as we should. He knows when we spend our resources as we should to provide for our family and those around us. The Quran tells us, *“They ask you as to what they should spend. Say: Whatever wealth you spend, it is for the parents and the near of kin and the orphans and the needy and the wayfarer, and whatever good you do, God surely knows it.”* (Quran 2:215) Protecting our families from mosquitoes and the disease they carry is one of the most important things we can do.

We should not only make sure our own families are protected, but we should also do what we can to protect the young and needy among us who may not have families or resources for protection. In the Quran we read how God expects us to help orphans and the poor. *“Have you considered him who calls the judgement a lie? That is the one who treats orphans with harshness. And does not urge others to feed the poor. So woe to the praying ones, who are unmindful of their prayers, who do good to be seen, and withhold the necessities of life.”* (Quran 107:1-7) Just as orphans and needy people need our help finding food, they also may need help obtaining or learning how to use nets to be protected against mosquitoes carrying malaria. Our communities must work together to make sure that all people are protected with long-lasting insecticide-treated nets, by getting the nets and by using them properly. And whatever good we do, God surely knows it.

Our instincts tell us to protect our children from dangers we can see. What would you do if you were walking with your child up a mountain and your child ran to look over the edge of a cliff? Would you let the child lean dangerously over the edge without concern? No, you would stay with the child, closely watch him and even pull him back if he was leaning too far. Just because you cannot see the disease of malaria and may not even see mosquitoes as you and your family go to sleep, the danger is

PROTECTING

GOOD

WHATEVER

GOOD WE DO,

GOD SURELY

KNOWS IT.

SERMON 2: PREPARE FOR GOD'S GIFT

INTRODUCTION

Malaria is especially dangerous for pregnant women and the babies they carry. In Africa alone, around 25 million pregnant women each year are at risk of malaria infection during their pregnancy.³⁰ Pregnancy reduces a woman's immunity to the disease, making her more susceptible to malaria infection and increasing the risk of illness, severe anemia and death. The mother may die during her pregnancy from the malaria itself, or from the anemia that results from the malaria.³¹ Anemia is a condition where red blood cells cannot carry the oxygen the body needs and causes the mother to be more vulnerable to excessive bleeding after childbirth.

Malaria in the mother also harms the baby. It increases the risk of miscarriage, stillbirth, and premature delivery and low birth weight for the baby – leading causes of child mortality.³² Malaria in the mother can also result in parasites in the placenta. The placenta is needed to deliver food to the baby and parasites hinder the child from receiving proper nutrition. The undernourished newborn suffers from low birth weight, making it more vulnerable to death and developmental problems.³³

Intermittent Preventive Treatment (IPT): Protection for the Mother and Baby

Fortunately we have proven methods of reducing a mother's chance of contracting malaria during pregnancy. The World Health Organization (WHO) recommends a combination of interventions: use of insecticide treated nets (ITNs), and Intermittent Preventive Treatment (IPT). Currently, the most effective drug for IPT is sulfadoxine-pyrimethamine (SP), and *all pregnant women should receive at least 2 doses of IPT with SP during regularly scheduled antenatal visits*,³⁴ after the mother feels the first movements of the baby.³⁵ The WHO recommends a schedule of four total antenatal clinic visits, and pregnant women should receive 2-3 doses of IPT during antenatal visits in the second and third trimesters of pregnancy.³⁶ This IPT has been shown to effectively reduce a mother's chances of contracting malaria,³⁷ so all pregnant women should be encouraged to seek it.



MESSAGE:

PREGNANT WOMEN MUST TAKE TWO DOSES OF ANTI-MALARIAL MEDICINE AS PRESCRIBED BY A HEALTHCARE PROVIDER.

WE HAVE AN
IMPORTANT TASK
TO PROTECT
THE MOTHER AND
HER BABY FROM
THE DEVASTATION
OF MALARIA.

A CHILD
IS ONE OF THE MOST
PRECIOUS GIFTS
GOD WILL GIVE US

SUGGESTED SERMON 2: “PREPARE FOR GOD’S GIFT”

SCRIPTURE

“He it is Who created you from a single being, and of the same (kind) did He make his mate, that he might incline to her; so when he covers her she bears a light burden, then moves about with it; but when it grows heavy, they both call upon God, their Lord: If Thou givest us a good one, we shall certainly be of the grateful ones.” (Quran 7:189)

“And (as for) the believing men and the believing women, they are guardians of each other; they enjoin good and forbid evil and keep up prayer and pay the poor-rate, and obey God and His Messenger; (as for) these, God will show mercy to them; surely God is Mighty, Wise.” (Quran 9:71)

“He grants wisdom to whom He pleases, and whoever is granted wisdom, he indeed is given a great good...” (Quran 2:269)

SERMON

New life is precious. It is one of God’s greatest gifts. The Quran tells us, *“He it is Who created you from a single being, and of the same (kind) did He make his mate, that he might incline to her; so when he covers her she bears a light burden, then moves about with it; but when it grows heavy, they both call upon Allah, their Lord: If Thou givest us a good one, we shall certainly be of the grateful ones.”* (Quran 7:189) Man and woman unite to form a child, and as parents, we should be grateful for this blessing.

We must not accept this gift lightly and fail to prepare for the birth of the child or to protect his or her health. There are many things we should do when we prepare for a new baby. The most important step is to protect the health of the mother and child while the baby is still developing in the womb. One

of the biggest dangers to the baby is malaria in the mother. During pregnancy a woman is more vulnerable to malaria, which can kill her, cause her to miscarry or deliver a premature or undernourished baby.

Fortunately, we have medicine a woman can take during her pregnancy to protect her from malaria. The medicine is known as SP (sulphadoxine pyrimethamine) and a woman should take two doses during pregnancy as directed by a healthcare provider. Studies have shown that taking this medicine can protect a woman and her baby from the dangers of malaria. ***Pregnant women must take two doses of anti-malarial medicine as prescribed by a healthcare provider.***

Men, you should make sure the mother of your child has antenatal care visits and sees a healthcare provider during her pregnancy. As devout believers you are entrusted to protect the mother of your child. God calls on men and women to act as guardians and help each other do what is right, as it is written in the Quran. *“And (as for) the believing men and the believing women, they are guardians of each other; they enjoin good and forbid evil and keep up prayer and pay the poor-rate, and obey God and His Messenger; (as for) these, God will show mercy to them;*

surely God is Mighty, Wise.” (Quran 9:71) And mothers, you have a responsibility to follow this advice and take care of yourself. You should make sure you visit a healthcare provider and receive anti-malarial medication as soon as you think you are pregnant.

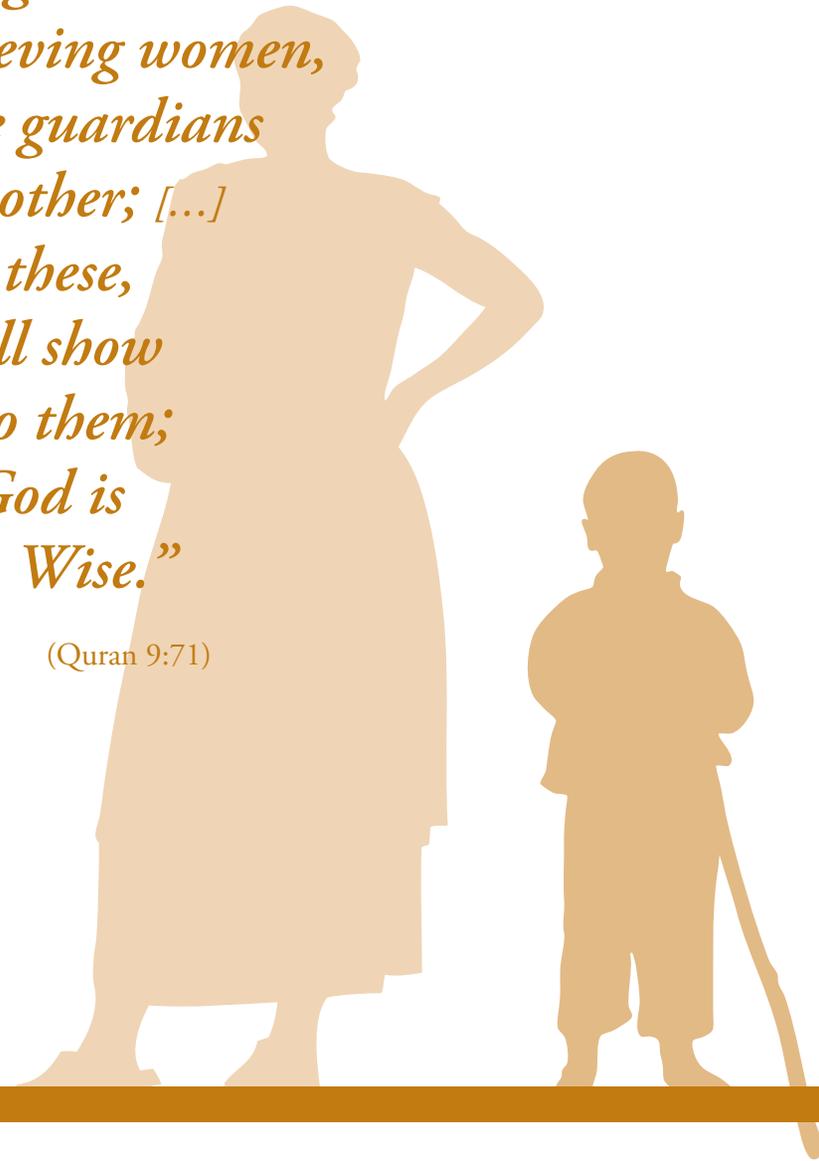
God expects special planning for a baby before the child is born. Parents should prepare for the child and his health by protecting the health of the mother. She is more vulnerable to malaria during pregnancy. She can catch the disease easily during her pregnancy, and it will harm her and her growing baby. She needs the wisdom of trained healthcare providers. God provided us with people who are motivated to learn to become healers and gave us tools to make medicines from the Earth. We should seek out these gifts.

God spoke to the Prophet Muhammed about the wisdom that He has given to His creation. He said, *“He grants wisdom to whom He pleases, and whoever is granted wisdom, he indeed is given a great good...”* (Quran 2:269) God gave his creation the gift to become wise healers just as He gave another a beautiful voice to sing or strong hands to build.

We should seek out the wisdom of these healers. Pregnancy is one of the most important times to do this. We have an important task to protect the mother and her baby from the devastation of malaria. Fortunately, we have medicine, created with wisdom bestowed on mankind from God, to protect against malaria during pregnancy. A mother-to-be must visit a healthcare provider for doses of SP as soon as she realizes she is pregnant. Remember, a child is one of the most precious gifts God will give us. We must take care of this gift from the very beginning and protect the child from disease.

“And (as for) the believing men and the believing women, they are guardians of each other; [...] (as for) these, God will show mercy to them; surely God is Mighty, Wise.”

(Quran 9:71)



MESSAGE:

BE RECEPTIVE TO LOCAL INITIATIVES TO SPRAY THE INSIDE OR OUTSIDE OF HOMES, AS THIS ALSO PREVENTS MALARIA.

SERMON 3: DEFEAT THE ENEMY

INTRODUCTION

Malaria is spread by mosquitoes that bite late at night, a time when most people are in their homes. Therefore, reducing the numbers of mosquitoes in the home will help protect families and control the spread of the disease.

To reduce or eliminate mosquitoes in the home, the World Health Organization recommends spraying the inside or outside walls of a home with a long-lasting insecticide, known as indoor residual spraying, or IRS. The most effective insecticide to kill mosquitoes and fight the spread of malaria is DDT.³⁸ Many governments are implementing IRS programs in their countries. Therefore, *be receptive to initiatives to spray the inside or outside of homes*, if your government's Ministry of Health sends representatives to do so.

Indoor residual spraying has been shown to reduce the number of mosquitoes in the home, control the spread of malaria, and save lives.



WE HAVE A DISEASE
AMONG US THAT IS AS
DANGEROUS
AS ANY ENEMY ON A
BATTLEFIELD

SUGGESTED SERMON 3: “DEFEAT THE ENEMY”

SCRIPTURE

“And when they went out against Jalut and his forces they said: Our Lord, pour down upon us patience, and make our steps firm and assist us against the unbelieving people. So they put them to flight by God’s permission. And Dawood slew Jalut, and God gave him kingdom and wisdom, and taught him of what He pleased...” (Quran: 2:250-251)

“O you who believe! Enter into submission one and all and do not follow the footsteps of Satan; surely he is your open enemy.” (Quran 2:208)

SERMON

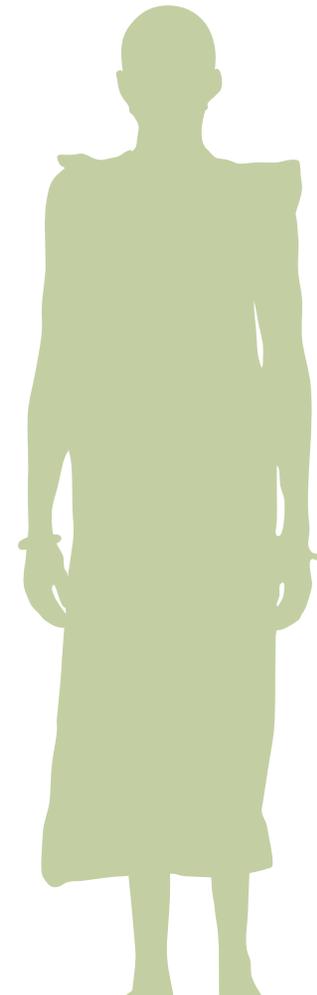
We have a disease among us that is as dangerous as any enemy on a battlefield. It is malaria and in much of Africa it is the number one killer of children under five years of age. Malaria is a threat to everyone and can kill otherwise healthy adults. In a pregnant woman, malaria increases the risk of miscarriage, stillbirth, and delivering a premature and undernourished baby. We may feel powerless against this disease. We may think it is just part of life and there is nothing we can do. This is not true. We have weapons that have been proven to fight malaria. We must use these weapons to protect ourselves and our families against this destructive disease. Spraying the inside or outside of our homes with a long-lasting insecticide is a proven weapon to fight malaria.

Sometimes an enemy is something we can see, as when the young Prophet Dawood (David) fought the powerful Jalut. The Prophet Muhammed (pbuh) recited the words of God about this battle in the Quran: *“And when they went out against Jalut and his forces they said: Our Lord, pour down upon us patience, and make our steps firm and assist us against the unbelieving people. So they put them to flight by God’s permission.”* (Quran 2:250) With God’s permission, Dawood (David) led his people to victory by slaying Jalut with a stone. *“And Dawood slew Jalut, and God gave him kingdom and wisdom, and taught him of what He pleased...”* (Quran: 2:251) God guided Dawood (David) to victory, enabling him to use the weapon he needed to slay the enemy.

Sometimes the enemy is something we cannot see, like evil. God cautions us against evil and the temptations of Satan. He warns us, *“O you who believe! Enter into submission one and all and do not follow the footsteps of Satan; surely he is your open enemy.”* (Quran 2:208) Even though we cannot always see evil and temptation in our path, it is there waiting for us. To avoid falling to temptation, we must live as God intended, seeking good and rejecting evil. We should be vigilant and protect ourselves from following the path of evil, just as we must be vigilant against diseases that can harm or even kill us, such as malaria. We cannot see malaria, but it threatens us and our families.

Malaria is spread by the bites of mosquitoes. The type of mosquito that carries malaria usually bites late at night, when we are in our homes. Reducing or eliminating the number of mosquitoes in our home is a powerful defense against malaria. Fortunately, we have an insecticide that can be sprayed on the inside or outside of homes to kill mosquitoes which will remain on the walls for a long time. If your Ministry of Health sends teams of people to spray homes with this long-lasting insecticide, it is important to participate in this program and to agree to have your home sprayed. ***Be receptive to these local initiatives to spray the inside or outside of your homes, as this also prevents malaria.*** If your home is sprayed, be sure you do not wash the walls, so the insecticide will remain on them. Just

**MALARIA IS
A THREAT TO
EVERYONE AND CAN
KILL OTHERWISE
HEALTHY ADULTS.**

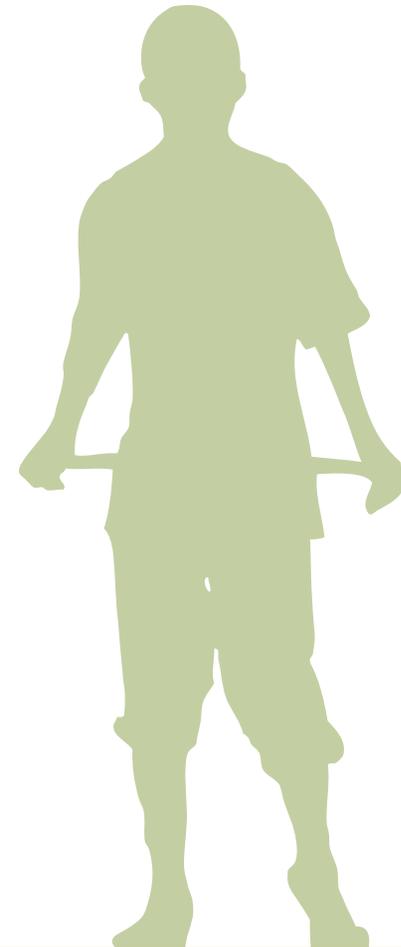


as God calls on us to protect ourselves and our homes from evil and lead a holy life, we must protect our homes from disease with whatever weapons we have.

Dawood (David) used the weapons available to him to protect his people. He used a single stone to slay Jalut, the powerful warrior. Although malaria is very dangerous, we are not powerless, and we too have proven weapons against this disease. Sleeping under an insecticide-treated net is one well-known weapon that can protect us from malaria. These nets protect us from mosquito bites during the late hours of the night, when they are most active. Spraying the inside or outside of our homes is another powerful weapon in our arsenal against malaria. We must use all the proven methods we have to fight this killer.

The Prophet Dawood (David) took his responsibility to protect his people very seriously. We are no different. We must take our responsibility to protect ourselves and our families from malaria to heart and use the weapons we have against this disease. We must do what we can to remove mosquitoes from our homes. Participating in available programs that spray the walls of our homes with a safe, long-lasting insecticide will reduce the number of mosquitoes in our homes, thus reducing our chances of getting malaria. Let us use all the weapons we have to fight this killer.

WE
ARE NOT
POWERLESS



SERMON 4: NOTICE THE SIGNS

INTRODUCTION

Malaria can strike anyone at any time, and it can be fatal. Therefore, *it is critical to be able to recognize the symptoms of malaria and to seek medical treatment as soon as possible.* Symptoms of malaria include fever, shaking chills, headache, muscle aches, and fatigue. The infected person may also experience nausea, vomiting and diarrhea. Malaria can cause anemia and jaundice (yellow coloring in the eyes) due to the loss of red blood cells.³⁹ A simple blood test done at the local healthcare facility can tell if a person is infected with malaria.

A person with these symptoms should be taken to a healthcare facility for medical treatment as soon as possible. If the infected person does not receive prompt treatment, malaria can be fatal. Malaria is especially dangerous for young children and pregnant women. They should be watched closely for signs of malaria and treated immediately. Recognizing the symptoms of this killer disease and seeking prompt treatment will save lives.

RECOGNIZING THE SYMPTOMS
OF THIS KILLER DISEASE AND
SEEKING PROMPT TREATMENT
WILL **SAVE
LIVES**



MESSAGE:

IT IS IMPORTANT TO
RECOGNIZE THE SYMPTOMS
OF MALARIA AND TO SEEK
TREATMENT AS SOON AS
POSSIBLE AT A HEALTH
FACILITY.

SUGGESTED SERMON 4: “NOTICE THE SIGNS”

SCRIPTURE

“He it is who sends down clear communications upon His servant, that He may bring you forth from utter darkness into light; and most surely God is Kind, Merciful to you.” (Quran 57:9)

“And God has sent down water from the cloud and therewith given life to the Earth after its death; most surely there is a sign in this for a people who would listen.” (Quran 16:65)

“And He has made subservient to you whatsoever is in the heavens and whatsoever is in the Earth, all, from Himself; most surely there are signs in this for a people who reflect.” (Quran 45:13)

“Read! In the Name of your Lord, Who has created (all that exists), Has created man from a clot, Read! And your Lord is the Most Generous, Who has taught (the writing) by the pen, Has taught man that which he knew not.” (Quran 96:1-5)

“Tie your camel and place your trust in God.” (Hadith, Tirmidhi)

SERMON

There are signs all around us. Signs of good and signs of danger abound. We will see and hear these signs if we open our eyes and our ears. God expects us to see the good He has bestowed on us and the threats and challenges we face. He communicates with His servants and we must be alert and look and listen for signs. As God says in the Quran: *“He it is who sends down clear communications upon His servant, that He may bring you forth from utter darkness into light; and most surely God is Kind, Merciful to you.”* (Quran 57:9) The light is there if you open your eyes.

While we must have faith in Him and accept His plan for us, we are in control of our actions. We are also in control of much of our own health. We can make the best choice possible from among the food we have available to nourish our bodies. We can avoid unhealthy foods and the prohibited drink, alcohol. We must be aware of the diseases that threaten us and how to avoid them.

Signs are all around us. Signs of God’s goodness and mercy on us are in front of us. The Quran tells us, *“And God has sent down water from the cloud and therewith given life to the Earth after its death; most surely there is a sign in this for a people who would listen.”* (Quran 16:65) We must be open to these signs of God’s goodness, but also to signs of threats. We can see signs of threats to our health, such as harmful diseases, if we look and listen for them.

The Quran reminds us in the first verses revealed to Prophet Muhammed (pbuh), *“Read! In the Name of your Lord, Who has*

WE ARE IN
CONTROL OF OUR
ACTIONS

WE ARE **ALSO** IN CONTROL OF
MUCH OF OUR OWN **HEALTH**

created (all that exists), Has created man from a clot, Read! And your Lord is the Most Generous, Who has taught (the writing) by the pen, Has taught man that which he knew not.” (Quran 96:1-5) It is important to recognize that by virtue of being human, we have the capability to continue to learn new information that will make us more capable of protecting ourselves and our family, and thus being better servants of God.

One of the most common yet dangerous diseases we have in our area is malaria. Malaria strikes 212 million people in Africa each year. It is the number one killer of children under five years of age in sub-Saharan Africa and kills more than one million people across the globe each year. Malaria is spread by mosquitoes that usually bite late into the night while we are in our homes.

However, we are not helpless against this powerful disease. If we know the symptoms of malaria and seek immediate treatment when we see these symptoms, we can fight it with medicine.

It is important to recognize the symptoms of malaria and to seek treatment as soon as possible at a health facility. If you or someone you know has a fever, chills, headache, muscle aches, and fatigue, you should suspect malaria and seek treatment. Be on the lookout for nausea, vomiting and diarrhea, as they too can be signs of malaria. In addition, malaria can cause anemia and jaundice. Look for yellow coloring in the eyes as a sign of jaundice.

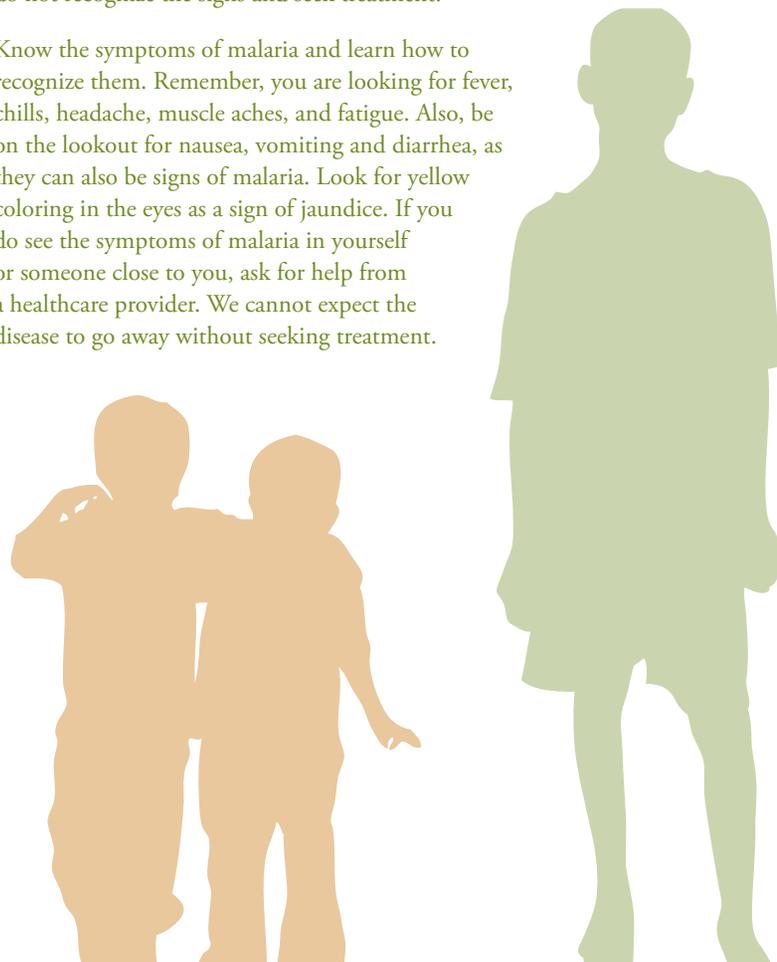
If you or someone close to you has signs of malaria, visit a healthcare provider as soon as possible. They should have medicine to treat the disease. Someone infected with malaria will have a better chance of recovery if that person takes medicine as soon as symptoms are noticed. We must keep our eyes and ears open to the dangers we face, such as malaria. It can strike any one at any time. Young children and pregnant women are especially vulnerable to this destructive disease.

God expects us to be persistent in our prayers and in our actions. Our prayers may not be answered or may not be answered immediately. This is the mystery of God and His plan

for our lives. Yet, we control our actions and must rise to meet the challenges we face. We must seek knowledge on dangers around us, including the symptoms of malaria. We must seek and ask for help. *“And He has made subservient to you whatsoever is in the heavens and whatsoever is in the Earth, all, from Himself; most surely there are signs in this for a people who reflect.”* (Quran 45:13) You will not see the signs if you are not reflecting and remaining open to what is around you. God hears our prayers, but expects action and persistence from us when we are faced with a hurdle in life. As with the Hadith of a man left his camel untied and said it was because he trusted in God, Muhammed (pbuh) said to him, *“Tie your camel and place your trust in God.”* (Tirmidhi) In the same way, the illness will not be healed if you do not recognize the signs and seek treatment.

Know the symptoms of malaria and learn how to recognize them. Remember, you are looking for fever, chills, headache, muscle aches, and fatigue. Also, be on the lookout for nausea, vomiting and diarrhea, as they can also be signs of malaria. Look for yellow coloring in the eyes as a sign of jaundice. If you do see the symptoms of malaria in yourself or someone close to you, ask for help from a healthcare provider. We cannot expect the disease to go away without seeking treatment.

**WE CANNOT
EXPECT THE
DISEASE
TO GO AWAY
WITHOUT
SEEKING
TREATMENT.**



SERMON 5: REMAIN STEADFAST

MESSAGE:

FOLLOW TREATMENT GUIDELINES AS DIRECTED BY HEALTH FACILITY STAFF AND COMPLETE THE FULL COURSE OF TREATMENT TO ENSURE MALARIA IS CURED AND DOES NOT BECOME RESISTANT TO MEDICATION.

INTRODUCTION

Over the years, malaria has become resistant to medications that had been highly effective in treating the disease in the past. Resistant means the malaria parasites are not eliminated by the medicines and the drug can no longer cure the disease. When a drug is not powerful enough to kill all the malaria parasites infecting a person, it can allow the stronger ones to survive. These stronger malaria parasites can multiply, and the resulting infection will be resistant to the medication.⁴⁰

A disease can become resistant to a medicine if patients do not take the drugs exactly as they are instructed by a healthcare provider. Resistance can also occur due to changes in the disease which allow it to survive and “resist” the medication. To fight drug-resistant malaria, medical experts developed treatment regimens which combine more than one anti-malaria drug with another. If the malaria parasite mutates it is highly unlikely that the mutation will allow it to become resistant to both medicines.⁴¹ Drug combination therapies can help avoid the emergence of malaria that is resistant to medication.

The malaria parasites in one area may be different than the malaria in another country or part of the world. Medication that is effective on the malaria in one area may not be effective in another. Therefore it is very important to listen to the treatment guidelines approved by your government. Your local health facility staff will have information on which type of malaria parasite is infecting the people in your area, and they will prescribe you the most effective drugs. Your responsibility is to fill your prescription at a reputable pharmacy, and then to *follow treatment guidelines as directed by health facility staff. Complete the full course of treatment, to ensure that the malaria is cured, and does not become resistant to medication.*

Malaria is a powerful and deadly disease, killing more than one million people across the world each year. Scientists, medical professionals, and government officials are working to fight this disease and stay ahead of it as it changes. Following the recommendations of these experts will help you and your congregation members fight this killer.



SUGGESTED SERMON 5: “REMAIN STEADFAST”

SCRIPTURE

“O you who believe! Be patient and excel in patience and remain steadfast, and be careful of (your duty to) God, that you may be successful.”
(Quran 3:200)

“Surely We sent Noah to his people, saying: Warn your people before there come upon them a painful chastisement. He said: O my people! Surely I am a plain warner to you: That you should serve God and be careful of (your duty to) Him and obey me: He will forgive you some of your faults and grant you a delay to an appointed term; surely the term of God when it comes is not postponed; did you but know! He said: O my Lord! Surely I have called my people by night and by day! But my call has only made them flee the more.”
(Quran 71:1-6)

SERMON

Challenging times may be long and difficult. The solution to a serious problem is rarely fast and easy. God is with those who remain steadfast and patient through these challenges and work to overcome them. He spoke these words to humanity in the Quran, “O you who believe! Be patient and excel in patience and remain steadfast, and be careful of (your duty to) God, that you may be successful.” (Quran 3:200) We must remain patient and follow our duty to God, staying on the path to good and rejecting temptation and evil.

God advises His people on how to live a holy life. He rewards patient believers who work to solve a problem until it has been solved. One of the most steadfast believers in the Quran is Nuh (Noah). God sent Noah to warn disbelievers to reject their evil ways and live a devout and peaceful life. They would not listen to him and continued on their harmful path. The Prophet Muhammed (pbuh) recited the story of Noah and of his patience and perseverance: “Surely We sent Noah to his people, saying: Warn your people before there come upon them a painful chastisement. He said: O my people! Surely I am a plain warner to you: That you should serve God and be careful of (your duty to)

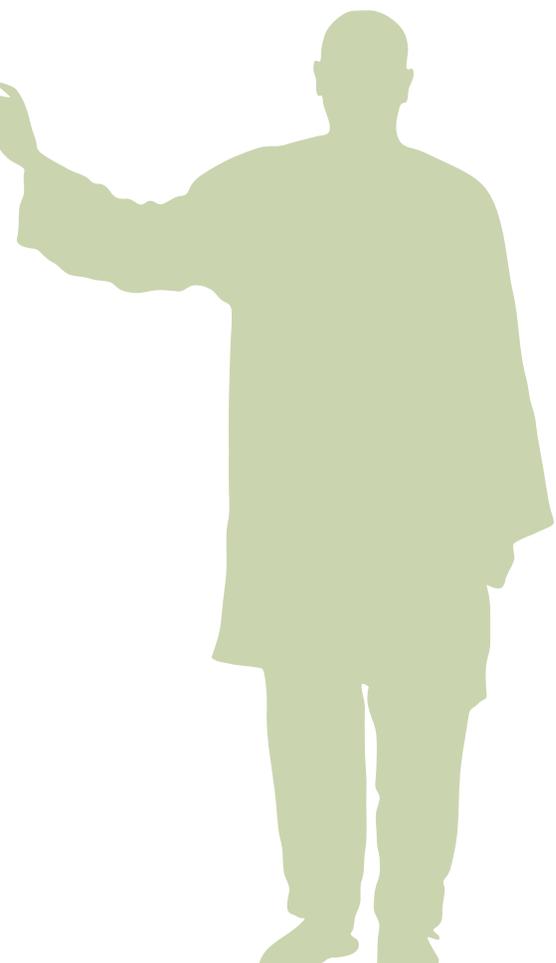
Him and obey me: He will forgive you some of your faults and grant you a delay to an appointed term; surely the term of God when it comes is not postponed; did you but know! He said: O my Lord! Surely I have called my people by night and by day! But my call has only made them flee the more.”
(Quran 71:1-6)

Noah listened to God and heeded His call. Although it was difficult, he continued to warn his people and Noah’s perseverance saved himself and his family once the rains that had been foretold began. He continued to listen to God and built the ark that saved himself and most of his family. We too have a challenge we must not ignore. We have a dangerous killer among us. Malaria spread by the bites of mosquitoes kills more than one million people in the world each year. It sickens 212 million people each year in Africa alone.

We have methods to avoid mosquito bites, such as sleeping under long-lasting insecticide-treated nets and spraying the inside or outside of our homes with insecticide. Those should

FIGHT THIS KILLER

MEDICINES THAT ARE EFFECTIVE AGAINST MALARIA IN ONE AREA MAY NOT BE EFFECTIVE IN ANOTHER AREA



be our first line of defense. However, if you or someone in your family becomes ill with malaria, you must seek the proper treatment as advised by your local government to fully recover. Medicines that are effective against malaria in one area may not be effective in another area, so it is very important to be aware of what your government is recommending and visit a trained healthcare provider who follows those recommendations.

The parasites which cause the illness of malaria can become resistant to the medicines we have to fight the disease. Resistance means those medications will no longer be effective against malaria. If medications are not taken properly and a patient misses doses or stops taking the medicine simply because he feels better, the chance of malaria becoming resistant to that medication increases. *Follow treatment guidelines as directed by health facility staff and complete the full course of treatment to ensure malaria is cured and does not become resistant to medication.* We need every weapon we have to fight this killer disease and cannot afford to have medicines become powerless against it. If you or a family member must

take medicine for malaria, you must make sure the entire course of treatment is followed so the malaria does not become resistant and is completely eliminated from the body.

Recovering from malaria can be a long and difficult task. You must listen to the recommendations of medical experts speaking on behalf of your government and giving you advice on how to cure this dangerous disease. The course of medication may seem long, but you must be persistent and take all the doses as recommended by your healthcare provider.

Despite immense difficulties, Noah listened to God. Most importantly, he never gave up when the challenge was difficult. He continued to warn the people about their evil ways. He was rewarded for his perseverance as he was delivered safely from the great rain. Persistence is needed for any challenge, whether it is braving a flood or struggling to return to good health after a case of malaria. Listen to the advice of your government and healthcare experts and follow the guidelines they have developed. You will need them on your journey to good health.

TREATMENT
FOLLOW TREATMENT GUIDELINES
AS DIRECTED BY HEALTH FACILITY STAFF
AND COMPLETE THE FULL COURSE OF TREATMENT
TO ENSURE MALARIA IS CURED AND
DOES NOT BECOME RESISTANT TO MEDICATION.

SERMON 6: HONOR GOD'S CREATION

INTRODUCTION

God expects us to care for the Earth and for ourselves – His beautiful creations. We have the power to protect and nurture the land and to enjoy the bounty it produces, as God intended. However, we also are capable of harming the land and ourselves by failing to care for it properly.

Diseases like malaria can spread rapidly in unclean environments. You can reduce the spread of disease in your community by motivating your congregation to **keep a clean environment, so mosquitoes cannot breed, by clearing standing water and cleaning up trash around their properties.** Controlling the mosquito population is crucial in reducing the spread of disease, because mosquitoes – which carry and spread malaria – breed in stagnant pools of water.

Any area of standing water can become a mosquito breeding ground. Buckets, tires, cans, puddles, and any area where water can pool can provide an area for adult mosquitoes to lay their eggs, and for the larvae to live. Eliminating areas of standing water around homes therefore will reduce the places where mosquitoes can reproduce, and develop into malaria-causing threats. Other preventive actions that also honor God's creation include cleaning up trash, filling in potholes, and covering vessels of clean drinking water.

Preventing the spread of a disease is far better than being forced to cure it. Reducing the population of mosquitoes will help decrease the number of malaria cases and help save lives. Allowing stagnant water to remain in a community encourages the breeding of mosquitoes that carry malaria, which kills more than one million people across the globe each year. Keeping communities free of litter and standing water can help control the spread of this deadly disease.

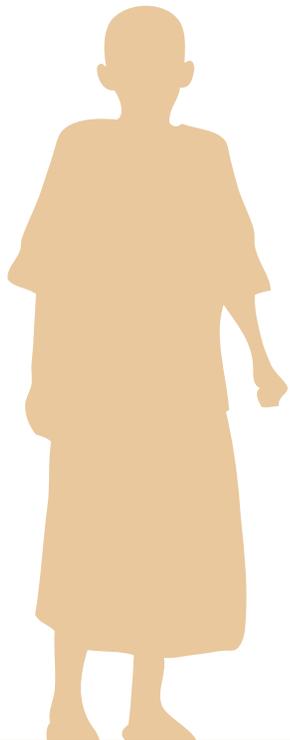
PREVENTION IS BETTER THAN CURE

MESSAGE:

KEEP A CLEAN ENVIRONMENT,
SO MOSQUITOES CANNOT
BREED--CLEAR STANDING
WATER AND CLEAN UP TRASH
AROUND YOUR PROPERTY.



GOD EXPECTS US TO CARE FOR THE EARTH AND FOR OURSELVES



SUGGESTED SERMON 6: “HONOR GOD’S CREATION”

SCRIPTURE

“He created the heavens and the Earth with truth, and He formed you, then made goodly your forms, and to Him is the ultimate resort.” (Quran 64:3)

“And the Earth, We have made it plain and cast in it mountains and We have made to grow therein of all beautiful kinds...” (Quran 50:7)

SERMON

When God created the Earth, He blessed it with amazing beauty. Blue seas, snow-capped mountains, lush green forests, and golden deserts for the eye to see. When He put man on the Earth, He gave us the gift of this beauty, along with the powerful responsibility for this land. As we read in the Quran, *“He created the heavens and the Earth with truth, and He formed you, then made goodly your forms, and to Him is the ultimate resort.” (Quran 64:3)*

God expects us to care for the Earth and for ourselves. We have the power to protect and nurture the land and to enjoy the bounty it produces as God intended. However, we also are capable of harming the land and ourselves by failing to care for it properly. How we treat the Earth can encourage the growth of disease. Disease can spread rapidly in unclean environments. If we throw our trash on the ground without disposing of it in the correct manner, we are disrespecting God’s creation and causing a danger to our own health by encouraging the spread of disease. God made the Earth beautiful and prepared it to produce life-sustaining foods for His children. *“And the Earth, We have made it plain and cast in it mountains and We have made to grow therein of all beautiful kinds...” (Quran 50:7)*

We must make a special effort to protect ourselves from the deadly disease of malaria. Malaria is spread through the bites of mosquitoes. Each year, 247 million people are stricken with

malaria across the globe and more than one million people die. Africa is hit especially hard by malaria. Two hundred and twelve (212) million malaria cases and 91% of deaths in the world from malaria occur in Africa each year. Children are among the most vulnerable, as 85% of malaria deaths each year are among children under five years of age. Malaria is the number one killer of children under five years of age in many parts of Africa.

Pregnant women are also particularly vulnerable to malaria as pregnancy reduces a woman’s immunity to the disease, making her more susceptible to malaria infection and increasing the risk of illness and death. Malaria in the mother increases the risk of miscarriage, stillbirth, and premature delivery and low birth weight for the baby, which can be fatal. If we can control the growth of mosquitoes that spread this illness, we can save many lives.

Mosquitoes need areas of stagnant water to reproduce. They lay their eggs in water and the larvae live in water until they become adult insects. Even small areas of water outside can become breeding grounds for mosquitoes. Look around your houses and make sure you have no areas of standing water. **Keep a clean environment, so mosquitoes cannot breed – Clear standing water and clean up trash around your property.** Empty buckets, tires, cans, wheelbarrows and any area where water can pool, such as a tarp or other covering, can provide an area for adult mosquitoes to lay their eggs and for the larvae to live.

CARE

If you see an area of standing water, dump it and remove the object so it can not fill with water again.

We should start with our own homes and the grounds surrounding our homes. After we are sure those areas are clean and have no containers or areas of standing water that would attract mosquitoes, we should turn our attention to our communities. Even if your own home is free of areas of standing water, mosquitoes breeding just a few houses away can come to your home and infect your family. Containers of standing water should be removed from the entire community. We must join together as a community and support each other in this effort to reduce the population of mosquitoes and control the spread of malaria. We can begin a group here at the

church to organize clean ups in our community. I will be asking for your help in this effort.

God has blessed us with beautiful land. It is our responsibility to keep it clean for the protection of the Earth and our own health. When we throw our trash on the ground, or leave empty containers to fill with water and create breeding areas for disease carrying insects, we are disrespecting God's creation and creating a hazard to our health. Join with me in a commitment to clean our community and protect our land and our health.

WE HAVE
THE **POWER** TO
STOP THIS
DESTRUCTIVE DISEASE

**TO
STOP**

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