

VISITING FAMILY AND FRIENDS
IN THE TROPICS?

INFORM YOURSELF ABOUT MALARIA



THE DANGER OF MALARIA

If you visit an area where malaria is present, you are in danger, **even if you originally come from that area.**

If you have lived in Belgium for longer than six months, you lose all protection against the disease.

Remember, children are also at risk!

WHERE CAN YOU CATCH MALARIA?

Malaria is only found in tropical regions where *Anopheles* mosquitoes are present. Find out on www.wanda.be in which countries there is a malaria risk.

PREVENT MOSQUITO BITES

- * Wear light-coloured clothing.
- * Cover arms and legs as much as possible.
- * Apply an insect repellent based on DEET, (p)icaridine, IR 3535 or citrodiol to uncovered parts of the body.
- * Sleep under a mosquito net at night.

PREVENTIVE MALARIA MEDICINES

The most commonly used anti-malaria drugs are:

- * Atovaquone/proguanil (Malarone®)
- * Doxycycline
- * Mefloquine (Lariam®)

These pills are only available with a doctor's prescription. They offer more than 95% protection, **but only if taken correctly** - meaning that you should take the **right number of pills for the whole period** prescribed by the doctor. Malaria pills are available from €10 for a month.

No drug offers 100% protection against malaria, so **if you develop a fever during your trip or within three months of returning home**, seek medical attention as soon as possible and tell the doctor that you have travelled to a tropical area.

WHAT IS MALARIA?

- * Malaria is an infection caused by a parasite.
- * The *Anopheles* mosquito can transmit this parasite when it bites. The *Anopheles* mosquito bites people mainly between sunset and sunrise.
- * Symptoms usually appear a week after infection, but can also occur much later. Keep in mind that you can even develop symptoms up to three months after being infected.
- * At first, malaria can look like a regular flu. The most common symptoms are fever, headache and muscle aches.
- * Without timely and correct treatment, malaria can be fatal within a few days.
- * After correct treatment, malaria is cured and the disease will not return.



More information at www.wanda.be



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