

# TRAVELING?



Make sure you protect yourself from **MALARIA**

## What is malaria?

- An infectious disease caused by a parasite transmitted by the bite of the Anopheles mosquito which is active from dusk to dawn.
- Symptoms usually appear between ten days and four weeks after infection.
- Symptoms include fever, headache and muscle pain, but malaria can initially mimic any other infectious disease like the flu.
- If adequate treatment is not started in time, malaria can result in death within a few days.
- After correct treatment, malaria is eliminated and will not come back.

## Where does malaria occur?

In tropical areas where Anopheles mosquitoes are present: be aware of the risk when you travel! Visit [www.itg.be](http://www.itg.be) for more detailed information.

## Which travelers need to be concerned about malaria prevention?

All travelers visiting a region where malaria is present, including children! Immigrants and their families who return to their home countries to visit friends and relatives should also protect themselves against malaria.



## How can I prevent malaria?

### 1. Prevent mosquito bites between dusk and dawn:

- wear light-coloured clothing which covers your arms and legs.
- apply repellent cream with DEET, (p)icaridine, IR 3535 or citrodiol.
- sleep in mosquito-free rooms or sleep under a mosquito net.

### 2. Take antimalarial drugs if indicated:

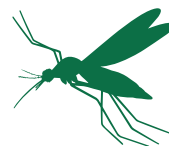
Different types of preventive malaria pills exist, with prices starting at € 10 for a trip of a month. The most commonly used antimalarials are:

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

These drugs are very efficient and offer more than 95% protection if correctly taken.

Malaria pills are only available on doctor's prescription; please discuss the best option with your doctor.

No drug offers 100% protection, so think of malaria and seek professional medical aid in case of fever during your travel or within three months after your return.





# Keep Yourself **SAFE** from **MALARIA**

**Visit your doctor 4-6 weeks before travel**

- Prevent mosquito bites, especially at night.
- Take your antimalarial pills exactly as prescribed.
- If you get sick during or after your travel, it could be malaria: see a doctor immediately.

More info on [www.itg.be](http://www.itg.be)

