

# Plan a Malaria-free trip



## Six ways to protect yourself against Malaria during your trip



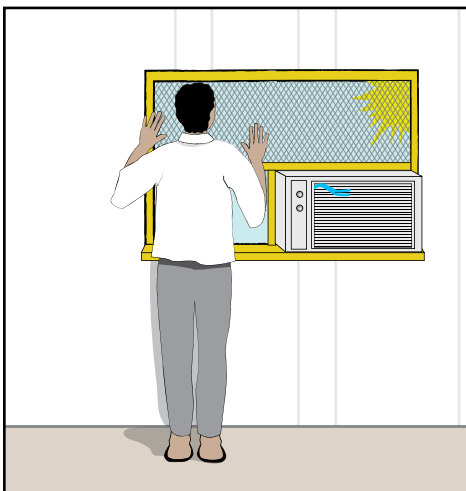
Wear loose, long-sleeved, white or beige clothing.



Use insect repellent starting at sunset.



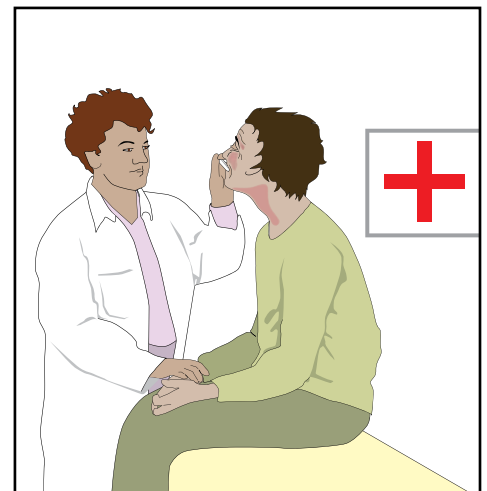
Sleep under an insecticide-treated bed net with the edges tucked under your mattress.



Make sure that door and window screens are not ripped.



Take antimalarial medication if it is recommended for your destination.



Get medical attention if you have a fever and flu-like symptoms.

**Malaria is a medical emergency.  
Malaria can be fatal if not treated immediately.**

## How to protect yourself against Malaria

- Find out if there is Malaria at your destination.
- Wear loose, long-sleeved, white or beige clothing.
- Use insect repellent with 20-30% DEET or 20% Picaridin on exposed skin. Do not use insect repellent on your face or hands. Re-apply repellent according to the directions on the label.
- Sleep under an insecticide-treated bed net that can be tucked under the mattress.
- Make sure that door and window screens are not ripped.
- Find a reputable doctor and pharmacist at your destination. IAMAT can help you with this. Email [info@iamat.org](mailto:info@iamat.org).

## Important facts about Malaria

- Malaria mosquitoes bite in the evening, at night, and early in the morning.
- Malaria mosquitoes do not hum or leave an itchy welt after biting. They are attracted to dark colours, scented soaps, and perfumes.
- You can get sick from Malaria days, weeks, or months after getting bitten by an infected mosquito.
- Malaria is more severe in infants, children, and pregnant women.
- You can get sick even if you grew up in an area with Malaria. No one is fully immune to Malaria.

## If you get sick during your trip or after you return

- See a doctor immediately if you have flu-like symptoms like fever, headache, aches and pains, or weakness.
- Ask to have your blood tested for Malaria. A blood test will confirm whether you have Malaria or another illness.
- All Malaria infections are serious illnesses and must be treated as medical emergencies.

## Antimalarial medication

- Ask your doctor which antimalarial medication is right for you. Ask about its side effects.
- Take antimalarial tablets as directed. Start taking them before entering an area with Malaria.
- Continue taking your tablets unless the doctor tells you to stop.
- Buy antimalarial tablets before your trip. Pack enough for your whole trip.
- Do not buy medication from street markets or unlicensed pharmacies because they can be fakes.
- In many areas, *P. falciparum* and *P. vivax* parasites are resistant to antimalarial medication. To protect yourself, it is important to prevent mosquito bites and take antimalarial medication.

Reviewed by the South Riverdale Community Health Centre Plain Language Group.

With thanks to:

Shirley Cheng, BMed, MPH



**IAMAT**

International Association for Medical Assistance to Travellers

[www.iamat.org](http://www.iamat.org) [info@iamat.org](mailto:info@iamat.org) 416-652-0137