



Malaria prevention advice for travellers

Please read this information carefully –
it won't take you very long.

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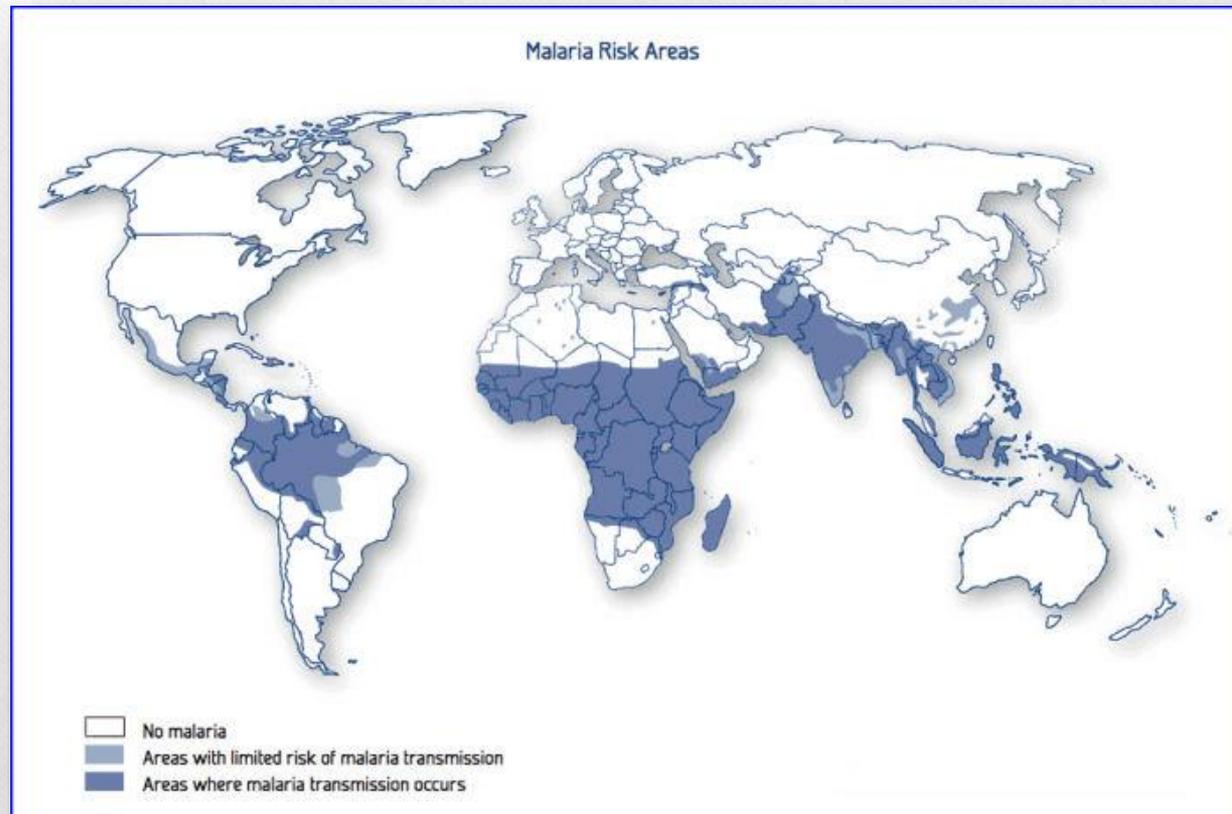
What is malaria ?

Malaria is a parasitic infection spread to humans by the bite of an infected mosquito



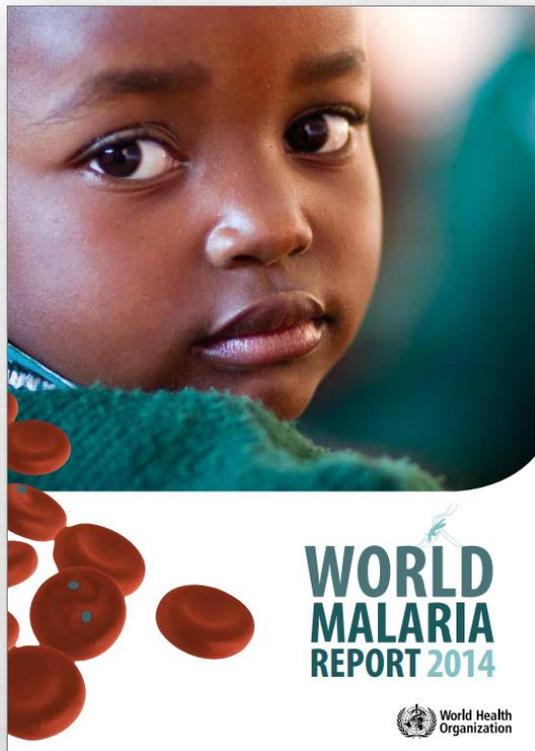
Photo credit: James Gathany

Where is malaria found in the world?



Map courtesy of NaTHNaC www.nathnac.org from the 'Yellow Book'
Field VK, Ford L, Hill DR, eds. Health Information for Overseas Travel, National Travel Health Network and Centre, London, UK, 2010.

The global burden of malaria



According to the latest WHO Malaria Report of 2014, there were about 198 million cases of malaria in 2013 and an estimated 584,000 deaths.

Africa is the most affected continent.

http://www.who.int/malaria/publications/world_malaria_report_2014/en/

In 2013, an estimated 437,000 African children died before their 5th birthday due to malaria



Malaria in UK travellers

- Each year well over 1000 people return to the UK with malaria
- We sadly also have quite a number of cases where travellers have died from the disease
- The greatest number of cases are in those returning to visit friends and family
- Even if you used to live in a malarious country, you **WILL NOT** have protection from the disease



Malaria prevention advice



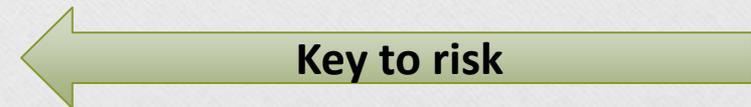
- Be aware of your risk
- Use measures to prevent being bitten
- Ensure you take your tablets (chemoprophylaxis) AND always complete the course
- Report any flu like symptoms as a matter of urgency, in the period up to 12 months after return from your trip

Maps at
www.fitfortravel.nhs.uk

Malarious areas
can vary even
within one
country



Map shown courtesy of www.travax.nhs.uk



Bite prevention

- If you don't get bitten you can't get malaria!
- However the bite doesn't always produce a strong reaction so you may not know you have been bitten at all
- Other diseases are transmitted by mosquitoes who may bite in the day time as well, so prevention should be taken seriously 24 hours a day



Tips about insect repellents

- If travelling to a tropical destination, a content of up to 50% DEET is recommended in anyone 2 months of age upwards
- Check the label of the product for content and suitability
- In a hot and humid tropical country you will sweat more, therefore the repellent needs to be applied frequently
- Ensure you do not get the repellent near your eyes or mouth
- Apply after sun cream and always reapply after swimming
- DEET is a 'plasticizer' so do not allow it come into contact with plastics and materials such as leather watch straps

The myths!

- There is **NO SCIENTIFIC EVIDENCE** that products like garlic capsules, yeast extract and vitamin B12 give any protection



- There's no harm in using them, but do so in conjunction with conventional measures as well

Room protection

- An air conditioned room is the most effective protection as long as it is working as the mosquitoes can't get in!
- If you're staying in a room with window screens, close them early evening and spray the room with knock down spray to kill any mosquitoes already in the room
- Consider using an electric vaporiser



Mosquito nets

- If going to a high risk area without safe air conditioning, you would be advised to use a net, in which case it needs to be an IMPREGNATED mosquito net
- Nets can be bought in this state or get a kit to treat it yourself – make sure you read the instructions on the product
- A hanging kit may also be needed depending on the type of net
- Take a small sewing kit and make sure you repair any tears in the net immediately
- Longer lasting insecticide nets (LLINs) of a different material are used in Africa - similar products are becoming available for travellers now. Check out availability at outdoor shops or websites such as www.lifesytems.co.uk and www.nomad.co.uk

Malaria tablets

- We have a variety of different malaria tablets to choose from in the UK
- It depends where you are going and if there is any resistance of the tablets to the malaria parasite in the country you are visiting
- **It is vital you discuss the options with your travel adviser to select the right drug for you and for your destination**



Wanting more information on malaria tablets?

fitfortravel 
Travel health information for people travelling abroad from the UK

Health Protection Scotland **NHS** National Services Scotland

Home Destinations Advice News Resources A - Z Index

Browse Country Information

 **News**  **Travel Health Advice**

www.fitfortravel.nhs.uk

Where can you obtain your malaria tablets?

- Certain malaria tablets for the higher risk malarious areas are prescription only medicines
- The prescription can be provided from your GP surgery although you can now also get them prescribed after a risk assessment in some pharmacies and even online
- If you choose to go to an online service you **MUST** ensure it is a bona fide source, as counterfeit drugs are a growing problem. In the UK an online pharmacy would display this logo  which would include the pharmacist's registration number as listed on the General Pharmaceutical Council – www.pharmacyregulation.org/

What are the symptoms of malaria?

A non specific flu like illness, usually with

Fever

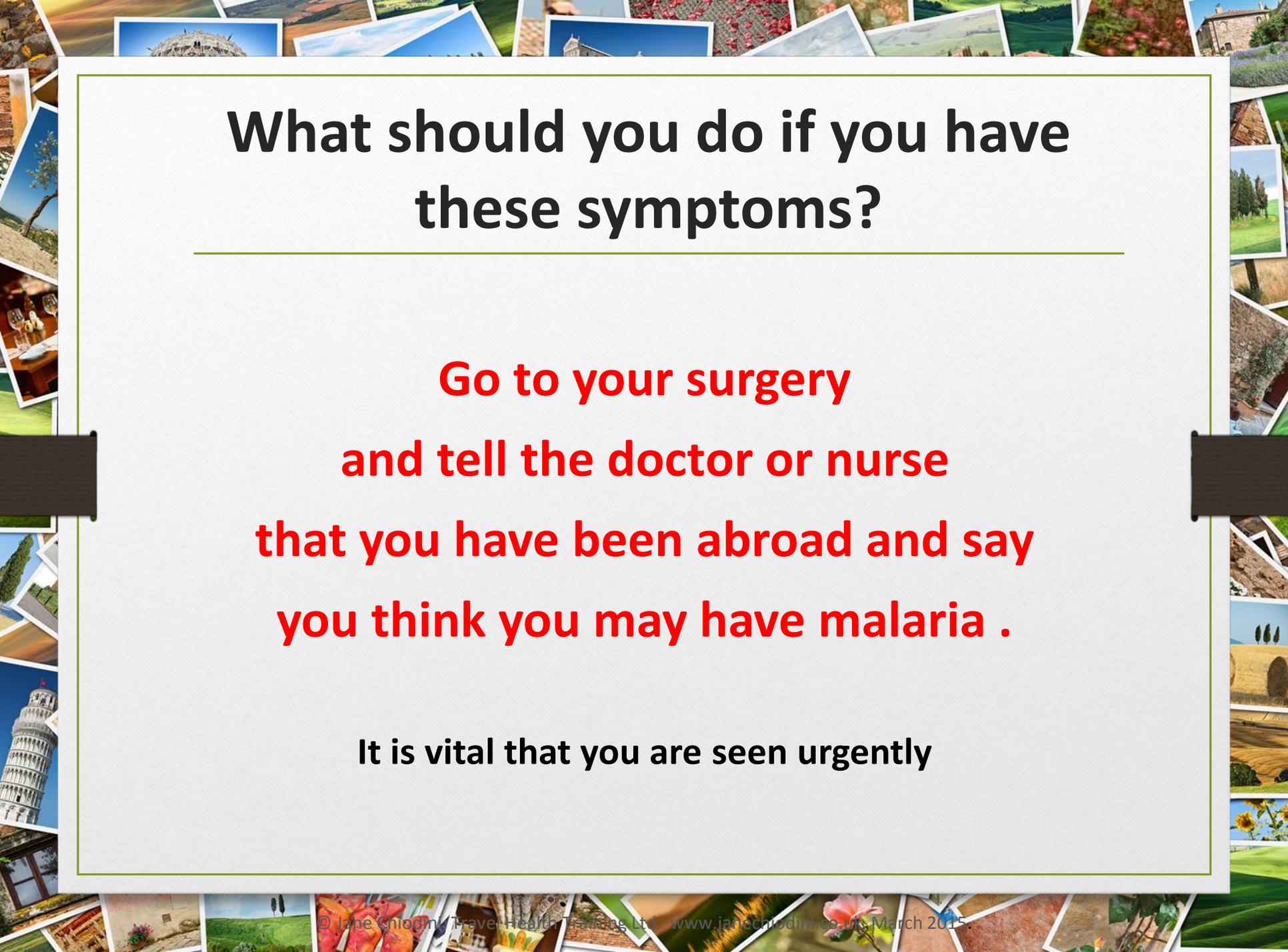
Shivering

Headache

Diarrhoea

Cough

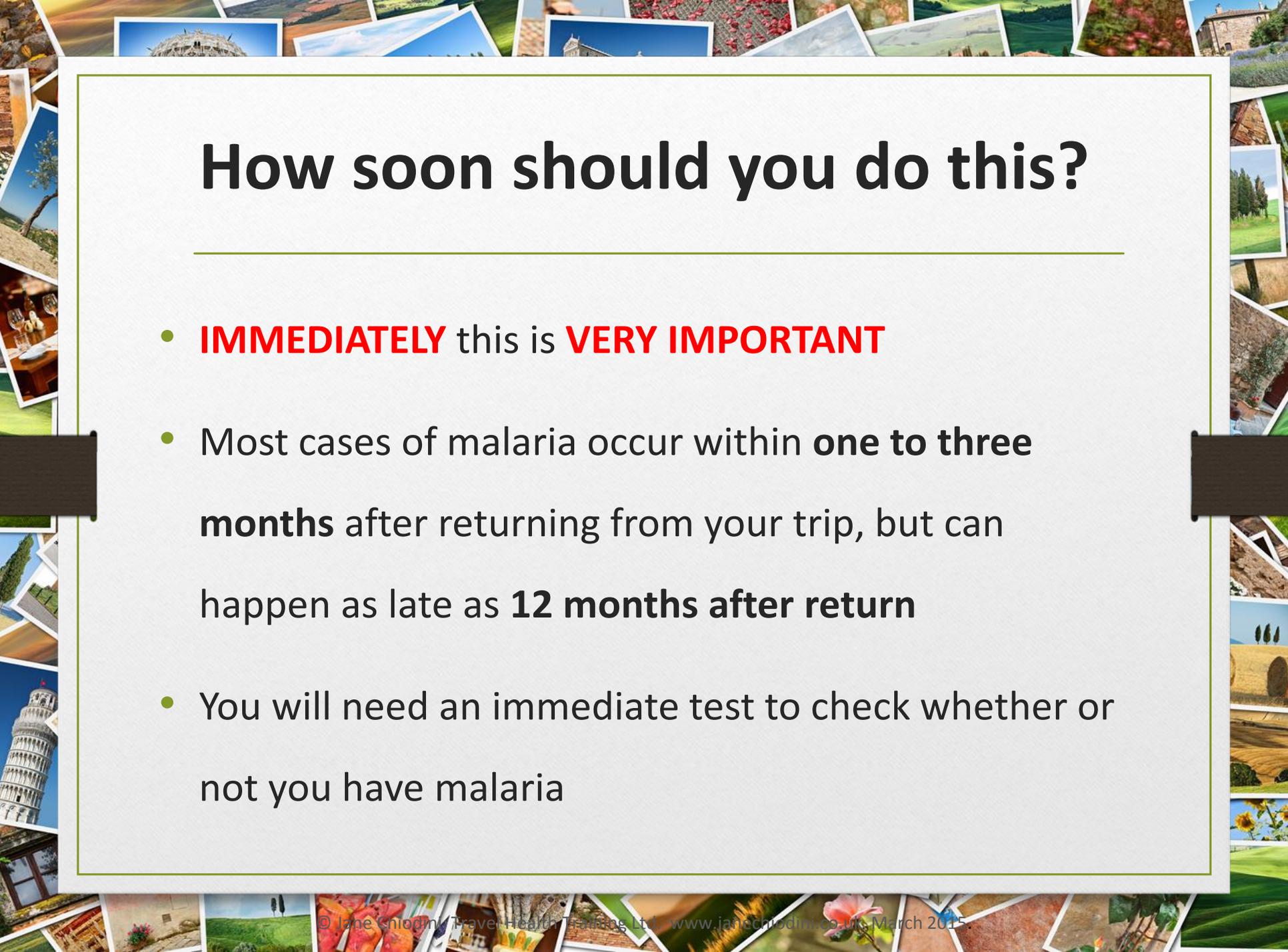




What should you do if you have these symptoms?

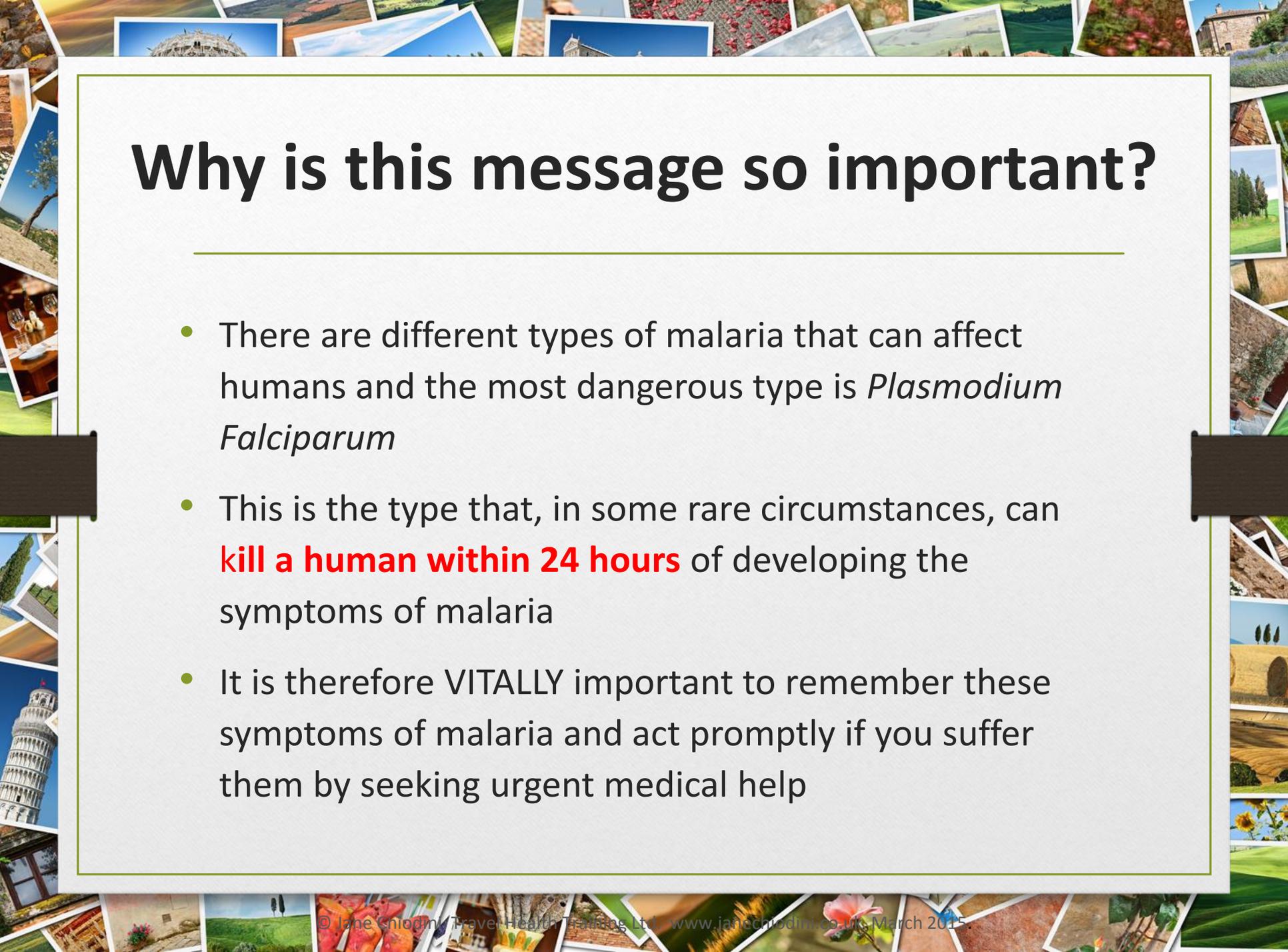
**Go to your surgery
and tell the doctor or nurse
that you have been abroad and say
you think you may have malaria .**

It is vital that you are seen urgently



How soon should you do this?

- **IMMEDIATELY** this is **VERY IMPORTANT**
- Most cases of malaria occur within **one to three months** after returning from your trip, but can happen as late as **12 months after return**
- You will need an immediate test to check whether or not you have malaria



Why is this message so important?

- There are different types of malaria that can affect humans and the most dangerous type is *Plasmodium Falciparum*
- This is the type that, in some rare circumstances, can **kill a human within 24 hours** of developing the symptoms of malaria
- It is therefore VITALLY important to remember these symptoms of malaria and act promptly if you suffer them by seeking urgent medical help

Where to go for more information?

The screenshot shows the NHS Choices website for Malaria. At the top, there is a search bar and navigation tabs for 'Health A-Z', 'Live Well', 'Care and support', 'Health news', and 'Services near you'. The main heading is 'Malaria'. Below this, there are social sharing options and a navigation menu with tabs for 'Overview', 'Real stories', 'Map of Medicine', 'Medicines info', and 'Clinical trials'. The 'Overview' tab is selected, showing sub-links for 'Malaria', 'Symptoms', 'Causes', 'Diagnosis', 'Antimalarials', 'Complications', and 'Prevention'. The 'Introduction' section features a video player with a play button and a description of malaria as a serious tropical disease spread by mosquitoes. To the right, there are 'Useful links' and 'External links' sections with various resources. At the bottom right of the page, there is a 'Find and choose services for Malaria' button.

NHS Choices
www.nhs.uk/conditions/Malaria/Pages/Introduction.aspx

The image shows the cover of a document titled 'Guidelines for malaria prevention in travellers from the UK'. The cover features the Public Health England logo at the top left. The title is centered in a bold, red font. The background is white with a red and green horizontal bar at the bottom.

If you're interested in more detail go to
http://www.hpa.org.uk/webc/HPAwebFile/HPAweb_C/1203496943523

Have a safe trip!

