

# Malaria and Mosquitoes

Witches aren't the only deadly things that fly at dusk.  
In many countries around the world mosquitoes carry malaria.  
It is a very common disease.  
It's main symptom is fever.  
Sore muscles and headache are common.  
It can kill very quickly.

## Preventing Malaria

- ☺ Prevent Mosquito bites
- ☺ Take Antimalarial tablets if recommended

## Preventing Bites – this is probably more important than taking tablets

The mosquitoes that carry malaria bite from dusk until dawn.

- ✓ Wear long sleeved shirts and trousers from dusk until dawn. A mosquito net at night will do!
- ✓ Apply mosquito repellents containing DEET (diethyltoluamide), or the eucalyptus based repellent (Mosigard Natural) to exposed skin..
- ✓ Sleep in a screened or air-conditioned room.
- ✓ Or use a mosquito net (preferably impregnated with permethrin or deltamethrin).
- ✓ Repel mosquitoes with pyrethroid mosquito coils or electrical insecticide dispensers.
- ✓ Electronic buzzers are NOT effective.

## Antimalarial tablets

The type of antimalarial drug depends on which area you are visiting and any medical problems you may have.

- ✓ You must start taking the tablets some time before you travel. The length of time depends on which tablets you have been given. If you have problems before leaving, which you think might be caused by the tablets, nightmares for example, consult your doctor.
- ✓ Take them regularly whilst you are away and continue for a full **four** weeks after you return home (malarone should be continued for 7 days after return).
- ✓ No antimalarial tablet is 100% effective. If you develop symptoms of fever or flu, or vomiting and diarrhoea 7 days, or more, after arriving in the tropics, or within a year of your return:
  - ☒ Contact your doctor at once.
  - ☒ Tell your doctor that you have been to an area where malaria is present.
  - ☒ Have a blood test.