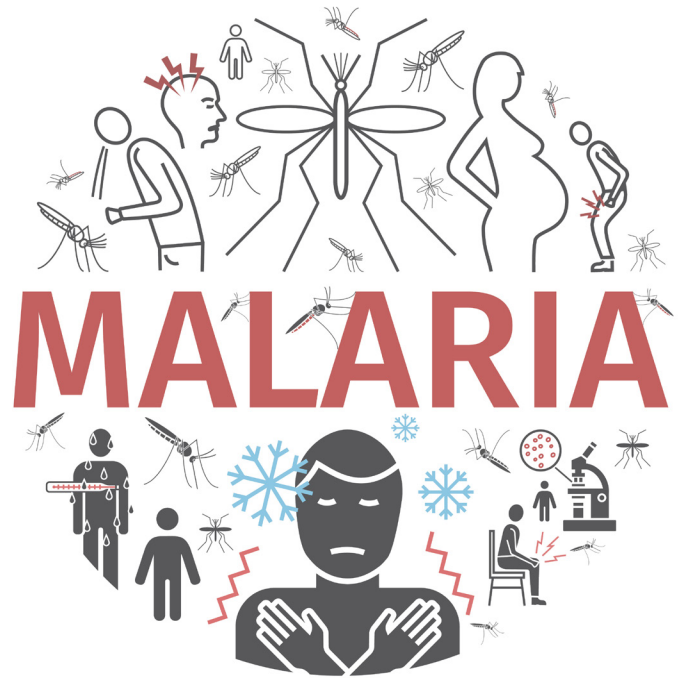


Malaria



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مركز الأمراض الإنتقالية
Communicable Disease Center

عضو في مؤسسة حمد الطبية
A Member of Hamad Medical Corporation



Malaria

Introduction

Malaria is a serious and sometimes fatal disease that spreads in many tropical and subtropical countries. There is no vaccine available against malaria, but you can protect yourself against this disease by using protective measures and antimalarial prophylaxis.

Awareness of Risk

Travelers should be aware about the risk of malaria in the country that they intend to visit. Note that the risk of malaria can vary between, and within, countries depending on the location and season of year. Visit the Travel Clinic for further information and advice for preventative measures.

Bite Prevention

Mosquito bite avoidance is essential. Tablets alone are not 100 percent effective. Mosquito bite avoidance measures include the below steps.

- Mosquitoes that transmit malaria typically bite after sunset. However, day biting mosquitoes also transmit other diseases. Avoid bites at all times.
- Wear loose long-sleeved clothing and long trousers to prevent bites.
- Mosquitoes may bite through thin clothing, so spray an insecticide or repellent on them and on exposed skin.
- Spraying insecticides in the room, burning repellent coils and heating insecticide-impregnated tablets all help to control mosquitoes.
- If sleeping in an unscreened room, or outside, a mosquito net impregnated with insecticide is advisable.

Chemoprophylaxis (Taking Malaria Prevention Tablets)

It is important to discuss malaria tablet suitability with a travel clinic physician to ensure that it is suitable for you and appropriate for your destination(s).

Taking antimalarial tablets:

- Start taking tablets before arrival to malarial regions (you should start some tablets 2 to 3 weeks before).
- Take the tablets regularly as directed.
- It is extremely important to continue taking anti-malarial prophylaxis after you return from travel as directed.

Diagnosis and Prompt Treatment

Seek medical attention quickly if you develop symptoms after you return from your travel to areas with risk of malaria transmission.

Symptoms usually include:

- fever
- shivering and sweating
- muscle pains
- headache
- vomiting
- Symptoms are often described as 'flu-like' and can be accompanied by a variety of other symptoms.

If in doubt, seek advice.