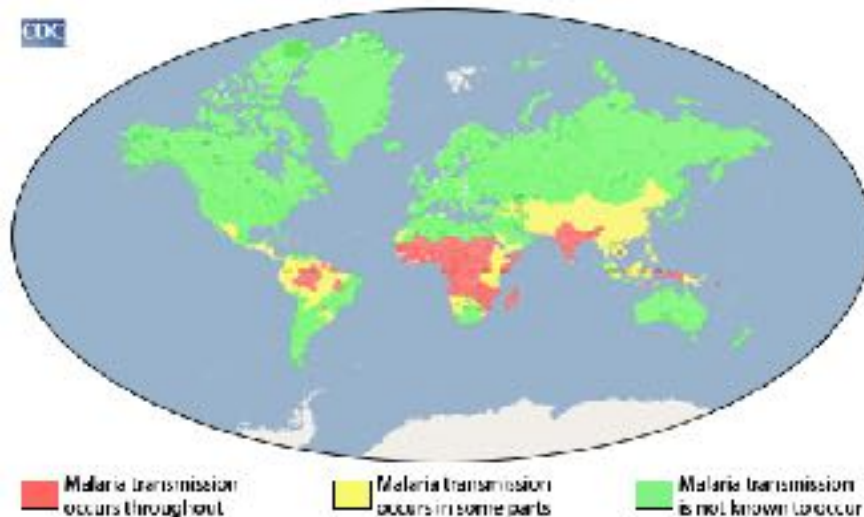


# Traveller Information Sheets

## Malaria.

*What is malaria?*

Malaria is a disease that is transmitted by the bite of a particular kind of mosquito. There are five main strains of malaria. The most serious of these is **plasmodium falciparum**, as this form can be fatal. The other three forms, **vivax**, **ovale**, **malariae** and **knowlesi** are usually less serious, but still need to be prevented and treated promptly.



<http://www.cdc.gov/malaria/about/distribution.html>

*What does malaria do to your body?*

Once a malaria mosquito has bitten a traveller, parasites (sporozoites) enter the body and travel to the liver, where they can lay dormant, or can start to rapidly multiply. Eventually the parasites multiply so much that the liver cells they have invaded burst and releases them into the blood stream (merozoites). Once in the blood stream they attack the red blood cells. By the time the parasites are in the blood stream the traveller may start to experience the symptoms of malaria, which includes high fever and chills.

Two of the strains of malaria, **Vivax** and **Ovale** do not produce the symptoms of malaria for some months, which is why it is important to have a blood test for malaria if you develop fevers months after travel.

*Can you die from malaria?*

There are complications associated with malaria that may lead to coma and death. Any fever or flu-like illness in a traveller, who has entered into a malaria area, must be assessed for malaria without delay.

*What are the symptoms of malaria?*

The symptoms of malaria can be varied. Usually the symptoms include high fever, chills, headache, feeling unwell, muscle aches and cramps.

*Do I need to take any malaria tablets to prevent malaria?*

Depending on your travel destination, you may be required to take anti-malarial tablets. Travellers are advised, "The best cure is prevention."

*How can I prevent mosquito bites?*

1. The use of an insect repellent containing DEET or PICARIDIN
2. Avoiding the outdoors between dawn and dusk
3. Wearing long, light coloured, loose clothing, as dark colours attract mosquito's
4. Avoid wearing any strong perfume
5. If accommodation consists of backpacker or hostel or tent, the use of a mosquito net impregnated with permethrin.
6. Washing clothes in permethrin solution prior to travel.

*Reference*

Centres for disease control and prevention, 2010, Atlanta GA, viewed 12<sup>th</sup> April 2014, <<http://www.cdc.gov/malaria/about/distribution.html>>

Centres for disease control and prevention, 2012, Atlanta GA, viewed 12<sup>th</sup> April 2014, <<http://www.cdc.gov/malaria/travelers/index.html>>