The BASIC FACTS about MALARIA

- This disease is transmitted by the bite of the anopheles mosquito. (OUCH! But you cannot assume that you have not been infected just because you do not recall being bitten!)
- Malaria remains one of the most serious causes of illness & death worldwide! (Up to 2.7 million deaths per year!)
- Each year 10,000 - 30,000 travelers from industrialized countries contract malaria. (That's us!)
- Most become infected because they failed to take appropriate anti-malarial drugs. (Don't think it won't happen to you!)

**Protect yourself against malaria**

Take your anti-malaria medication correctly and be sure to finish it! Alone, this is not 100% effective against contracting malaria. You will also need to:

1. Use insect repellent containing DEET. Ultrathon® is a long-acting formula with protection lasting 6 – 12 hours. (coupon attached for your use!)
2. Restrict outdoor activities between dusk and dawn when the bite of the anopheles mosquito is highest. They can bite during the daytime also.
3. Sleep in screened-in accommodations and/or use mosquito netting to cover your bed.
4. Wear light-colored, long-sleeved shirts and pants. Clothing should cover most of the body.
5. Permethrin spray can be used on clothing and bedding to help keep mosquitoes away. You can find this at camping and outdoor stores; or try an on-line search.

**Classic Symptoms of Malaria can occur as early as 8 days after exposure**

- Sudden Fever
- Chills/sweats
- Muscle aches
- Headache
- Fatigue

<table>
<thead>
<tr>
<th>Early treatment is vital!</th>
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<tr>
<td>• Seek medical care!</td>
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<td>• Be sure to relay that you have been in a malaria risk area!</td>
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<tr>
<td>• Do not assume your anti-malaria medication will take care of your symptoms!</td>
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**Malaria is Serious!**

- Symptoms of malaria can repeat for years despite treatment.
- Do all that you can to PREVENT it!
- Don’t let foolish people tell you not to worry about it - THINK for yourself!
- **For up to 3 months after leaving malaria risk areas….any illness with fever could be due to malaria!** Demand proper evaluation!
- Malaria can masquerade as flu or gastroenteritis and can be fatal if undiagnosed and untreated.