

## MALARIA PREVENTION INFORMATION

This leaflet contains information about the malaria risk at your destination and the advice we recommend following discussion with you about your forthcoming trip abroad to \_\_\_\_\_

- You are travelling to an area where the National Guidance states there is limited to no risk of malaria at your destination and no malaria tablets are advised<sup>1</sup>
- This does not mean there is NO risk at all, but the Public Health England Advisory Committee for Malaria Prevention considers the level of risk to be below the threshold for routinely recommending malaria tablets<sup>1</sup>. (In exceptional circumstances, this may differ and this is up to your travel health advisor after an individual risk assessment has been performed. In this situation you will be given specific advice).
- It is still extremely important that you rigorously follow the bite prevention advice and if you become ill that you report it immediately.

**It remains very important that you follow the advice on the page overleaf, in terms of your knowledge for:**

**A - Awareness of risk**

**B – Bite prevention advice**

**D – understanding the symptoms of malaria and acting promptly**

**We strongly recommend you read this information – thank you.**

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1. Chiodini PL, Patel D, Whitty CJM and Laloo DG. Guidelines for malaria prevention in travellers from the United Kingdom, 2017. London: Public Health England; October 2017 <https://www.gov.uk/government/publications/malaria-prevention-guidelines-for-travellers-from-the-uk>

## MALARIA PREVENTION ADVICE

Malaria is a serious illness that is common in many tropical countries. Symptoms can develop rapidly and the disease if severe can kill you, but if you take the correct precautions you can greatly reduce your risk of catching it. The disease is spread by mosquitoes that bite at night (dusk to dawn). You can protect yourself against malaria, and you must do so every time you visit a country with malaria. This is very important, even if you grew up or lived there and are now returning to visit your friends or family. No one has full immunity to malaria. Any partial protection you may have from being brought up in a malarious country is quickly lost when you live in countries with no malaria so everyone needs to take precautions to avoid getting this disease. Your family are at risk as well. Babies and children, especially those born outside the tropics, can get very sick with malaria very quickly. It is also particularly dangerous for pregnant women, who should avoid visits to malarious areas. Use the ABD approach to protect yourself.

**A** – be **Aware** of the risks. Malaria is common in many parts of Africa, Asia, the Indian subcontinent, South America and some areas in the Far and Middle East. The risk is particularly high in sub Saharan Africa. It is advisable to seek advice from a travel health adviser each time you travel to a malaria risk area preferably 6-8 weeks before the trip, but remember it is never too late to seek advice. Even last-minute travellers can get useful protection.

**B** – use **Bite** prevention. Use an insect repellent containing DEET. Guidance in the UK advises up to 50% content DEET in anyone over the age of two months. Other effective repellents are Picaridin and lemon eucalyptus but few are as effective as high concentrations of DEET. Products are available in pharmacies or camping and travel shops or online. Remember to reapply insect repellent frequently and to follow the manufacturers recommendations particularly when applying repellents to young children. Sun cream if appropriate, should be applied before DEET products if they are used in the daytime. Cover up with trousers and long-sleeved clothes after sunset. Treat clothing with insecticides. Use knockdown sprays or coils to kill any mosquitoes before you go to bed. Sleep in a properly screened, air-conditioned room or under a mosquito net that has been treated with insecticide. Plug in vaporisers are also useful. Homoeopathic or herbal remedies, electric buzzers, garlic and vitamins do not protect against mosquito bites. For more details see an illustrated booklet about bite prevention at <http://www.janechiodini.co.uk/help/tar/>

**D** – seek early **Diagnosis** if you become unwell. Although modern prevention methods are highly effective and can greatly reduce your risk of dying from this dangerous disease, they do not give 100% protection. If you or any of your family has a fever or flu like illness after being in a country with malaria you must see your doctor **URGENTLY**. Tell them where you have been and mention malaria. Remember you could still have malaria, even a year after a trip to a malaria-risk region.

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The information on this page was adapted from the leaflet “*Malaria: information for people travelling overseas*”, with kind permission from the Director of the PHE Malaria Reference Laboratory, Professor PL Chiodini. See <https://www.gov.uk/government/publications/malaria-information-for-people-travelling-overseas>