

What to do if you think you have caught malaria

You may have malaria if you develop any of the following symptoms during your travels or shortly afterwards:

- a high temperature (fever)
- sweats and chills
- headaches
- vomiting
- muscle pains
- diarrhoea

You must seek medical help straight away if you become ill while travelling in an area where malaria is found, or after returning from travelling, even if you've been taking anti-malarial tablets. It is important that malaria is diagnosed and treated as soon as possible.



Where can I get further information?

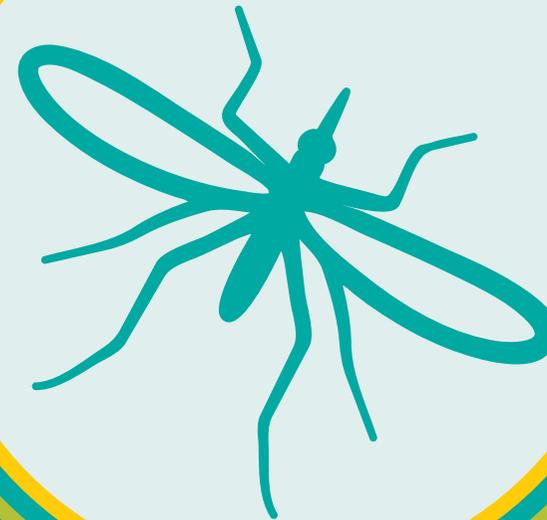
Advice related to travel vaccinations, malaria prevention and travel health is also available from:

- **NHS Southwark CCG**
(www.southwarkccg.nhs.uk)
- **Travel Health Pro**
(www.travelhealthpro.org.uk/countries)
- **Fit for Travel**
(www.fitfortravel.nhs.uk/advice.aspx)
- **NHS Choices**
(www.nhs.uk/Conditions)
- **Gov.uk – Foreign travel advice**
(www.gov.uk/foreign-travel-advice)

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Protect yourself AGAINST MALARIA



Are you travelling to a country which has high rates of malaria? If so, this leaflet will offer advice on reducing the risk of catching it.

Malaria is a serious disease, but if you take the right simple steps, you can reduce your risk of getting it.

Carried by mosquitoes, you can catch malaria if you are bitten. It is therefore very important to take anti malarial medication as there is no vaccination. There are also simple things you can do to lower the risk of bites - see 'Preventing bites' - see overleaf. You will not be immune to malaria if you have previously visited, or lived in, the country you plan to visit.

Remember, you need to protect yourself every time you visit a country where there is malaria.

What do I need to do if I am planning to travel?

Malaria is most prevalent in many African countries, as well as Southern Asia, Central America and South America. To check whether you need to take preventative malaria treatment for the countries you're visiting, see the 'Fit for Travel' website www.fitfortravel.nhs.uk

You should ideally seek medical advice four to six weeks before you travel, but it's not too late if you are travelling sooner than that.

Anti-malarial medicines

Anti-malarial medicines reduce your risk of getting malaria by about 90%. They should be taken before you travel, while you are away and for up to four weeks after you come back. There are many different types of anti-malarials,

some of which you can get over the counter from a high street pharmacy (chemist). Your GP or a pharmacist can tell you which would be best for you and what the side effects may be. The NHS recommends that you get your malaria prevention medicines in the UK before you travel, as medicines abroad may be fake or sub-standard.

How can my GP help?

Southwark GPs can advise on malaria prevention and give private prescriptions for the anti-malarial medicine that you need. In line with national guidance, they do not routinely give NHS prescriptions for anti-malarial medicines. Your GP may charge you for prescribing "prescription only" malaria prevention medicines on a private prescription and the amount charged is at the discretion of the GP practice. You will be able to get the medicines that have been privately prescribed from a high street pharmacy.

How can a pharmacy help?

Pharmacists can offer travel health advice and provide some malaria prevention medicines over the counter without a prescription. You do not need to make an appointment to see a pharmacist and many pharmacies are open late nights and at the weekend.

You can get anti-malarial medicines which have been privately prescribed by a GP from a pharmacy. You should compare prices as different pharmacies may have different prices for the same medicines.

Preventing bites:



It's not possible to avoid mosquito bites completely, but the less you're bitten, the less likely you are to get malaria.

To avoid being bitten:

- Stay somewhere that has good air conditioning and screening on doors and windows. If this isn't possible, make sure doors and windows close properly.
- If you're not sleeping in an air-conditioned room, sleep under an intact mosquito net that's been treated with insecticide.
- Use insect repellent on your skin and in the area where you sleep. Remember to reapply it frequently. The most effective repellents contain diethyltoluamide (DEET) and are available in sprays, roll-ons, sticks and creams.
- Wear light, loose-fitting trousers rather than shorts, and wear shirts with long sleeves. This is particularly important during early evening and at night, when mosquitoes are most active.

