

Protect yourself from **MALARIA**



If you live in, or plan to travel to a malaria infected area, protect yourself from malaria in the following ways:

- **Discuss taking malaria prophylaxis with your pharmacist or doctor.**
 - **The choice of regime will depend on factors such as:**
 - Your age and weight.
 - Which other medication you are using.
 - Whether you suffer from medical conditions such as epilepsy or depression.
 - Which activities you plan during the trip.
- **Use mosquito repellents.**
- **Wear long pants and long sleeves.**
- **Wear light-coloured clothes.**
- **Use bed nets impregnated with insecticides.**
- **Stay in well-screened areas at night.**
- **Avoid outdoor activities at dawn and dusk.**



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If you recently travelled to a malaria infected area and you present with the following symptoms, consult with your doctor immediately:

- ✦ Fever
- ✦ Chills
- ✦ Excessive sweating
- ✦ Headaches
- ✦ Nausea and vomiting
- ✦ Muscle or back pain or both
- ✦ Diarrhea
- ✦ Fatigue

Be on the safe side:

If you experience any flu-like symptoms within 6 months after your return, always inform any doctor treating you about the journey and the areas you have been to. Although an infection with malaria usually causes symptoms within 1 or two weeks, it could take a lot longer (months) for the disease to break out.

Even if you have done everything right, there always remains a small risk of getting malaria.



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For more information or assistance, consult with a health care provider at your closest Platinum Health medical facility.