



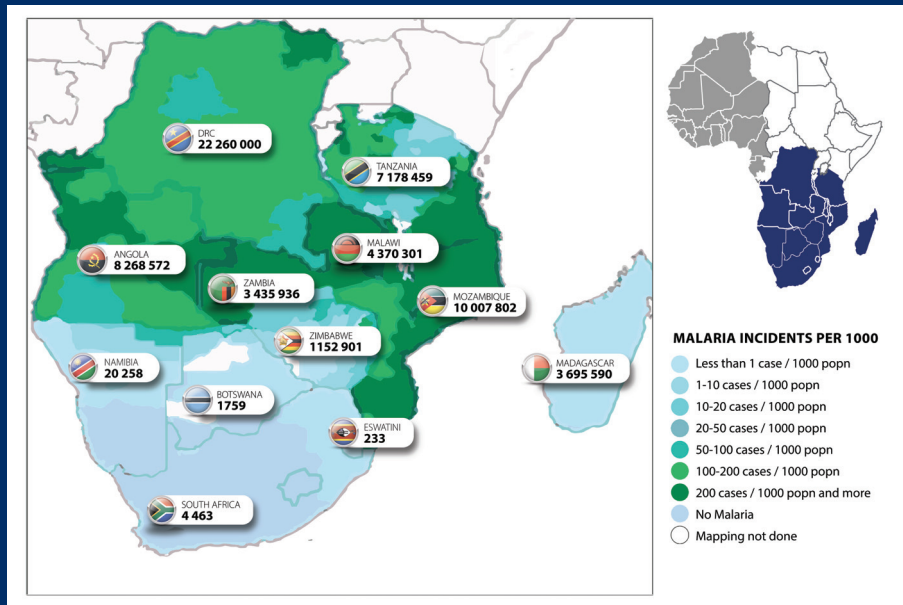
Be pro-active and take malaria prophylaxis before entering a malaria infected area

Protect yourself from MALARIA

Summer is a high transmission season for malaria in the Southern African Development Community (SADC) region (September to May). If you plan on travelling over the coming months, take a moment to identify malaria-risk areas and speak to a Platinum Health doctor or pharmacist before your trip to see which chemoprophylactic treatment is appropriate for you.

Assess your risk by identifying malaria-risk areas on either of the following maps:

- Local South African malaria-risk map (2018): <https://www.health.gov.za/malaria/>
- SADC region malaria-risk map





Protect yourself before you travel

Malaria is a significant cause of fever and severe illness in returning travelers. It is therefore imperative to take precautionary measures before visiting malaria infected areas. This can be done by consulting with your doctor or pharmacist (at least a week before travelling) to ensure that you use the correct malaria prophylaxis.

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 and which activities you plan during the trip.

The following tips can help you prevent and possibly manage malaria during and after your trip.

- Prevent mosquito bites when outdoors between sunset and sunrise by wearing light-coloured long-sleeved shirts, long trousers, and socks, as well as using insect repellents.
- Avoid outdoor activities at dawn and dusk.
- Be aware that mosquitoes could also bite indoors.
 - Screened doors and windows can decrease the risk.
 - Use bed nets impregnated with insecticides.



Be vigilant after travelling

Although an infection with malaria usually causes symptoms within one or two weeks, it could take longer (months) for the disease to break out. Members should therefore seek immediate medical assistance if they experience symptoms such as fever, chills, sweats, headaches, nausea and vomiting, body aches or yellow discolouration of eyes/skin.



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