Remember

Even with these precautions, see your doctor urgently if you get a fever or flu-like symptoms - it could still be malaria even a year after leaving the affected country.

Sources of further information

Your doctor or a doctor in a travel clinic.

Malaria Reference Laboratory travellers' helpline:
0891 600350

Hospital for Tropical Diseases Travel Clinic Health Line:
0839 337733

MASTA (Medical Advisory Service for Travellers Abroad) Health Line:
0891 224100

For advice on avoiding health risks and obtaining emergency medical treatment abroad, order Health Advice for Travellers (T5) free from:
0800 555 777

For further copies of this leaflet, please write to: Department of Health
PO Box 410
Wetherby
LS23 7LN

Calls cost 39p a minute cheap rate: 49p a minute at all other times.
malaria is a serious disease which is common in tropical countries. It can develop rapidly and can kill you.

It is spread by mosquito bites.

You need to take precautions against malaria every time you visit a country where malaria is common, even if you have lived there before.

BE AWARE OF THE RISK

Malaria is common in parts of Africa, Asia and South America. Check with your doctor or a doctor in a travel clinic whether there is malaria in the areas you are visiting.

TAKE MALARIA TABLETS

Ask your doctor which type you should take. Start them before you go and keep taking them for a month after you get back.

PREVENT MOSquito BITES

- use an insect repellent (preferably one containing DEET)
- wear socks, long trousers and long sleeved clothes after sunset
- use a spray to kill any mosquitoes in your room at night before you go to bed
- sleep in a properly screened room or under a bed net.