

Malaria Facts for Travelers

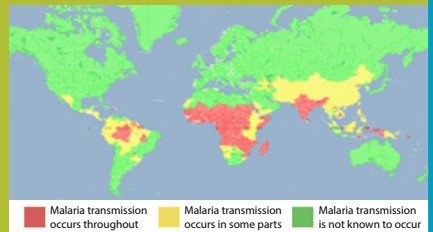
What is malaria?

Malaria is a sickness you can get from a mosquito bite. There is no vaccine to protect you from malaria. Malaria can be very serious. The best ways to prevent malaria are by avoiding mosquito bites and taking a prescription medicine while you travel and after you return. People can die in 12 hours from the time they first feel sick, even if they have had malaria before.



Where is malaria a problem?

Malaria is in many countries. The countries in red and yellow are where you may be at risk for malaria.



Who can get malaria while traveling?



All travelers—children AND adults—who go to a country where there is malaria should take prescription medicine and try to avoid mosquito bites during your trip.

You are NOT SAFE from malaria even if you have had it many times in the past. People may have some protection

against malaria if they have had it many times in the past but the protection goes away, usually within months of leaving an area where there is malaria. Taking malaria medication and avoiding mosquito bites are the best way to keep you and your family safe.

Malaria can make children very sick, especially children who have always lived in the US. Children or adults who have never had malaria can die quickly when they first feel sick.

What if I am pregnant?

Getting malaria while you are pregnant can harm you and your baby. It is best not to travel to places with malaria during your pregnancy.

If you have to travel, there are malaria medicines that are safe to take during pregnancy. Your doctor will help you choose the medicine that is best for you.



What are the symptoms of malaria?

What should I do if I have them?



Symptoms of malaria include fever, shaking, chills, headache, muscle aches, and tiredness. You might feel like you have the flu. You may also have nausea, vomiting, or diarrhea. Malaria can be deadly if it is not treated right away. Any traveler who becomes ill with a fever or flu-like illness should go to the doctor. You can get sick with malaria while traveling or after returning to the US. Tell your doctor that you were in a country with malaria and want to be tested for malaria.



For more information on malaria, visit www.cdc.gov and search for 'malaria.'

To see if malaria is a risk in the places you are traveling to, visit www.headinghomehealthy.com