



## WHAT ARE SOME OTHER WAYS TO PREVENT MALARIA?

1) Apply insect repellent cream/spray onto your exposed skin before heading out. If using sunscreen, always apply insect repellent after your sunscreen.

2) Cover up and wear protective clothing like long sleeve shirts and pants that cover your whole legs to prevent mosquitoes from biting you.

3) Apply a bed net over any sleeping areas or screen your windows and doors.

4) Know that malaria mosquitoes tend to bite overnight from dusk until dawn.



## FEELING SICK AFTER YOUR RETURN?

Should you have fevers, chills, or any other flu-like symptoms upon returning from your trip, please contact your healthcare provider immediately or seek care in an emergency department.

If you were treated for malaria while overseas, but are still sick, please contact your healthcare provider urgently or seek care in an emergency department.

## MY HEALTH PROVIDER

Office: \_\_\_\_\_

Doctor: \_\_\_\_\_

Phone number: \_\_\_\_\_

## WANT MORE INFORMATION?

For more information on travel clinics near you, please visit [headinghomehealthy.org](http://headinghomehealthy.org) or scan the QR code below



**Bring back memories, not malaria!**

## THE ABCS FOR PREVENTING MALARIA



**A**  
PASSPORT

**AWARENESS: KNOWING RISK OF MALARIA!**

**B**  
PASSPORT

**BITE PREVENTION: CONTROLLING MOSQUITOS!**

**C**  
PASSPORT

**CHEMO-PROPHYLAXIS: USE PREVENTIVE MEDICATION!**

**D**  
PASSPORT

**DIAGNOSIS: EARLY RECOGNITION!**

## WHAT IS MALARIA?

Malaria is a blood infection spread by mosquito bites. Untreated malaria can cause severe disease requiring hospitalization and even death. You get malaria during travel overseas. Your health provider can prescribe you pills to take to prevent malaria during your trip. You can also lower your risk of infection by using insect repellent, bed netting and protective clothing.

## WHAT IS THE MEDICATION MALARONE?

Malarone (atovaquone/proguanil) is a pill you take **daily** to prevent malaria.



## HOW MUCH MALARONE SHOULD I TAKE?

**Dosage:** 250/100mg (atovaquone/proguanil)

Take \_\_\_\_\_ tablet(s) once daily

**Start Date:** \_\_\_\_\_

**End Date:** \_\_\_\_\_

**Number of pills prescribed:** \_\_\_\_\_

**Note:** You may have to pay out of pocket for a prescription of over one month.



## WHEN SHOULD I TAKE MALARONE?

You should start taking Malarone once a day **1-2 days** before arriving overseas. You should take Malarone at the **same time daily** throughout your stay overseas. Continue taking Malarone for an **additional 7 days** after your trip to ensure protection.

## HOW DO I TAKE MALARONE?

Malarone should be taken with food.



## WHAT ARE THE COMMON SIDE EFFECTS OF MALARONE?

Malarone is very well tolerated if taken with food. If taken without food some people get mild nausea.

## WHAT SHOULD I DO IF I VOMIT AFTER TAKING MALARONE?

If you vomit within 1 hour of taking Malarone, take another dose. If you vomit continuously, contact your health provider.

If you stop taking this medication early for any reason, contact your health provider about other forms of malaria prevention.

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[goodrx.com](https://www.goodrx.com)

## WHAT SHOULD I DO IF I MISSED A DOSE?

You should take the missed dose as soon as possible on that day and resume the medication at the normal time the next day. Do **NOT** take more than the recommended dosage per day to make up for a missed dose.

## WHO SHOULD NOT BE TAKING MALARONE?

- Pregnant women
- Women who are nursing infants who weigh less than 5 kg
- People with kidney disease

The ability to fight malaria declines over time for those who have moved away from areas with high rates of this illness. It is crucial to take Malarone or another form of medication to protect yourself from contracting malaria while abroad.

Spread the word in your community about the importance of taking medication to prevent malaria while traveling home!