



## 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) Remember, 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 MEFLOQUINE?

Mefloquine is a pill you take **once per week** to prevent malaria.



## HOW MUCH MEFLOQUINE SHOULD I TAKE?

Medication: mefloquine 250 mg tablet

**Take 1 tablet once weekly**

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

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

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

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



## HOW SHOULD I TAKE MEFLOQUINE?

Mefloquine should be taken with food and at least one 8 oz glass of water.

For patients unable to swallow tablets or unable to tolerate its bitter taste, crush tablets and mix with a small amount of water, milk applesauce, chocolate syrup, jelly or food immediately before administration.

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

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.



## WHEN SHOULD I TAKE MEFLOQUINE?

Mefloquine should be taken on the same day each week. You should begin taking mefloquine once weekly starting **2-3 weeks before** arriving overseas. You should take mefloquine **once weekly throughout** your stay overseas and continue taking mefloquine for an additional **4 weeks after** your trip to ensure protection.

## CHECK OUT GOODRX FOR DISCOUNTS ON TRAVEL MEDICATIONS



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

## WHAT ARE THE COMMON SIDE EFFECTS OF MEFLOQUINE?

Sleep disturbances can occur in those who take mefloquine. Please see patient medication guide for further information.

## WHO SHOULD NOT BE TAKING MEFLOQUINE?

Those with certain heart conditions, psychological disorders, or neurological illnesses, such as seizures, should not take mefloquine.

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!