



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 your child have fevers, chills, or any other flu-like symptoms upon returning from your trip, please contact your healthcare provider immediately.

If your child was treated for malaria while overseas, but is still sick, please contact your healthcare provider urgently.

MY HEALTH PROVIDER

Office: _____

Doctor: _____

Phone number: _____

WANT MORE INFORMATION?

For more information on travel clinics near you, please visit headinghomehealthy.org or scan the QR code below



PREVENTING MALARIA IS AS EASY AS YOUR ABCS



- A** AWARENESS: RECOGNIZING MALARIA!
- B** BITE PREVENTION: CONTROLLING MOSQUITOES!
- C** CHEMO-PROPHYLAXIS: USE PREVENTIVE MEDICATION!
- D** DIAGNOSIS: EARLY RECOGNITION!

WHAT IS MALARIA?

Malaria is a blood infection spread by mosquito bites. Malaria can kill you.

You get malaria during travel and visits 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 MY CHILD TAKE?

Child Name: _____

Dosing: **(Circle one)**

Pediatric Dosage: 62.5/25mg (atovaquone/proguanil)
OR

Adult 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.

HOW DO I TAKE MALARONE?

Malarone should be taken with food, or with a milk based drink. For children, tablets may be crushed and mixed with condensed milk just prior to administration.

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.

CHECK OUT GOODRX FOR DISCOUNTS ON TRAVEL MEDICATIONS



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

WHAT SHOULD I DO IF MY CHILD MISSED A DOSE?

They 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 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!

WHEN SHOULD MY CHILD TAKE MALARONE?



Your child should start taking Malarone once a day **1-2 days** before arriving overseas. They 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.