



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 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 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 MEFLOQUINE?

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



HOW MUCH MEFLOQUINE SHOULD MY CHILD TAKE?

Child Name: _____

Medication: mefloquine 250mg tablet

Take _____ tablet(s) once weekly

Start Date: _____

End Date: _____

Number of pills prescribed: _____

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

WHEN SHOULD MY CHILD TAKE MEFLOQUINE?



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

HOW DOES MY CHILD 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 vomiting occurs within 30 minutes of taking mefloquine, an additional full dose should be given.

If vomiting occurs within 30-60 minutes of taking a dose, an additional half-dose should be given.

If vomiting recurs, speak to your health provider about alternative treatment options.

CHECK OUT GOODRX FOR DISCOUNT 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.

WHO SHOULD NOT BE TAKING MEFLOQUINE?

Children 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 mefloquine 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!