



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



Malaria - Protect yourself

Prevention is better than cure

Going somewhere for Easter? Check whether there is a risk of getting malaria in the area you are visiting. If you are visiting a malaria risk area you should:

- take measures to prevent mosquito bites
- take appropriate medication as directed
- seek medical attention if you have a fever, headache, chills or muscular pain for up to six months after leaving the area

Avoid mosquito bites

- Wear long-sleeved clothing when outside at night.
- Apply an insect repellent containing DEET.
- Sleep under a mosquito net treated with insecticide.
- Spray insecticide inside the house after closing windows and doors.

Take medicines correctly

- Take only medicines recommended by a health professional.
- Start before entering the malaria risk area and use as prescribed.

Symptoms

- Fever
- Headache
- Chills
- Muscular pain

Get medical attention if you have any of the above symptoms and inform them of your travel history.

For more information visit:

www.rollbackmalaria.org

www.sathnet.co.za

MALARIA RISK MAP FOR SOUTH AFRICA 2013

To significantly reduce your risk, take precautionary measures against mosquito bites throughout the year in ALL RISK areas

Where malaria chemoprophylaxis is indicated, mefloquine or atovaquone-proguanil or doxycycline should be used.

Low Risk

Only non-drug measures to prevent mosquito bites are recommended

Moderate Risk

Antimalarial drugs are recommended from September to May for all travellers

Malaria risk does exist in neighbouring countries For further information, please consult the WHO travel health guidelines at <http://www.who.int/ith/en/>

- Town
- ▭ Province
- ▨ Reserve
- ▭ District



Map produced by the Health GIS Centre, Malaria Research Unit, South African Medical Research Council
 Data Sources: Malaria Control Programmes of KwaZulu-Natal, Limpopo and Mpumalanga, South African Medical Research Council, Statistics South Africa, Municipal Demarcation Board

