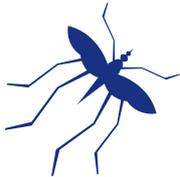


## Who

All travellers visiting malaria-endemic regions are at risk of acquiring malaria.



## What

Malaria is caused by a type of parasite known as *Plasmodium*. The *Plasmodium* parasite is spread by female *Anopheles mosquitoes* which mainly bite from dusk till dawn. When an infected mosquito bites a person, parasites pass into the bloodstream.

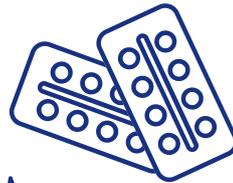
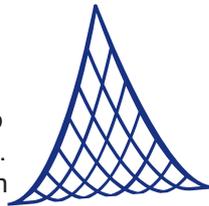


## Where and when

Global geographical information is provided in the world map above. However, malaria endemic regions may subtly change over time. Make sure to consult your travel doctor for up-to-date information regarding your destination before travelling.

## Bite Prevention

To prevent bites of malaria mosquitoes use highly-active mosquito repellents from dusk till dawn and an impregnated mosquito bed net for nighttime sleeping hours. Depending on your travel destination a prescription for anti-malarial tablets may be needed!



## Chemoprophylaxis

Take anti-malarial chemoprophylaxis if indicated. Together with measures aimed to prevent mosquito bites, these are the key measures of effective prevention during your stay in a malaria-endemic area. Advice on optimal anti-malarial medication may be personalized, depending on your destination and some important individual features. Therefore, always consult your travel doctor.

## Symptoms

Malaria usually starts with nonspecific flu-like symptoms such as fever, chills, headache and muscle pain. Gastrointestinal complaints and unspecified fatigue may be common symptoms as well. Symptoms of malaria typically begin after one up to a few weeks after being bitten by an infected mosquito.



## In case of infection

In case of persisting and unexplained health issues urgently seek medical assistance. Especially, if you develop fever which presents longer than 7 days after entering a malaria-endemic region. Malaria is diagnosed by a blood test. Antimalarial medication is generally effective but should be started as early as possible. Self-treatment kits may be recommended for those travelling longer than 24 hours out of range of medical help.