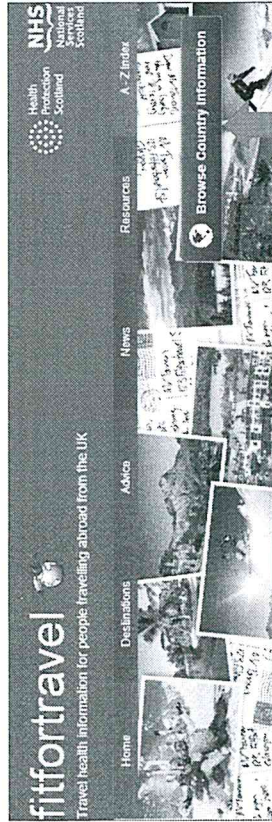


## Information leaflet to help you plan a trip to malarious areas abroad

Dear Traveller

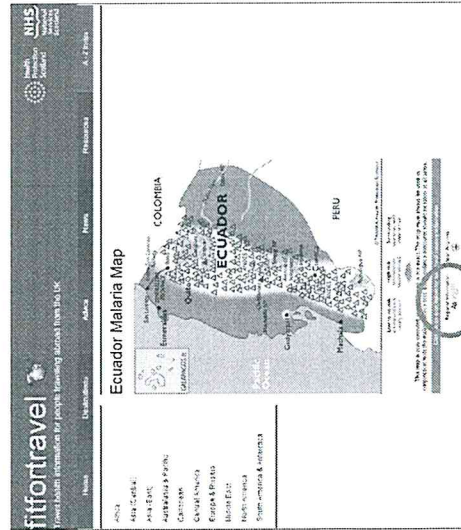
Are you planning to travel to one or indeed many countries on your trip which are in malarious areas? We would ask you to go to a useful NHS website and look up all the destinations you are visiting, print out the malaria maps for the country or countries, then mark on the map(s) where exactly you are travelling to. This will then enable you to see your risk more clearly and help us to identify your risk within your travel appointment so that we can decide the most appropriate drugs for you specifically.

The website is [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)



find your destination(s) by clicking on this red 'Browse Country Information' here

When you find the country you want, click on the 'malaria map' section which you'll find at the top of the country specific page. Here is an example for Ecuador below.



To see further detail of the regional information within the country, for example the mountain ranges and the National Parks, click on the icon at the bottom of the map, as illustrated by the 'green ring' on the bottom of this map.

If you would like to learn more about the malaria drugs before your appointment which is always helpful, then useful information can be found on the A-Z index on the top navigation bar of

[www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) and go to the information sheet entitled 'Malaria' then click on the section entitled 'Taking Antimalarial Tablets'



Do you know much about malaria?

You get malaria from the bite of an infected mosquito and the infection is caused by a parasite. The infection is passed on to the human when the mosquito bites you and the parasite then goes to your liver to develop and later to your red blood cells which are eventually destroyed. Red blood cells are responsible for carrying oxygen around the body and malaria infection can make you extremely sick. In some rare circumstances you can die from malaria within 24 hours of developing the symptoms. Malaria can easily be prevented though by obeying some simple rules. Be aware of the risk, prevent yourself from being bitten, take and complete the course of malaria tablets advised for you and report any flu like symptoms on your return from a malarious area immediately, it's extremely important you don't delay.

More information about malaria is available on the following websites

[www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

[www.nathnac.org/travel/index.htm](http://www.nathnac.org/travel/index.htm)

<http://www.nhs.uk/conditions/Malaria/Pages/Introduction.aspx>

Many thanks for taking the time to read this information and prepare for your trip.