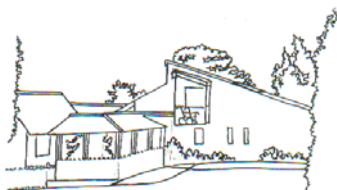


**OTHER PLACES YOU CAN OBTAIN
INDEPENDENT ADVICE ON SAFE TRAVEL:**

- ⇒ World Health Organisation: International Travel & Health:
⇒ www.who.int/ith
- ⇒ Foreign & Commonwealth Office: www.fco.gov.uk
- ⇒ Health advice for travellers - available from the Department of Health: www.dh.gov.uk/PolicyAndGuidance/HealthAdviceforTravellers/fs/en
- ⇒ Journey-specific health advice provided by Health Protection Scotland: www.fitfortravel.scot.nhs.uk
- ⇒ For travel health advice, disease prevention, DVT prevention, sun care, insurance issues and how to avoid mosquito bites: www.travelhealth.co.uk
- ⇒ Travel Healthy - Top Tips and Vaccine Preventable Diseases for Travellers, available at: www.spmsd.co.uk

Bon Voyage!

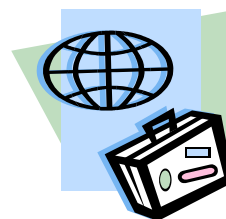
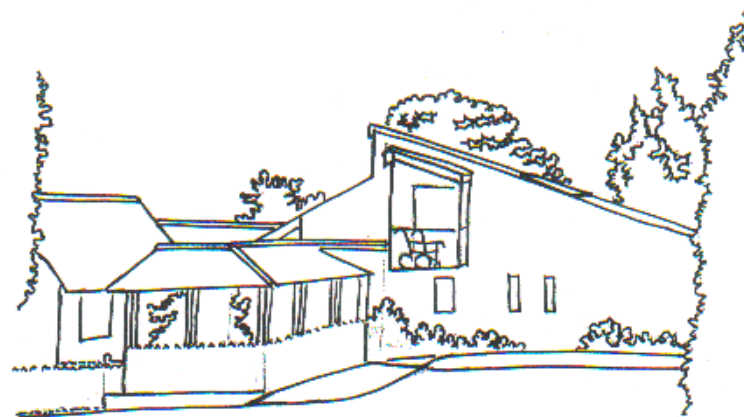


Laurel Bank Surgery
Malpas
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Phone: 01948 860205
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**MALARIA PREVENTATIVE
TREATMENT**
LAUREL BANK SURGERY
MALPAS, CHESHIRE SY14 8PS



**TRAVEL CLINIC
ADVICE BOOKLET**

Tel: 01948 860205

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Malaria Preventative Treatment

What is Malaria?

Malaria is a potentially life threatening disease. It is caused by a parasite which is carried from person to person by an infected female mosquito.

What can I do to reduce my risk of catching it?

When taken properly, Malarial Medications are highly effective against catching Malaria. However, all people are advised to use the Malaria prevention ABCD.

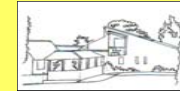
- ⇒ Be **(A)ware** of the risk
- ⇒ Prevent **(B)ites** wherever possible i.e. cover up with clothes, use repellants on exposed skin. Sleep under impregnated nets.
- ⇒ **(C)omplete** the course – take all the tablets as directed!
- ⇒ If you have any fever or flu like illness within 1 year after being in malarial zone you must see your **(D)octor**.

What about children or pregnant women?

Children's doses are weight dependant. Please bring them in to be weighed before we can prescribe tablets or medicine.

For advice regarding Malaria prevention in pregnancy, please see special advice leaflet.

- ⇒ Be aware of the Malaria Risk
- ⇒ No medication is totally effective
- ⇒ **AVOID BEING BITTEN!**
- ⇒ If you have flu-like symptoms within 1 year of travel to a malarial area, you should report it to a doctor.



Medications & Directions

Mefloquine 250mg (Larium) £3.50 per tablet + VAT at 17.5%	Take 1 tablet on the same day of each week for 2 to 3 weeks before entering a malarial zone, during your stay and for 4 weeks after leaving. Take the tablet after food.
Avloclor 250mg x 2 weekly 20p per tablet + VAT at 17.5%	Take 2 tablets, on the same day of each week, for 1 week prior to travelling, during your stay and for 4 weeks on returning home. Take the tablet with or after food.
Doxycycline 100mg 35p per tablet + VAT at 17.5%	Take 1 tablet 100mg daily. Begin 1 week before travel, during your stay and continue for 4 weeks after return. ⚠ <i>Be aware of photosensitivity risk</i> ⚠
Paludrine 100mg 15p per tablet + VAT at 17.5%	Take 2 tablets every day for 1 week prior to travelling, during your stay and for 4 weeks on returning home.
Malarone £2.75 per tablet + VAT at 17.5%	Take 1 tablet daily for 1 to 2 days before entering a malarial zone, during your stay and continue for 7 days after leaving.