



Malaria Information

For travel in some areas of our itinerary, prophylaxis medication to prevent Malaria should be used along with mosquito avoidance to prevent Malaria and other mosquito borne disease such as Dengue Fever.

Malaria is caused by protozoa organisms transmitted by mosquitoes or occasionally by blood transfusion. Symptoms may begin 7 days to one month after exposure and include fever, chills, headaches, flu-like symptoms, muscle aches, and fatigue. Nausea and vomiting, diarrhea, anemia and jaundice (yellow eyes and skin) may also occur.

Malaria risk can be reduced by avoiding mosquito bites with protective clothing which can be treated with permethrin, the use of insect sprays (containing DEET or Picaridin), and avoiding high risk areas and times when mosquitoes are active (dusk to dawn for Malaria mosquitoes). Screening or permethrin-treated mosquito nets should be used at night in risk areas.

Prophylactic (preventive) medication is also important and is available with a prescription from your personal physician or a travel clinic. You should bring your own personal supply to the ship. The type of medication depends upon the area and individual patient considerations and can be best decided in discussion with a physician. It should be started before travel to the risk area and continued after departure.

A test for Malaria and medications for prophylaxis and treatment are available (in limited supply) in the medical center.

Regardless of use of prophylactic medication, the following **general mosquito avoidance precautions** are very important:

- Avoid contact with mosquitoes when possible, especially between dusk and dawn for malaria since malaria mosquitoes bite primarily at night. Other types of mosquitoes that transmit dengue fever and yellow fever bite primarily during the day and should also be avoided.
- Wear clothes that minimize exposed skin (long sleeves, long pants).
- Consider use of clothes treated with a permethrin-containing insecticide product.
- Sleep in enclosed or screened area or use permethrin-treated mosquito net if in exposed area.
- Apply insect repellent such as DEET (or Picaridin) containing products to exposed skin areas.
- Pyrethroid-containing insect spray can be used in living and sleeping areas especially during evening and night time hours for malaria mosquitoes.