

Malaria

This is an infection spread by mosquitoes. Malaria is a very serious disease and around the world it kills many people. You may be travelling to a malarious country, so we can help you to take sensible precautions to protect yourself against this disease. You may need to take malaria tablets – we can give you advice on the most appropriate choice for your destination.

www.malariahotspots.co.uk

is a good website to increase your knowledge on malaria



What your travel agent should have told you!

1. To consult us for advice as soon as possible (preferably 4 – 8 weeks before departure), particularly those visiting developing countries
2. Inform you if the destination presents any particular hazards and personal safety
3. Encourage you to take out comprehensive travellers' health insurance
4. Inform you of the procedures for obtaining assistance and reimbursement particularly if the insurance was arranged through the travel agent.
5. Provide information on

- mandatory vaccination requirement for yellow fever
- the need for malaria precautions for the destination
- the existence of other important health hazards at the destination
- the presence or absence of good quality medical facilities at the destination

Reference: International Travel and Health. World Health Organization. 2007 www.who.int.ith