

Malaria Prophylaxis

It is useful to take an ABC approach to malaria

- A- Awareness of risk** – all travellers must be aware of the risk of malaria in the areas they visit, take action to reduce the risk, and seek medical advice urgently if they get a fever or flu like symptoms
- B- Bites : prevent or avoid** – sleep in rooms properly screened. Spray the room with knockdown insecticide before evening. You can also burn mosquito coils. Long sleeved clothing, long trousers and socks should be worn outside (light colours are less attractive to mosquitoes). Finally it is worth using insect repellents with over 30% DEET to repel mosquitoes effectively
- C- Compliance with appropriate anti-malarials** – you must take the full course of anti-malarials. Most deaths occur in people who take drugs irregularly or not at all.

How do I decide which anti-malarials I need to take ?

To help you decide which malaria tablet will be most suitable for your journey you may wish to contact:

- www.fitfortravel.nhs.uk
- NHS Direct 08454647
- Your local pharmacist

Chloroquine and proguanil (do not confuse proguanil, with the combination tablet, atovaquone and proguanil, which is also called Malarone) can be purchased from local pharmacies or chemists. All other drugs require a doctor's prescription.

Antimalarials available from your GP

The drugs listed below are the most commonly used anti-malaria tablets, for **high risk areas** only. Information applies to **adults** only.

Mefloquine

Take once a week

Start 2-3 weeks before entering the malarious area and continue 4 weeks after leaving there.

Contraindicated if you have a history of convulsions, mental health problems or depression.

Not for children weighing less than 5kgs

Cost approx £20 for a 2 week holiday.

Possible side effects include headaches, dizziness, abdominal pain, stomach upset, sleep disturbance.

Doxycycline

Take once daily

Start 1-2 days before entering the malarious area and continue 4 weeks after leaving there.

Contraindicated if you have an allergy to tetracycline antibiotics.

Not for children under the age of 12years.

If on the oral contraceptive pill, you will need to use condoms whilst taking, and for 7 further days on finishing.

Possible side effects include headache, nausea, sunlight sensitivity.

Cost approx £15 for a 2 week holiday.

Malarone (Atovaquone and proguanil)

Take once daily

Start 1-2 days before entering the malarious area and continue 1 week after leaving there.

Not for children weighing less than 11kgs.

Cost approx £75 for a 2 week holiday.

Side effects very rare.

To request a prescription for your preferred choice of anti-malaria tablets please ring the prescription line at Keynsham on 0117 916 1214 between 10am and 12.30pm with the following information:

- Names and ages of people travelling
- Destination
- Start and finish dates of your journey
- How long you will be staying in a malarious region.

There is a charge of £10 per prescription as this is a private service.

We cannot supply the tablets. Your prescription can be sent to a Keynsham or Saltford pharmacy of your choice to be dispensed, or be held at either surgery awaiting your collection.

Please advise us if you are pregnant or suspect you are pregnant or if you are breastfeeding.