MALARIA

PROTECT YOURSELF & YOUR COLLEAGUES

What it is

Malaria is a life-threatening disease caused by parasites transmitted to people through the bites of infected female Anopheles mosquitoes.



Symptoms

- Fever
- Chills
- Headache
- Muscle ache
- Fatigue
- Nausea
- Vomiting, diarrhea, and coughing (at times)

Prevention Tips

Research your destination for information about malaria risk. Check the websites of World Health Organization and US Centers for Disease Control and Prevention.

Apply insect repellent with 20-35% DEET to exposed skin. It may also be sprayed on clothing.

Wear light-colored clothes, long pants, and long-sleeved shirts.

Remove or destroy potential mosquito breeding sites.

Use insecticide-treated bed nets, if available.

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Source: World Health Organization; US Centers for Disease Control and Prevention