

Malaria Fast Facts Overview

Malaria is a serious illness caused by a parasite transmitted by certain mosquitoes in many tropical and sub-tropical areas of the world.

- Most people feel ill as early as one week after infection, but it can sometimes be as late as a year or more.
- Malaria is curable if diagnosed and treated quickly and correctly.
- Check if malaria is spread at the travel destination and ask a health care provider about medications to prevent malaria.
- Travelers should take antimalarials exactly as prescribed, including before travel and after return.



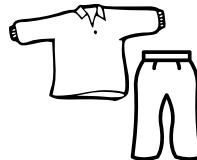
Various species of anopheles mosquitoes spread malaria

Steps to take if traveling where malaria occurs



Learn the risks

Before you travel, learn about the health risks and precautions for malaria for your destination.



Wear loose, long clothing

Wear loose-fitting, long-sleeved shirts, pants, and socks. Tuck in your shirt and pants.



Ask about antimalarials

Antimalarials are medications used to prevent and treat malaria. Talk to a health care provider before travel and take antimalarials as instructed.



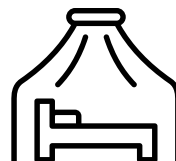
Use permethrin

Permethrin is an insecticide that goes on clothing, not skin, that repels mosquitoes. You can buy permethrin-treated clothing and gear or treat items yourself.



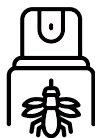
Avoid mosquito bites

Take extra steps to avoid mosquito bites, especially during early evening and at night.



Use screens and bed nets

Keep windows and doors closed or covered with screens to keep mosquitoes out. Use bed nets when sleeping if mosquitoes are present.



Use insect repellent

Pack and use EPA-registered insect repellent. When used as directed, these repellents are proven safe and effective. Read label before use.



Monitor for symptoms

Symptoms of malaria can include fever, chills, headache, muscle aches, tiredness, nausea, vomiting, and diarrhea. Seek medical care if you have any symptoms, even during travel.



Of the 864 U.S. residents with malaria for whom data on antimalarial use and travel region were available, 95% did not take the medication as directed. - CDC MMWR

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