



Malaria Prevention

Malaria is a serious disease that is transmitted to humans by the bite of an infected female *Anopheles* mosquito. Malaria symptoms will occur at least 7 to 9 days after being bitten by an infected mosquito. Symptoms may include fever and flu-like illness, including chills, headache, muscle aches, and fatigue. Individuals who have traveled to malaria-infected regions and have these symptoms should seek immediate medical attention.

Travelers leaving the United States should:

- Visit your health care provider 4-6 weeks before foreign travel for any necessary vaccinations and a prescription for an antimalarial drug.
- Take your antimalarial drug exactly on schedule without missing doses.
- Wear insect repellent to prevent mosquito and other insect bites. Your insect repellent should contain DEET as its active ingredient. To prevent malaria, wear insect repellent if out of doors between dusk and dawn when the mosquito that transmits malaria is biting.
- Wear long pants, long-sleeved, and light colored clothing.
- Sleep under a mosquito bed net that has been dipped in permethrin insecticide.

Prevention in Senegal and Malawi:

All travelers to Africa, including infants, children, and former residents of Africa should take one of the following antimalarial drugs:

Atovaquone/proguanil (brand name: Malarone)

Doxycycline

NOTE: Chloroquine is NOT an effective antimalarial drug in Malawi, Senegal and should not be taken to prevent malaria in this region. Mefloquine (brand name: Lariam) is a drug with very serious side effects and should not be taken to prevent malaria.

For more information go to: <https://wwwnc.cdc.gov/travel/diseases/malaria>

Prevention in Nicaragua, Guatemala and Nepal:

All travelers to Central America and Asia, including infants, children, and former residents of Africa should take one of the following antimalarial drugs:

Atovaquone/proguanil (brand name: Malarone)

Doxycycline

Chloroquine

Primaquine

NOTE: Mefloquine (brand name: Lariam) is a drug with very serious side effects and should not be taken to prevent malaria.

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