

MALARIA FACT SHEET

What is Malaria?

Malaria is a parasitic infection of the body's red blood cells that causes many deaths among travelers every year.

How is Malaria Transmitted?

The majority (95%) of malaria infections occur in tropical Africa, however, it can also occur in South America and Asia. A mild risk exists in parts of the Middle East and North Africa.

Malaria occurs when infected Anopheles mosquitoes bite humans, causing the parasite to enter the blood. The disease spreads rapidly to the liver cells.

Malaria can also be transmitted from an infected mother to an unborn baby, through infected needles and through blood transfusion.

What are the Symptoms of Malaria?

Some patients may develop an itch at the site of the bite, but when the disease passes through the liver, classic malaria symptoms will present, including:

- fever
- perspiration
- shivers
- headaches

Protection and Treatment

Each prophylactic malaria treatment on the market offers its own advantages and side-effects. The drugs only start to attack the parasite once it has passed through the liver stage. It is crucial to maintain adequate blood levels of the drug during exposure and for four full weeks after returning from your travels.

Ultimately, avoiding mosquito bites is crucial.