



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



MEDIA RELEASE

To: Editors & Health Journalists
Issued by: Ministry of Health
Date: Thursday, 29 March 2018

Protect yourself against Malaria

The Ministry of Health urges all residents and travellers to and from malaria transmission areas to take protective measures against being bitten by mosquitoes. Malaria transmission is ongoing in South Africa and its neighbouring countries. The number of malaria cases is expected to rise as a result of travel during the Easter holidays, and the recent widespread rainfall across southern Africa. The highest malaria transmission in the region would be found in Mozambique.

Malaria transmission areas in South Africa include the north-eastern parts of the country, covering Mopani and Vhembe districts of Limpopo Province, and the western parts of the Waterberg district (Thabazimbi and Lephalale areas). Other areas of high transmission risk include the lowveld of Mpumalanga Province, including the Kruger National Park and surrounds, and the northern KwaZulu-Natal Province-Mozambique border.

Travellers to these high transmission areas, as well as to the neighbouring countries, are advised to take precautions against being bitten by mosquitoes through the meticulous use of repellents containing DEET, covering bare skin after dark if outside, closing insect screens on doors and windows, and using fans or air conditioners, if available. Travellers can also consult their doctors, clinics or pharmacists for anti-malarial chemoprophylaxis. Current recommended chemoprophylactic medications include doxycycline or atovaquone-proguanil, which are available without prescription, but the healthcare worker needs to advise the best option for each individual. These medications are very good at preventing malaria, they are not 100% effective.

All travellers, whether travelling to low- or high-risk areas, are advised to be aware of the malaria symptoms of fever, chills, sweats, headaches, nausea and vomiting, body aches and general malaise, and to report to their nearest health facility or doctor if they suspect that they may have contracted malaria, even if they have used the preventive measures listed above.

The Minister, Dr Aaron Motsoaledi wishes all travellers during this Easter holidays safe journeys. "Your life and good health is important to us", Motsoaledi said.

Issued by the Ministry of Health

Enquiries:
Popo Maja
Ministry of Health: Spokesperson
Mobile: 072 585 3219/082 373 1169
E-mail: popo.maja@health.gov.za