

## **Malaria - Protect yourself**

### **Prevention is better than cure**

If you are visiting a malaria risk area you should:

- take measures to prevent mosquito bites
- take appropriate medication as directed
- seek medical attention if you have a fever, headache, chills or muscular pain for up to six months after leaving the area

### **Avoid mosquito bites**

- Wear long-sleeved clothing when outside at night.
- Apply an insect repellent containing DEET.
- Sleep under a mosquito net treated with insecticide.
- Spray insecticide inside the house after closing windows and doors.

### **Take medicines correctly**

- Take only medicines recommended by a health professional.
- Start before entering the malaria risk area and use as prescribed.

### **Symptoms**

- Fever
- Headache
- Chills
- Muscular pain

Get medical attention if you have any of the above symptoms and inform them of your travel history.

For more information visit:

<http://rollbackmalaria.com/>

<https://santhnet.co.za/index.php/travel-health-advice/travel-advice/malaria-advice-for-travellers/item/330-malaria-risk-map-for-south-africa-2017.html>

**MALARIA RISK MAP FOR SOUTH AFRICA 2013**

To significantly reduce your risk, take precautionary measures against mosquito bites throughout the year in ALL RISK areas

Where malaria chemoprophylaxis is indicated, mefloquine or atovaquone-proguanil or doxycycline should be used.

**Low Risk**

Only non-drug measures to prevent mosquito bites are recommended

**Moderate Risk**

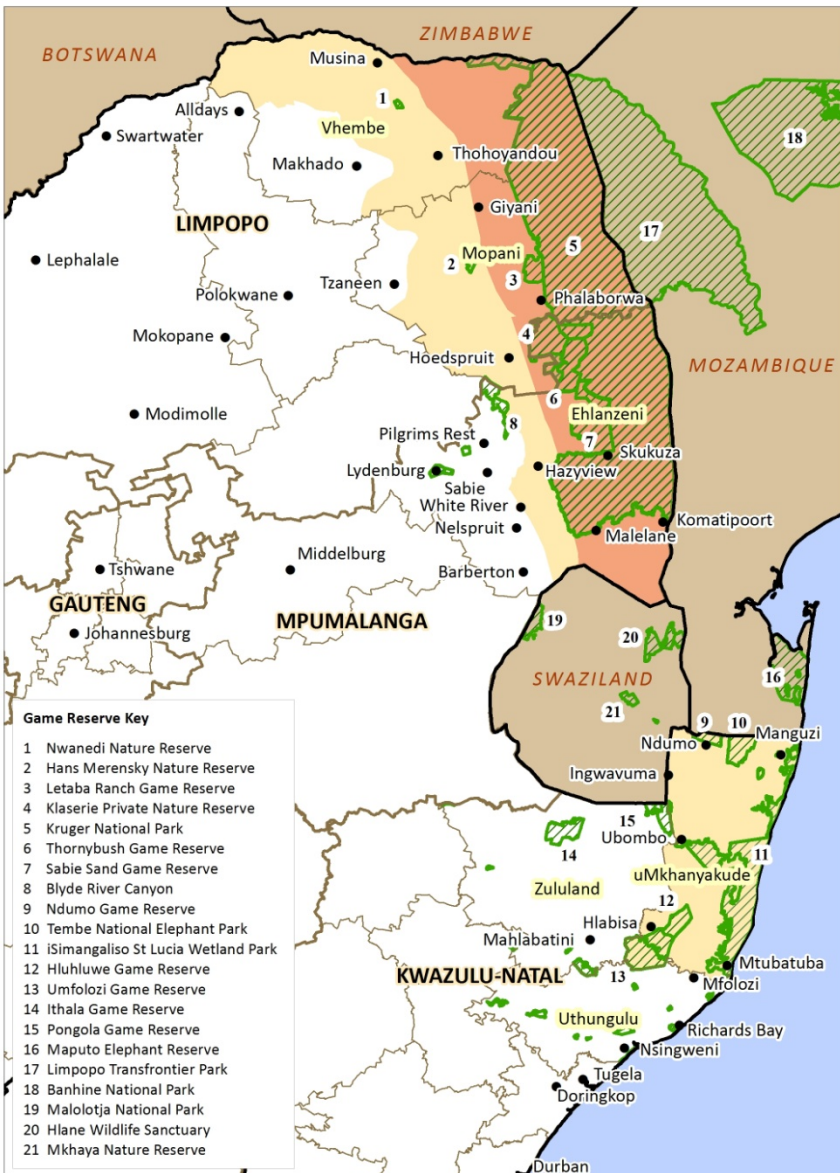
Antimalarial drugs are recommended from September to May for all travellers

**Malaria risk does exist in neighbouring countries** For further information, please consult the WHO travel health guidelines at <http://www.who.int/ith/en/>

- Town
- ▭ Province
- ▨ Reserve
- ▭ District



Map produced by the Health GIS Centre, Malaria Research Unit, South African Medical Research Council  
 Data Sources: Malaria Control Programmes of KwaZulu-Natal, Limpopo and Mpumalanga, South African Medical Research Council, Statistics South Africa, Municipal Demarcation Board



- Game Reserve Key**
- 1 Nwanedi Nature Reserve
  - 2 Hans Merensky Nature Reserve
  - 3 Letaba Ranch Game Reserve
  - 4 Klaserie Private Nature Reserve
  - 5 Kruger National Park
  - 6 Thornybush Game Reserve
  - 7 Sabie Sand Game Reserve
  - 8 Blyde River Canyon
  - 9 Ndumo Game Reserve
  - 10 Tembe National Elephant Park
  - 11 iSimangaliso St Lucia Wetland Park
  - 12 Hluhluwe Game Reserve
  - 13 Umfolozi Game Reserve
  - 14 Ithala Game Reserve
  - 15 Pongola Game Reserve
  - 16 Maputo Elephant Reserve
  - 17 Limpopo Transfrontier Park
  - 18 Banhine National Park
  - 19 Malolotja National Park
  - 20 Hlane Wildlife Sanctuary
  - 21 Mkhaya Nature Reserve