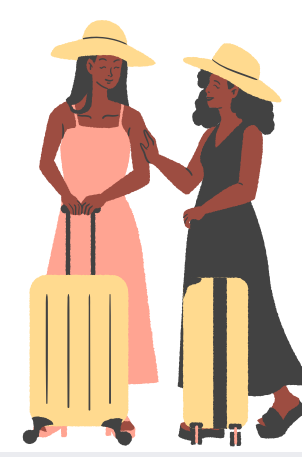


MALARIA



About Malaria 1

Malaria is a **parasitic disease** (caused by protozoa of the genus Plasmodium) that affects **tropical countries**.

The **incubation period** depends on the Plasmodium species: P. falciparum, 9-14 days. P. vivax and P. ovale, 12-18 days. P. malariae, 18-40 days. For some strains of P. vivax, 8 to 10 months, and even longer in the case of P. ovale

2 How Malaria Is Transmitted



It is mainly transmitted by the **bite of a mosquito** (Anopheles), which usually bites between **dusk and dawn**.

The Most Common Symptoms 3



High fever



General malaise



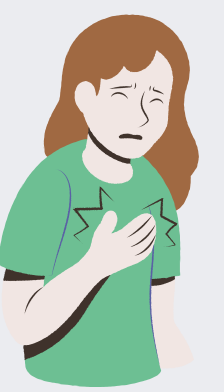
Shivering, trembling



Nausea, vomiting



Sweating



Pale skin

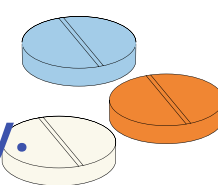
4 Preventive Measures for Travellers

Avoid mosquito bites:

- **Avoid going out between dusk and dawn.** If you go out at night, wear long sleeves and long trousers. Avoid wearing dark colours that attract mosquitoes.
- **Use insect repellents** containing DEET, IR3535, or Icaridin (apply to exposed skin or clothing).
- Stay in a well-built and well-maintained building with **screens on doors and windows** whenever possible.
- Put a **mosquito net** around your bed. Tuck it under the mattress and ensure that it is not torn and that no mosquitoes are trapped inside.



Take appropriate malaria prevention tablets when necessary.



Key Ideas 5

- **Four weeks before you travel, go to the International Travellers' Clinic** (Consulta de Viajeros Internacionales). Telephone for an appointment first: Zaragoza 976 71 50 00, Huesca 974 29 33 88, Teruel 978 64 11 75.
- **Consult a doctor immediately** if you develop a fever within one week after entering a malaria-risk area and up to three months (rarely, even later) after leaving the area.

