

21 November 2018

## Advisory on Malaria

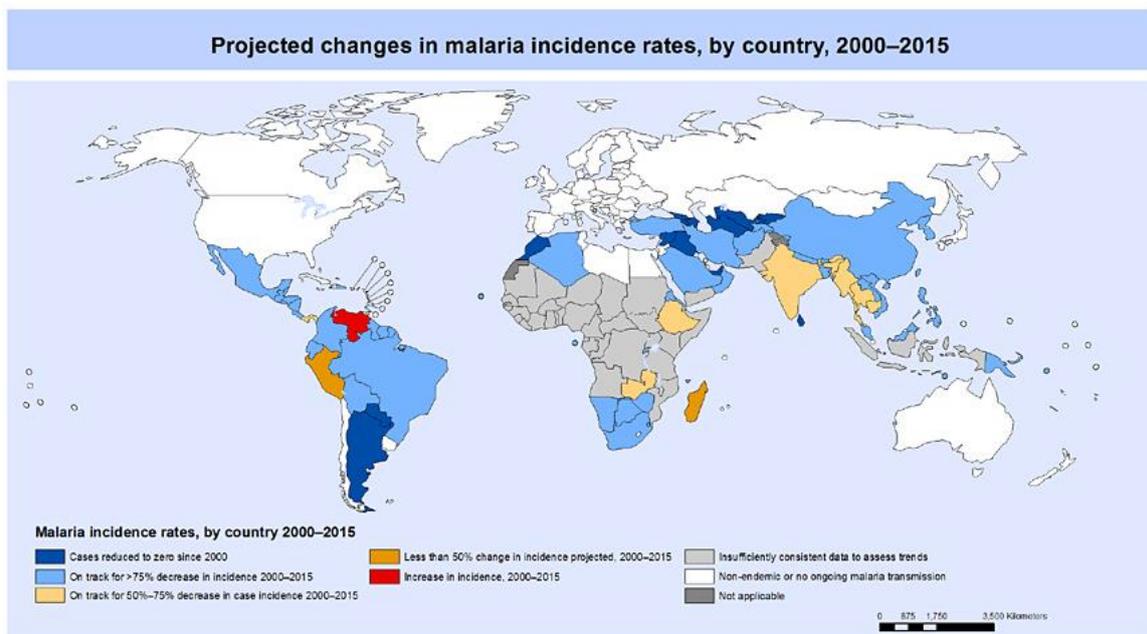
### What is Malaria?

Malaria is a serious, life-threatening disease caused by Plasmodium parasite which is transmitted to humans from the bite of a female Anopheles mosquito. Symptoms of malaria resemble that of flu with fever, chills, headache, tiredness, muscle aches and pain. Other



symptoms include diarrhoea, bloody stool, nausea and vomiting, jaundice and anaemia. Untreated malaria can result in complications like seizures, coma, kidney or liver failure, and even death.

Onset of symptoms of malaria may be as early as 1 week. But it may also happen up to 6 months after the initial exposure. If you have been to a malaria prone country and presents with unexplained fever and headaches, please inform the doctor that you are consulting about your past travel history.



The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

Data Source: World Malaria Report 2015  
Map Production: Global Malaria Programme  
World Health Organization



© WHO 2015. All rights reserved.





## Before You Travel

Before travelling it is good to check if the country that you will be visiting is high risk for malaria infection. You can access information through reputable website such as CDC (USA)

[https://www.cdc.gov/malaria/travelers/country\\_table/a.html](https://www.cdc.gov/malaria/travelers/country_table/a.html) for information.

You can also consult our doctors in the clinic for further discussion on prevention against malaria.

Malaria can be more serious in pregnant women. And as medications are not 100% effective in preventing malaria infection, it is advisable for pregnant women or those who are likely to be pregnant during the travel, to avoid travelling to malaria prone areas and countries.

## Preventing Malaria

Malaria is mainly found in tropical and subtropical countries. If you are travelling to these parts of the world where malaria transmission occurs, you should be taking the following precautions:

### 1. Prevent mosquito bites

- Stay indoors between dusk and dawn where the mosquitoes transmitting malaria are the most active,
- Stay and sleep in a well-screened or air conditioned room,
- When outdoors, cover exposed skin by wearing a long sleeved shirt and long pants,
- If staying outdoors, sleep under a mosquito netting, and
- Apply insect repellent to exposed skin.



### 2. Take antimalarial tablets



Please see your doctor 4 weeks before travel for antimalarial tablets. The choice of antimalarial prescribed will depend on your medical conditions, duration and place of travel.



**Note** that taking antimalarial medication as a prevention does not guarantee 100% protection against malaria infection. Measures to prevent mosquito bites as stated above are necessary measures taken together with antimalarial medications to reduce the risk of contracting malaria.



Antimalarial medication	Dosage	Possible adverse effects	Remarks
<b>Atovaquone/ Proguanil (Malarone)</b>	1 tablet daily. Start 1-2 days prior to travel, continue whilst in malaria zone & continue for 7 days after leaving malaria zone.	Stomach pain, nausea, vomiting, headache.	Not safe for pregnancy and breastfeeding. Not recommended for people with severe kidney problem. Expensive.
<b>Mefloquine (Lariam)</b>	1 tablet once a week. Start 2 weeks prior to travel, whilst in malaria zone & continue for 4 weeks after leaving malaria area. Suitable for long stays use as it is given weekly.	Stomach pain, diarrhoea, nausea, vomiting, dizziness, difficulty sleeping, anxiety, vivid dreams, visual disturbances, depression, anxiety, panic attacks and hallucinations.	Safe in pregnancy. However, use in first trimester in pregnancy is best avoided if possible. Not recommended for people with mental health problems, seizures, epilepsy and liver problems.
<b>Doxycycline</b>	1 tablet daily. Start 1-2 days prior to travel, continue whilst in malaria area. Continue to take for 4 weeks after leaving the malaria area.	Photosensitivity (sensitive reaction to light), stomach pain, nausea, diarrhoea and vomiting. Risk of yeast infection as it is an antibiotic.	Not safe for pregnancy and breastfeeding. Not for children < 12 years old. Not recommended for people with conditions such as systemic lupus erythematosus and myasthenia gravis. Inexpensive drug.
<b>Chloroquine</b>	1 tablet once a week. Start 1-2 weeks prior to travel, whilst in malaria zone & continue for 4 weeks after leaving malaria area.	Stomach pain, nausea, diarrhoea and vomiting.	Safe in pregnancy on a case by case basis for short-term use. Safe for breastfeeding. Not recommended for people with psoriasis and G6PD deficiency. Not suitable for use in areas with chloroquine-resistant strain of malaria.





### RafflesMedical

- 80 Robinson Road • 112 Katong • Anchorpoint • Ang Mo Kio
- Anson Centre • Asia Square • Bedok North • Bishan
- Capital Tower • Causeway Point\* • Changi Airport (Terminal 2, Terminal 3 B2^A, Terminal 4, Transit 1^A, Transit 2, Transit 3, Transit 4) • Changi Business Park
- Changi City Point • Clementi • Compass One\*
- Eastpoint Mall • HarbourFront Centre • Hillion Mall\*
- Hougang Central • Jurong East • Jurong Point\*
- Lot 1 Shopper's Mall • Loyang Point
- Marina Bay Financial Centre\* • Marina Square\* • nex
- Ngee Ann City • Northpoint City • Our Tampines Hub\*
- Raffles City • Raffles Holland V\* • Raffles Hospital\* (Raffles Executive Medical Centre & Raffles Medical) • Raffles Place\*
- Rivervale Mall • Seletar Mall\* • Sembawang Way\* • Shaw Centre\* • Siglap Centre • Sixth Avenue • Tampines 1\*
- Toa Payoh Central • Waterway Point • White Sands\*
- Yew Tee Point

For an updated list of Raffles Medical clinics, please visit [www.rafflesmedicalgroup.com](http://www.rafflesmedicalgroup.com)

^ Opens 24 hours



### RafflesHospital

- Breast • Cancer • Children • Chinese Medicine • Counselling
- Dental • Diabetes & Endocrine • Dialysis • ENT
- Executive Medical • Eye • Fertility • Health Screeners • Heart
- Internal Medicine • International Patients Centre
- Japanese • Medical (GP clinic) • Neuroscience
- Nuclear Medicine • Orthopaedics • Pain Management
- Rehabilitation • Skin & Aesthetics • Surgery • Urology
- Vascular Intervention • Women • 24 Hour Emergency
- Angiography • Clinical Laboratory • Clinical Trials
- Day Surgery • Intensive Care Unit
- Labour Ward & Delivery Suites • Medical & Surgical Ward
- Nursery & Neonatal Intensive Care • Operating Theatres
- Paediatric and O&G Wards • Radiology



### RafflesHealth

- Dental Care Products • Diagnostics
- Mother and Baby Care Products
- Organic Products
- Pharmacist Consultations • Superfood
- Vitamins and Supplements

## RafflesMedicalGroup

### RafflesDental

- Causeway Point
- Changi Airport Terminal 3
- Compass One • Hillion Mall
- Marina Bay Financial Centre
- Marina Square • Raffles Holland V
- Raffles Hospital • Raffles Place
- Shaw Centre • Tampines 1
- Whitesands



### RafflesMedical International

- Cambodia**
  - Phnom Penh
- China**
  - Beijing • Dalian • Hong Kong (Central, Taikoo, International Airport)
  - Nanjing • Shanghai • Shenzhen
  - Tianjin (Central, TEDA)
- Japan**
  - Osaka
- Vietnam**
  - Hanoi • Ho Chi Minh City • Vung Tau



### RafflesHealthInsurance

- Employee Benefits Solution
- Foreign Workers Health Insurance
- Individual & Family Health Insurance
- International Health Insurance
- Third Party Administration



### RafflesHealthcareInstitute

- Allied Health Training
- Healthcare - General & Management
- Life Support Training
- Medical & Dental Education • Nursing

**FOR CORPORATE ENQUIRIES, CONTACT US AT**

**6812 6688 OR [RAFFLESONE@RAFFLESMEDICAL.COM](mailto:RAFFLESONE@RAFFLESMEDICAL.COM)**

Copyright © Raffles Medical Group Ltd 2018. All rights reserved. Intellectual Property contained in this document remains vested in Raffles Medical Group. No information, illustration or other portion of this submission may be utilised, altered or reproduced in any form without written permission.

**RafflesOne**  
One Group • One Practice  
Your Corporate Healthcare Solution

