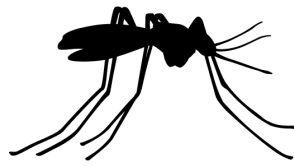




Malaria

Fact Sheet



Malaria is caused by a parasite and spread mostly through the bite of an infected mosquito. Maine does not have the mosquito that can carry the parasite.

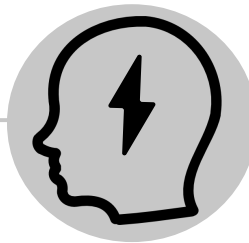


Malaria is usually found in warmer areas of the world. People who travel to these areas are at the greatest risk.

Signs and Symptoms



Fever and Chills



Headache



Body and Muscle Pain



Nausea and Vomiting



Feeling Tired



Diarrhea

A typical malaria attack lasts 6 to 10 hours. It consists of a cold stage (feeling cold, shivering), a hot stage (fever, headaches, vomiting), and a sweating stage (sweats, return to normal temperature, tiredness). Malaria can cause low red blood cell count and yellowing of the skin and eyes. Malaria can also cause kidney failure, seizures, confusion, coma, and death. Symptoms usually start 10 days to 4 weeks after infection.



Talk to your healthcare provider if you have any of these signs and symptoms after traveling. Your healthcare provider will order a blood test to see if you have malaria. Malaria can be treated with medication.

Prevent Malaria

The best way to prevent malaria is to take antimalarial drugs and protect yourself and your family from mosquito bites when traveling to areas with malaria.



Take an antimalarial drug*



Use an EPA-approved repellent for use on skin such as:

- DEET
- Oil of Lemon Eucalyptus
- IR 3535
- Picaridin

Use permethrin on clothing.



Sleep under a bed net



Wear long-sleeved shirts and long pants when outside

*Visit your healthcare provider 4 to 6 weeks before travel for a prescription. Antimalarial drugs are available in the United States by prescription only.

Additional prevention includes avoiding being outdoors just before dawn and right after darkness when this mosquito is most active.

For More Information, Visit:



1. www.cdc.gov/malaria
2. www.cdc.gov/malaria/travelers/country_table (Malaria information by country)
3. www.maine.gov/dhhs/mosquitofaq (For frequently asked mosquito questions)
4. www.epa.gov/insect-repellents/find-repellent-right-you (For EPA approved repellents)

You can also call Maine CDC at 1-800-821-5821.