

Fight Malaria - Take Your Medication

What is malaria?

Malaria is an illness caused by a parasite carried by *Anopheles* mosquitoes. Malaria can be fatal if not promptly treated. Some types of malaria can remain dormant in your liver and then cause you to become ill months or even years later. You can use permethrin treated uniforms and bed nets, skin repellent (DEET), and anti-malarial medications to prevent malaria.

What are the symptoms of malaria?

Symptoms can vary, but generally include:

- ▶ fever
- ▶ shaking chills
- ▶ sweats
- ▶ headache
- ▶ muscle aches
- ▶ exhaustion

Symptoms may continue for weeks or months, with recurring episodes of fever and chills. Seek care immediately if you experience any of these symptoms and have been in an area where malaria is present.

Maximize your protection

Permethrin on Uniform + DEET on Exposed Skin + Properly Worn Uniform + Permethrin-treated Pop-up Bed Net + Anti-malarial Medication = **Maximum Protection**

Permethrin-treated Pop-up Bed Net: NSN 3740-01-518-7310

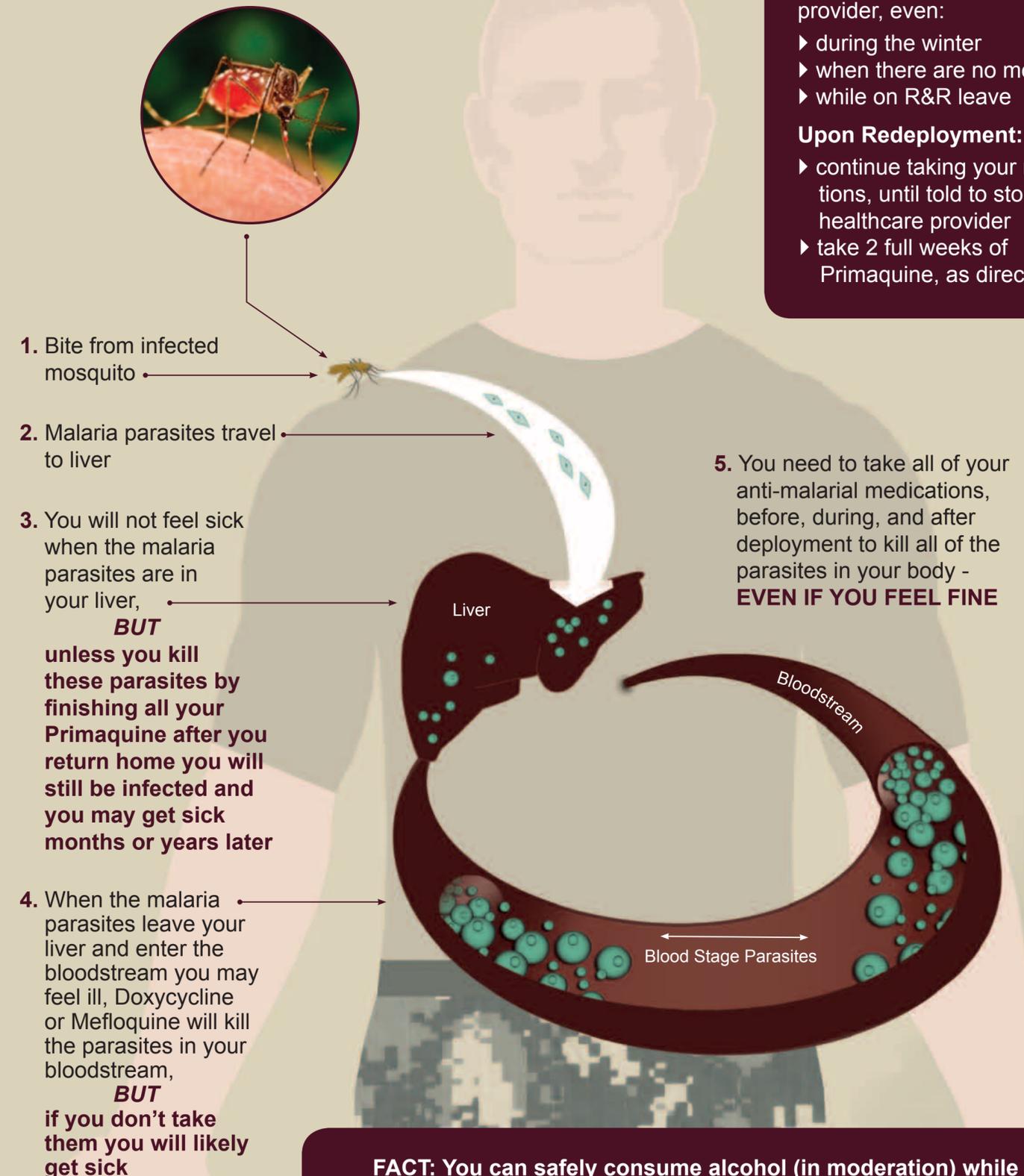
Dosing schedules and medications may differ from this poster. Contact your healthcare provider for more information.

<http://phc.amedd.army.mil>

CP-066-0211
Mosquito Photo Courtesy: CDC Public Health Image Library



How do the anti-malarial medications protect me?



During Deployment, take your anti-malarial medications as directed by your healthcare provider, even:

- ▶ during the winter
- ▶ when there are no mosquitoes
- ▶ while on R&R leave

Upon Redeployment:

- ▶ continue taking your medications, until told to stop by your healthcare provider
- ▶ take 2 full weeks of Primaquine, as directed

FACT: Permethrin and DEET are safe and effective.

FACT: You can safely consume alcohol (in moderation) while taking anti-malarial medications, including Primaquine.