

Prophylactic measures which must be known by the persons who travel in malaria endemic areas

As during the last years at national level there were cases and even death because of malaria for persons who travel in different area affected by malaria, we would like to inform you on the prophylactic measures for avoiding the disease.

Malaria is an infectious tropical disease produced by a parasite (Plasmodium which has many species) and which is transmitted to human by the bite of ANOFEL mosquito, the intermediary host for the development of the parasite.

The prophylaxis (prevention of illness) resides in 2 distinct ways: **medicamentary treatment and physical protection against mosquitoes biting.**

Medicamentary prophylaxis

Before traveling you should visit the international vaccination department or the traveling department where you shall receive recommendations and the prescription for prophylaxis treatment according to the country you shall travel. The visit to this department should be done at least 3 weeks before traveling.

Prophylaxis with anti-malaria treatment should begin at least one week before travel and should end one week after the person returns from endemic area.

Prophylaxis medication does not completely protect you against illness as the parasite producing malaria has gained resistance to some medication.

If during your stay in malaria endemic area you have fever with cephalalgia, sweats, throat pain, diarrhea, you should consult local medical services for running blood tests for detecting malaria.

When returning in the country you should run blood tests at the County Hospital for Infectious Diseases in order to exclude the presence of the parasite.

Physical protection against mosquitoes

During the stay in endemic area you should wear long sleeves clothes, long trousers and socks during the evening when the mosquitoes are more active. You can use substances against mosquitoes on your clothes and on the parts of your body which are not covered by clothes.

During your sleep in the bed (day or night), the bed shall be protected by a special net against mosquitoes previously treated with specific anti-insect substances.

Before traveling you must consult the updated list of endemic countries and their specifications regarding the existence of plasmodium species and their resistance to some anti-malaria treatment.

The list of malaria endemic countries for which chemoprophylaxis is recommended:

The countries marked with * present risk only for P. Vivax. In some of these countries malaria is met only in few or some altitudes. It is recommended to consult the list of the countries and details on each country.

Afganistán
Africa de Sud *
Arabia Saudita
Armenia
Azrbaigean *
Benin
Butan
Bolivia
Botswana
Brasilia
Burkina Faso
Burundi
Cambdgia
Camerún
Capul Verde
Republica Central Africana
Ciad
China
Columbia
Comoros
Congo (Brazaville)
Congo, Democratic
(Kinshasa_
Costa Rica
Coasta de Fildes
Djibuti
Dominicana, Republica
Ecuador
Egipt
Eritreea
Etiopia
Gabon
Gambia
Georgia *
Ghana
Guatemala
Guiana Franceza
Guinea
Guinea Bissau
Guinea Ecuatoriala
Guyana
Haiti
Honduras
India
Indonesia
Iran
Iraq *
Koreea de Nord *
Koreea de Sud *

Kyrgystan
Laos
Liberia
Madagaskar
Malawi
Malaesia
Mali
Maroc *
Mauritania
Mauritius *
Mayotte
Mexic
Mozamibic
Myanmar
Namibia
Nepal
Nicaragua
Níger
Nigeria
Oman
Pakistan
Panama
Papua Noua Guinee
Paraguay
Peru
Philipine
Rwanda
Salvador
Sao Tome si Principe
Senegal
Sierra Leone
Siria *
Solomon, Insule
Somalia
Sri Lanka
Súdan
Suriname
Swaziland
Tajikistan
Tanzania
Thailanda
Tomorul de Est
Togo
Turcia *
Turkmenistán *
Uganda
Uzbekistán
Vanuatu
Vietnam

Yemen
Zambia
Zimbabwe