

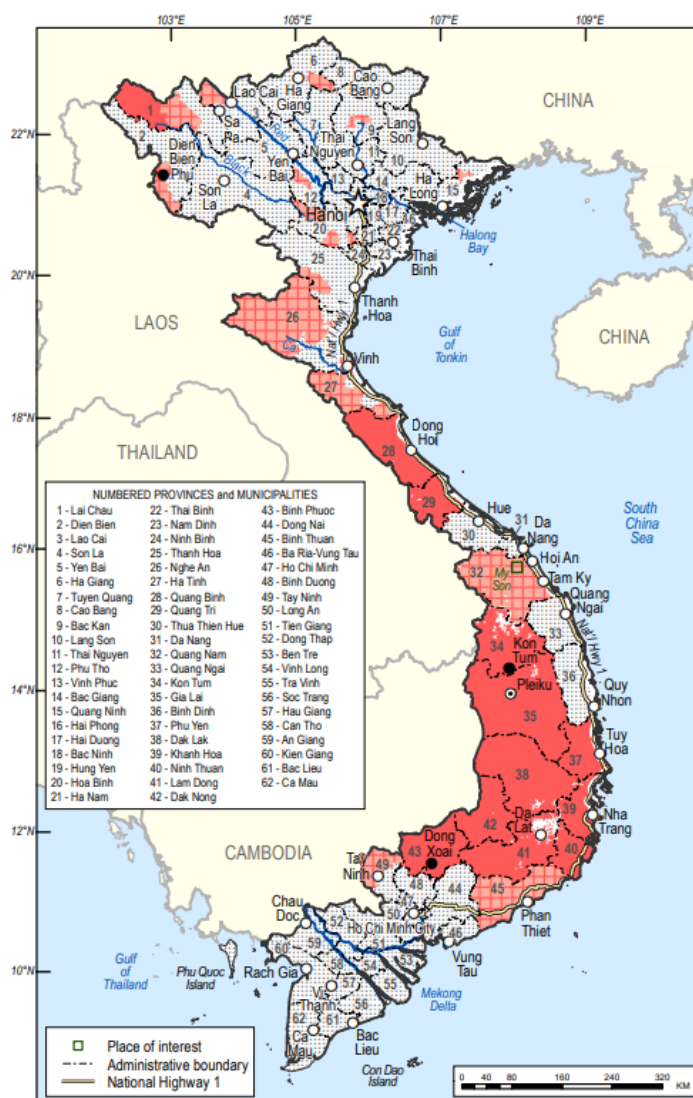
Malaria Medication Made Simple [SAS Spring 2020]

By NP Kim and Dr. Mark

1. Determine your malaria risk, by country.

On the following maps, malaria prophylaxis is recommended when traveling to areas in red and pink (■ and ■■■). Areas that marked ■■■■ and □ have low to no malaria risk so only insect precautions are recommended.

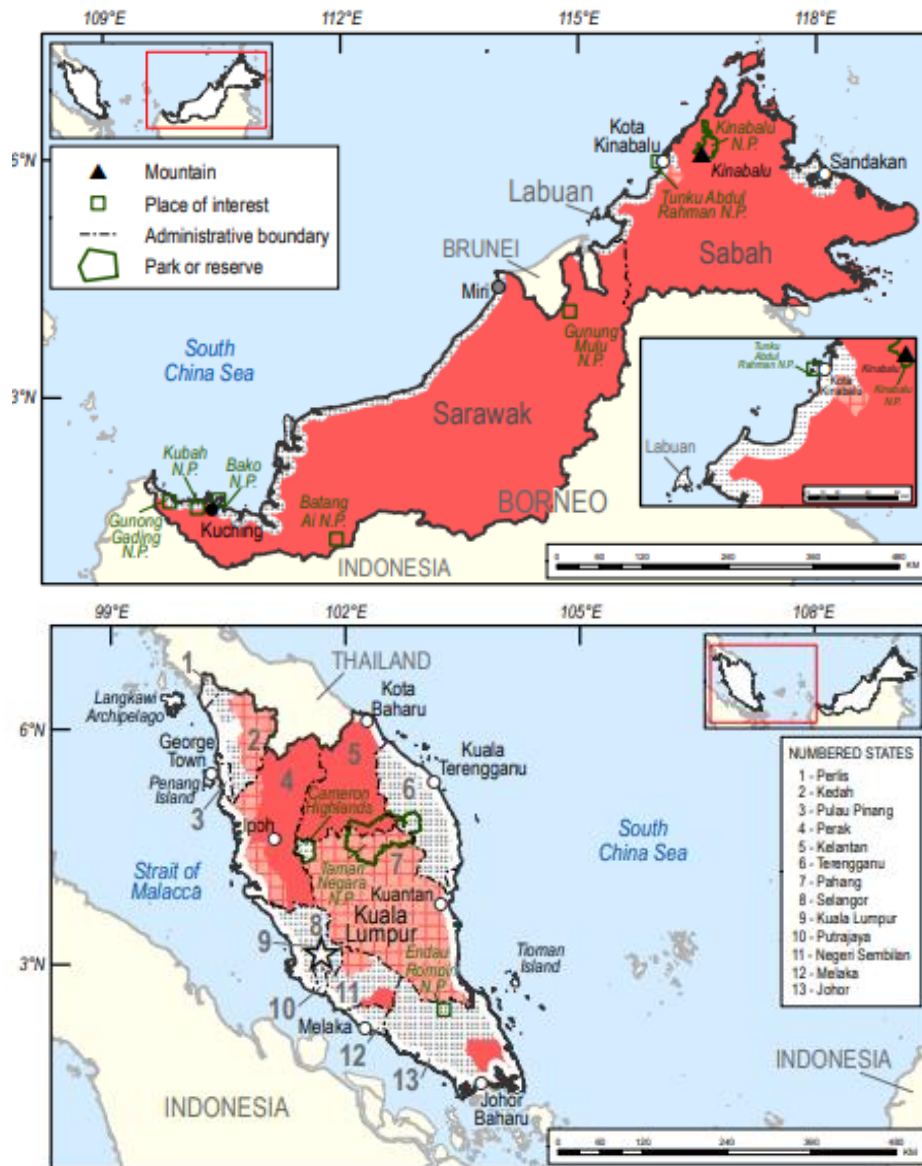
A. Vietnam. Rural areas only. None in the cities of Da Nang, Haiphong, Hanoi, Ho Chi Minh (Saigon), Nha Trang, and Qui Nhon.



These Vietnam SAS Field Programs will go to malaria risk areas:

- HCM 503-201 Life Along the Mekong River: Vietnam & Cambodia (February 11-15)
- HCM 305-301 Caving & Camping in Quang Binh (February 12-14)
- HCM 303-301 Cultural Cambodia: Angkor Temples & Floating Village (February 12-14)

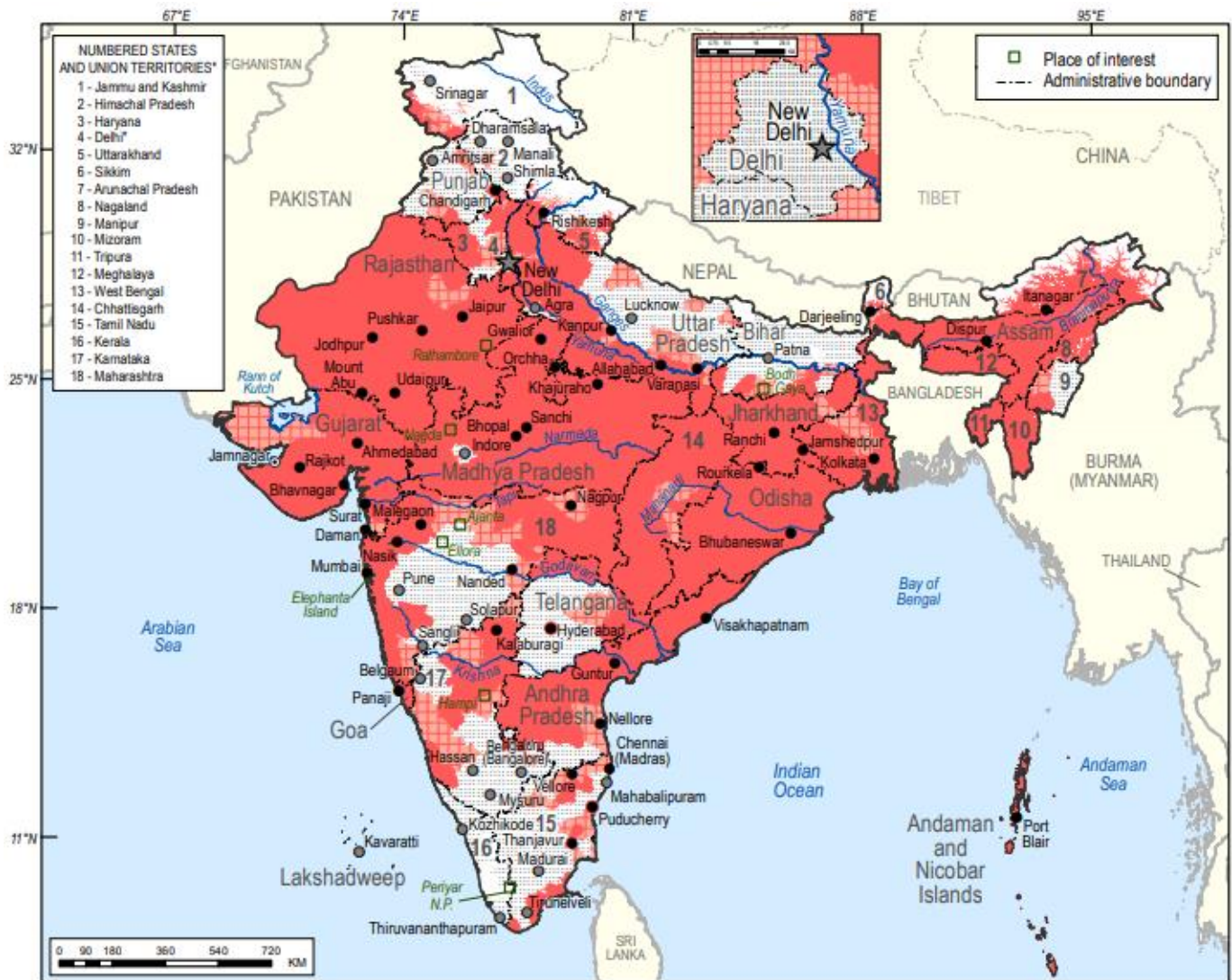
B. Malaysia. Present in rural areas. None in Georgetown, Kuala Lumpur, and Penang State (includes Penang Island).



These Malaysia SAS Field Programs will go to malaria risk areas:

- PKG 501-102 Borneo Rainforest Adventure: Kayaking, Caves, Conservation, & Culture (February 19-23)
- PKG 503-202 Malaysia's Peninsula: Rainforests, Cities & Homestay Experience (February 20-24)
- PKG 200-401 Labu Kubong Village Homestay (February 22-23)

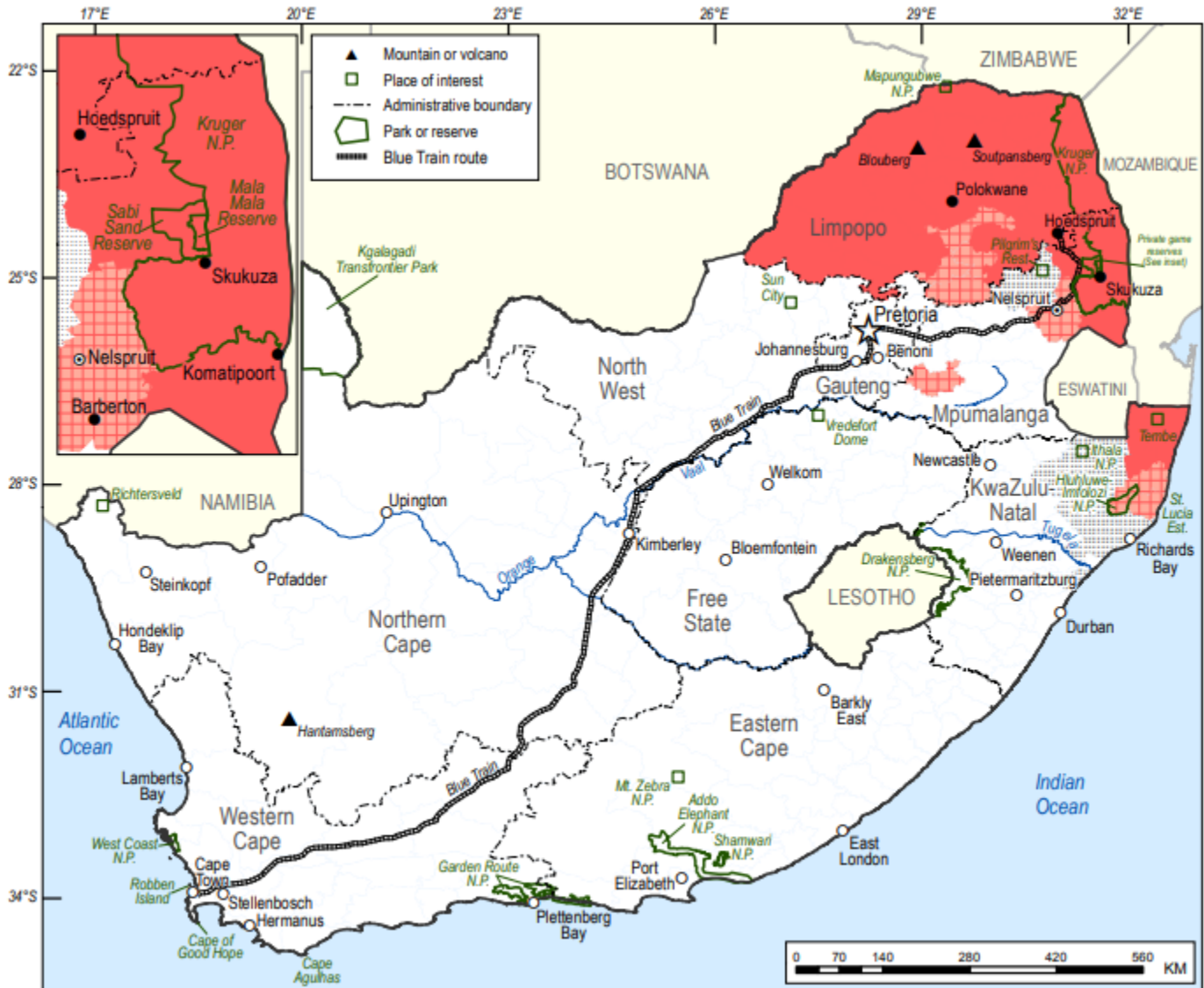
C. India. Present throughout much of the country. Of note, no transmission in Kerala state (where we will be at port).



These India SAS Field Programs will go to malaria risk areas:

- KOC 500-201 Taj Mahal, Khajuraho Temples & Tiger Safari (March 1-5)
- KOC 401-201 The Spirit of India: Delhi, Taj Mahal & Vibrant Mumbai (March 1-4)
- KOC 408-201 Urban Village & Taj Mahal (March 1-4)
- KOC 404-201 Bear Sanctuary & Elephant Rescue (with Taj Mahal) (March 1-4)
- KOC 406-211 Classic Jaipur & Taj Mahal (A) (March 1-4)
- KOC 406-221 Classic Jaipur & Taj Mahal (B) (March 1-4)
- KOC 403-201 Tiger Conservation (with Taj Mahal) (March 1-4)
- KOC 307-201 Deeper Delhi & Taj Mahal (March 1-3)
- KOC 413-211 Holy Ganges: Unity in Diversity (with Taj Mahal) (A) (March 1-4)
- KOC 413-221 Holy Ganges: Unity in Diversity (with Taj Mahal) (B) (March 1-4)
- KOC 301-311 Taj Mahal Express (A) (March 2-4)
- KOC 301-321 Taj Mahal Express (B) (March 2-4)

D. South Africa. Present along the border with Zimbabwe and Mozambique. Present in Kruger National Park.



These South Africa SAS Field Programs will go to malaria risk areas:

- CAP 403-201 Victoria Falls & Botswana (March 19-22)
- CAP 302-301 Kapama Private Game Safari (March 20-22)
- CAP 312-301 Waterberg Safari: Mabula Safari Plains (March 20-22)

E. Ghana. Malaria risk is EVERYWHERE in Ghana; so everyone should be on malaria medication.

2. Which malaria medicine should you take?

Answer: Use whatever your doctor prescribed.

Malarone (Atovaquone / Proguanil)

Doxycycline

Other (list here): _____

I didn't bring any

If you do not have any malaria medication, or if you brought an "other" medication and have questions, come to the medical clinic and let the medical team help you.

3. Figure out how many pills you need and when to start your medication.

If you have Malarone:	If you have Doxycycline:
Start daily 2 days prior to entering risk area	Start daily 2 days prior to entering risk area
Take once daily while in risk area	Take once daily while in risk area
Continue once daily for 7 days after leaving risk area	Continue once daily for 4 weeks after leaving risk area

Use the table below to decide how many pills you need.

Your Exposure (based on the previous pages)	Dates to Take Medication (# pills needed)	
	Malarone	Doxycycline
Vietnam (risk areas only)		
Malaysia (risk areas only)		
India (risk areas only)		
South Africa (risk areas only)		
Ghana (everyone)	March 28 - April 10 (14 pills)	March 28 - May 2 (36 pills)
Total		

If you need more pills: Complete this worksheet, read the next page, and then come to clinic. We will help you get what you need.

Additional Facts about Malaria and Malaria Medication

Mosquito bite prevention is even more important than taking medication, because mosquito protection will also help you keep from getting other mosquito-borne diseases, such as dengue and Zika. Wear long-sleeved shirts and long pants (tucked into socks - very fashionable!) and apply insect repellent containing DEET to exposed skin. Avoid outside activity at in the evening and at night (when malaria-transmitting mosquitoes are most active).

Other information about malaria medication:

	<u>Malarone</u> (atovaquone / proguanil)	<u>Doxycycline</u>
Cost in clinic	\$10.50 per pill	\$1.00 per pill
Cautions and side effects	Can lead to abdominal pain, nausea, and/or vomiting; 7% get strange, vivid dreams	Can increase sunburn risk - wear sunscreen; may interfere with birth control pills; women often get yeast infections; nausea and vomiting occasionally occur
Additional advice and comments	Take it with food or drink that has fat in it (such as milk, eggs, or meat); this will reduce gastrointestinal side effects and help absorption.	To minimize gastrointestinal side effects, take with food and not before going to bed. Pepto Bismol may interfere with drug absorption, so do not take at the same time