

# NAMIBIA

## Distribution of Endemic Malaria



KEEP MALARIA OUT!

## MOSSI NETS



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We have the got the right Mosquito-net for you!



MINISTRY OF HEALTH AND SOCIAL SERVICES

## MALARIA PREVENTION IN NAMIBIA

## GUIDELINES FOR TOURIST



KEEP MALARIA OUT!

## MOSSI NETS

Updated March 2009

### MALARIA PREVENTION IN NAMIBIA GUIDELINES FOR TOURIST

These guidelines are intended to assist you as a precaution on your tour of Namibia, and to ensure that you have pleasant memories of our beautiful country for the rest of your life. Malaria in Namibia is mainly found in the Northern areas of the country (see map), although it can occur in 9 of our 13 regions during the rainy season. Malaria is transmitted to people by the bite of an infected mosquito, which usually bites after dark. Without prompt treatment Malaria can be a serious and fatal disease. Tourists in Namibia can help reduce the risk of Malaria by using personal protection measures and chemoprophylaxis.

#### PERSONAL PROTECTION MEASURES

During your travel through Namibia, whether it is for camping or visiting lodges in malarious areas, you need to take personal measures for protection against mosquito bites by:

- **Sleeping under a mosquito bed net when mosquitos are active at night, especially between 20:00 and 6:00 hour. Nets treated with harmless insecticides (deltamethrin or permethrin) increase protection. Locally manufactured bed nets are available at all Post Offices in Namibia.**

- ***Wearing long sleeves clothing and trousers. Dark colours attract mosquitos.***
- ***Avoiding going out between dusk and dawn, when mosquitos commonly bite, if possible.***
- ***Burning coils and pellets containing the insect repellent pyrethrum.***
- ***Applying mosquito repellents to exposed skin and clothing.***
- ***Using insecticide sprays that are effective in preventing mosquitos in entering the rooms.***
- ***Sleeping in rooms with windows and doors screened with mosquito netting. Keep windows and doors closed.***

#### CHEMOPROPHYLAXIS

Drugs to prevent malaria should be used together with the personal protection measures already mentioned. Chemoprophylaxis should be initiated one week before travel and must be taken during the entire stay in Malaria endemic areas and continued for 4 – 6 weeks after return. The World Health Organization's recommendation for travellers to Namibia and from non-malarious areas in Namibia to endemic areas is:

**MEFLOQUINE** - 250 mg weekly for adults and 5 mg/kg for children.

Mefloquine is contra – indicated in individuals with a history of psychiatric disorders or epilepsy, children who weigh less than 15 kg and pregnant women.

**DOXYCYCLINE** - 100 mg daily could be used as an alternative to mefloquine. Doxycycline is contra- indicated in children less than 8 years and in pregnant women. It is recommended that pregnant women and very young children should carefully consider the need to travel to endemic Malaria areas.

#### SYMPTOMS of MALARIA

Fever with one or more of the following symptoms: rigors and chills, loss of appetite, vomiting, headache, general body myalgia and diarrhea. In children, in addition to above, the following may be observed: general irritability and fretfulness, excessive crying and coughing. If you experience the above symptoms it is extremely important to report to the nearest health facility for proper diagnosis. Early diagnosis with prompt and correct treatment will shorten the duration of illness and prevent the development of complications. The first line antimalarial medicine for malaria and at all levels of the health care system in Namibia available is ARTHIMETER/LUMEFANTRINE.

If you follow the above precautions the risk of Malaria will be small, and you should not allow it to spoil the enjoyment of your trip through our wonderful Namibia.