

● Protection against malaria ●

Malaria, a serious and sometimes fatal disease, remains endemic in a great many tropical and subtropical countries. You cannot be vaccinated against malaria, but you can obtain protection by avoiding mosquito bites (use of bednets and repellents) and taking anti malaria tablets regularly. The effectiveness of these tablets is not the same in every country : your doctor should be able to prescribe the right kind for you.

● Directions for taking antimalaria tablets ●

- ▶ 1. Take the tablets regularly, following instructions.
- ▶ 2. Do not take the tablets on an empty stomach.
but during or straight after a meal (preferably the same meal).