



To: New expats/assignees
From: SIRVA Relocation Malaysia Team
Subject: Dengue Fever and Pest Control Briefing

YOU might come from a different climate far removed from Malaysia's tropical splendour. You might know the correct way to avoid hypothermia, but that experience won't help you much here. There are a few new things to learn, and one of the first things to learn is to stay healthy.

KEEPING CLEAN

It is very important to keep your living space clean in Malaysia. Don't let your dishes pile up, else creepy-crawly things are attracted and begin breeding on them. If termites show themselves, you should call an exterminator immediately (find one on the web at www.yellowpages.com.my, or contact your Building Management for a contact number).

DENGUE FEVER is prevalent in Malaysia. It's a disease transferred by mosquitoes, and even the most exclusive of neighbourhoods can be affected. As such, never leave standing pools of water where mosquitoes can breed. When the sun sets, you might want to lower your inside lights, or close your windows and turn on the fans and/or air conditioner. The less you're exposed, the fewer bites you'll have and the less chance you'll have of getting sick.

TREAT YOUR WOUNDS

The climate in Malaysia is hot and humid, and a perfect breeding ground for microscopic bacteria. If you suffer an abrasion or open wound that isn't worthy of medical attention, you should take time to cleanse the wound and care for it yourself (no matter how small). Apply a topical anti-bacterial agent, and cover it with bandage.

SEEK HELP BEFORE IT'S TOO LATE

If you develop flu-like symptoms, seek medical attention. If you suffer a nasty gash, seek medical attention. If you aren't sure, seek medical attention. Going trekking in the jungles of Borneo? Seek medical advice before you leave.

In Malaysia hot and humid environment, the smallest of injuries can blow up into major (and sometimes, life-threatening) trauma.