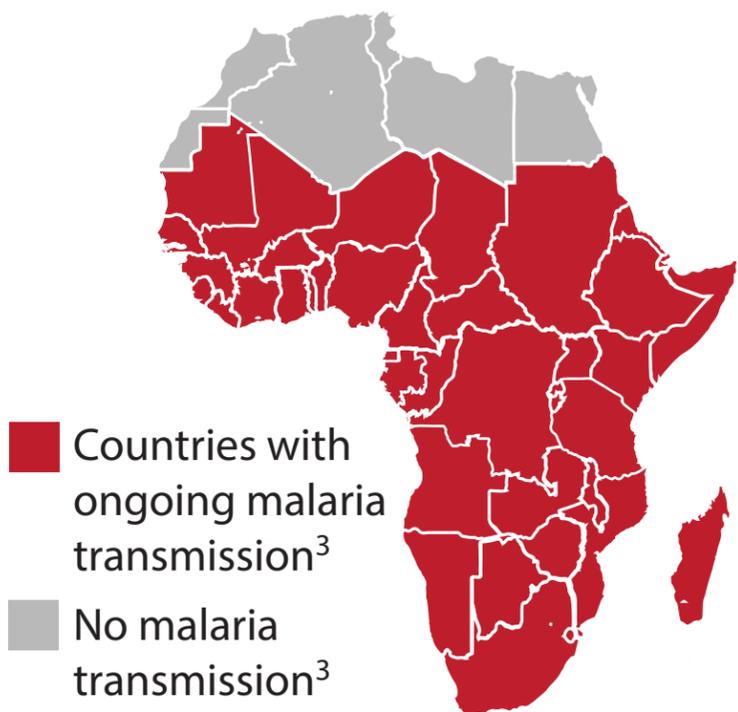
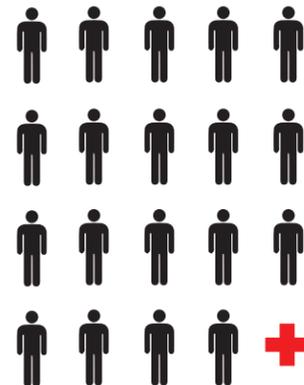


# Why Should I Worry About Malaria?

Malaria is a preventable disease transmitted by mosquitoes. Even with treatment, malaria can cause serious long-lasting illness and even death.

## Malaria Basics

**1 in 20** Volunteers serving in Africa contracted malaria in 2014.<sup>1</sup>



**1 in 4** Peace Corps Volunteers serving in Africa say they don't take their medication as prescribed--increasing their risk of contracting malaria.<sup>2</sup>

The most common reasons were:

- Not remembering to take it, especially when travelling in country;
- Concern about long-term side effects; and
- Current side effects.<sup>2</sup>

## Malaria Myths

**Myth:** "I've lived in Africa a while now. That means I'm immune to malaria."

**Fact:** Living in a malaria-endemic country, even for a long time, doesn't confer immunity for Volunteers.

**Myth:** "Malaria is treatable if I get sick."

**Fact:** Even with treatment, malaria can have serious long-term effects--even death.



## Top Tips



Take the antimalarial prophylaxis as prescribed by your PCMO. To help remember to take it, set an alarm on your phone.

Talk to your PCMO if you have concerns about your medication or if you have trouble remembering to take it.



Talk to your PCMO about using permethrin. Wear protective clothing, use bednets when you sleep and insect repellent during the day.

1. Peace Corps "Deaths in Service" database and Epidemiologic Surveillance System.

2. Landman KZ et al. Knowledge, attitudes, and practices regarding antimalarial chemoprophylaxis in U.S. Peace Corps Volunteers--Africa, 2013. MMWR. 2014; 63:516-7.

3. World Health Organization. World Malaria Report 2014.

