

## RELIABLE SUPPLY OF MALARIA TREATMENT

### IN WHAT SITUATIONS SHOULD I USE STANDBY EMERGENCY TREATMENT FOR SUSPECTED MALARIA?

#### Auto-tractament d'emergència per sospita de patir malària:

- ➔ In case of symptoms suggestive of malaria (primary symptom high fever) and unable to reach a medical facility within 24 hours.
- ➔ The treatment is started while heads nearest medical center.
- ➔ This self-treatment of a possible malarial infection is only a temporary measure and that prompt medical evaluation is imperative.

**MUST BE VERY CLEAR THAT SHOULD GO TO THE DOCTOR ASAP.**

#### Absence of pharmacy where to get treatment against malaria:

- ➔ Treatment is taken in the event of being diagnosed with malaria in a medical center but not having a pharmacy where to obtain the prescribed treatment or have doubts about the quality and reliability of drugs.

#### Dosage and duration: Malarone®

| AGE             | WEIGHT (Kg) | TABLETS                |
|-----------------|-------------|------------------------|
| Adults/Children | >40         | 4 Adults tablets       |
| Children        | 5-8         | 2 Paediatric's tablets |
|                 | 9-10        | 3 Paediatric's tablets |
|                 | 11-20       | 1 Adults tablets       |
|                 | 21-30       | 2 Adults tablets       |
|                 | 31-40       | 3 Adults tablets       |

*Tablets are to be taken once daily for 3 days*

## UNITAT DE SALUT INTERNACIONAL

### CATALUNYA CENTRAL



If you have to travel an exotic or tropical place come to the  
**UNITAT DE SALUT INTERNACIONAL**  
(International Travel Advice)

### YOU SHOULD COME

At last 6 weeks before departure.

### WHERE TO GO

Ask for an appointment at the

#### **ANOIA:**

**93 803 36 46 of CAP Igualada Urbà, Passeig de Mossèn Jacint Verdaguer 170, Igualada.**

#### **BAGES-BERGUEDÀ:**

**93 874 81 78 of CAP Bages, Carrer Soler i March 6, Manresa.**

#### **OSONA:**

**93 889 02 22 of CAP d'Osona, Plaça Divina Pastora 6, Vic.**

*It is recommendable to pay a visit to your family doctor.*

# UNITAT DE SALUT INTERNACIONAL *Catalunya Central* (International Travel Advice)

*Malaria Prophylaxis*



## MEFLOQUINA (Lariam®)

### Dose



**First Dose:** 1 week before entering a risk area.

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**Continuation:** 1 dose every week. Always on the same day.

**Last Dose:** 4 weeks after leaving a risk area.

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### How to take it?

Take the pill after a meal with a glass of water. Don't drink alcohol the same day or the following day.

### Pregnancy

There are no contraindications (Category B).

It is recommended to avoid pregnancy during the 3 months after completing the treatment but this is not essential. However, pregnancy during this 3 months period is not an indication for therapeutic abortion.

In case of pregnancy while staying in areas where it is essential to continue chemoprophylaxis (Sub-Saharan Africa) this can be continued with mefloquine.

### Breastfeeding

There are no contraindications.

### Adverse reactions

Common: nausea, vomiting, abdominal pain, headache, dizziness. Tend to yield after the first dose. Strange dreams may occur up to 3 weeks after completing the treatment.

Discontinue treatment and contact a doctor if you experience:

Panic attacks, depression, hallucinations and convulsions.

Persistent palpitations.

### Contraindications

Epilepsy, arrhythmias, some psychiatric disorders.

## ATOVAQUONA+PROGUANIL (Malarone®)

### Dose

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**First Dose:** 1 day before entering a risk area.

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**Continuation:** 1 dose every day.

**Last Dose:** 7 days after leaving the risk area.

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### How to take it?

After one meal with a glass of water.

### Pregnancy

Contraindicated.

Avoid pregnancy up to 3 weeks after completing treatment. However, pregnancy during this period is not an indication for therapeutic abortion.

### Breastfeeding

Contraindicated.

### Adverse reactions

Common: nausea, vomiting, abdominal pain. Tend to yield after the first dose.

Discontinue treatment and contact a doctor if you experience:

Important itching, mouth sores.

Don't take antacids 2 hours before or 2 hours after taking this medication.



## DOXICICLINA (Proderma 100®)

### Dose

1 pill.

**First Dose:** 1 day before entering a risk area.

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**Continuation:** 1 dose every day.

**Last Dose:** 28 days after leaving the risk area.

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### How to take it?

Take the pill 1 hour after a meal.

### Pregnancy

Contraindicated.

Avoid pregnancy up to 1 week after completing treatment. However, pregnancy during this period is not an indication for a therapeutic abortion.

### Breastfeeding

Contraindicated.

### Children

Contraindicated in children under 8 years of age.

### Adverse reactions

Common: nausea, vomiting, abdominal pain, diarrhoea. Tend to yield after the first doses.

Vaginitis.

Photosensitivity (4% of cases).

Discontinue treatment and consult a doctor if you experience:

Significant diarrhoea. Significant redness of the face.

Don't take antacids 2 hours before or 2 hours after taking Proderma®.

This medication decreases the effectiveness of oral contraceptives, take extra precautions.

