

MALARIA

Malaria is a disease that is transmitted through a bite of an infected mosquitoes and can be life threatening without quick treatment.



SPOT THE SYMPTOMS

Symptoms can occur 7 to 18 days after being bitten:

- | | |
|---|------------------------------------|
| <input type="checkbox"/> High temperature | <input type="checkbox"/> Chills |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Vomit |
| <input type="checkbox"/> Sweats | <input type="checkbox"/> Delusions |

TOP 5 WAYS TO PREVENT MALARIA



1. Talk to a doctor to know how best to avoid the disease.



2. Wear long, loose, bright clothing, particularly when exercising outdoors.



3. Use mosquito nets at night and close windows and doors.



4. Use mosquito repellent with DEET and reapply often and keep a bottle with you at all times.



5. Take the full course of anti-malaria medicine if given to you by a doctor.

Tell your doctor if you feel unwell and have been to a malaria prone area. **Rapid diagnosis is key.**

PUMA ENERGY'S MALARIA POLICY:

Those on business travelling to infected areas must:

- Follow the travel health advice from doctors
- Have the recommended vaccinations
- Take a course of anti-malarial tablets if travelling to a malaria-infested area
- Take precautions to avoid being bitten by mosquitoes

Local employees in infected areas should:

- Follow local government and doctor's public health advice
- Take precautions to avoid being bitten by mosquitoes