



Seeking **rapid diagnosis** is the key to treating malaria.



Never belittle the signs of fever.



Make sure you complete the **full course** of any medication during the treatment of malaria.

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

MALARIA

Is a life-threatening disease that is typically transmitted through the bite of an **infected mosquito.**



Without prompt treatment, the most serious types of malaria can quickly lead to severe and life-threatening complications.



TOP TIPS TO PREVENT MALARIA

1. Cover up if you are doing any strenuous activity outside.

2. Empty objects with stagnant water to stop the mosquitos breeding.

3. Use mosquito repellent with DEET:

- Reapply often
- Always have a bottle on hand

4. Take anti-malarial medicine

- As prescribed by your doctor
- Do not stop taking these before the course is finished

5. Use mosquito nets at night:

- Keep windows and doors closed as much as you can

6. Wear long, loose, bright clothing.



SYMPTOMS OF MALARIA

- High temperature
- Headache
- Sweats
- Chills
- Vomit
- Delusions



Symptoms occur 7 to 18 days after being bitten by an infected mosquito.

Seek a doctors advice if you feel unwell and have been to a malaria prone area.