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.

PUMA ENERGY

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.**

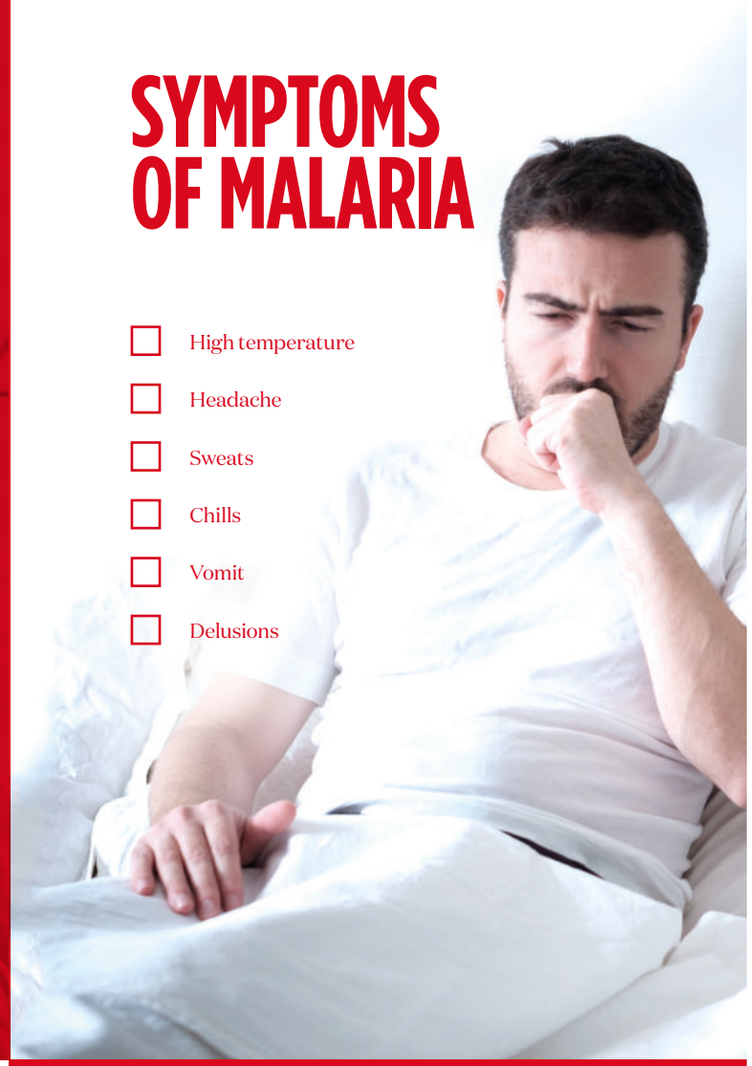
3. **Use mosquito repellant with DEET:**
   - Reapply often
   - Always have a bottle on hand

5. **Use mosquito nets at night:**
   - Keep windows and doors closed as much as you can

4. **Take anti-malarial medicine**
   - As prescribed by your doctor
   - Do not stop taking these before the course is finished

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.