

SELF-PROTECTION AGAINST MALARIA

Malaria mosquitoes are found in hilly and forested areas of Thailand. If you are visiting such areas and plan to stay overnight or after sunset, the following instructions for self-protection are strongly recommended:

1. Protection against mosquito bites is the main tactic

Always sleep under a bed net: Malaria mosquitoes bite at night, even when they do not seem to be present. Thai word for bed net is “*moong* -- มุ้ง”. You can increase the protective effect by using bed nets that had been treated by insect repellent (*impregnated bed nets* -- มุ้งชุบสารเคมี)

Use insect repellents when not under bed net: Apply repellent on exposed parts of the body at regular intervals (every 3-4 hours) after sunset. Repellents are available at any local drug store. Ask for: “*yah tah gahn yoong* -- ยาทากันยุง”.

2. Blood examination after returning from malarious areas

Any fever following a trip to forested areas should be considered possible malaria. Free blood examination and prompt treatment are available at Malaria Office - มาลาเรียคลินิกในสังกัดสำนักงานควบคุมโรคติดต่อฯ โดยแมลงทั่วประเทศ

However, blood examination and prompt treatment are also available at the following facilities.

- Provincial or District Hospital - โรงพยาบาลของรัฐ
- Hospital for Tropical Diseases, 420/6 Rajavithi Road, Bangkok - โรงพยาบาลเวชศาสตร์เขตร้อน 420/6 ถนนราชวิถี กรุงเทพฯ ฯ Tel 246-0321, 246-9000 extension 414, 415.

3. Malaria chemoprophylaxis is not recommended

No drugs can protect you against malaria infection. More over, side effects of these drugs may cause unnecessary discomfort.



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