

HEALTH ADVISORIES / VACCINATIONS

Travellers should always realize that when they are abroad they may come in contact with diseases which are more common than in the country in which they usually reside. The risk varies greatly from country to country, according to the manner in which the traveller lives and the duration of stay. Generally speaking, many forms of illness may be prevented by: (a) avoiding infection e.g. by ensuring that food and drink are as safe as possible, or using a mosquito net; (b) immunization and drug prophylaxis. Travellers should consult their physicians or local health services on the advisability of vaccination or other preventive measures to be taken for the individual for a particular plan of travel.

HEALTH ADVISORIES / VACCINATIONS

Buochs - ATW EB - Buochs
V-03-LSMU-RJFU-LSMU-PSTU-1

Philipp Sturm
Buochs - ATW via Japan - Buochs / Standard Route via Iran

Malaria Prophylaxis

Health Precaution. Imperative to protect skin against mosquito bites. No vaccination but chemoprophylaxis available. In case of fever one week to two months after having visited a possibly infected area, prompt medical advice must be sought.

Valid for the following countries:

Bangladesh	HIGHLY RECOMMENDED
Burma	HIGHLY RECOMMENDED
Cambodia	HIGHLY RECOMMENDED
India	RECOMMENDED
Iran	RECOMMENDED
Thailand	RECOMMENDED
Turkey	RECOMMENDED
Vietnam	HIGHLY RECOMMENDED

Particulars

Definition: An infectious disease characterised mainly by fever caused by the presence of malaria parasites (plasmodia) in the blood. Four different species of plasmodia may cause malaria in man; the most dangerous (*P falciparum*) is responsible for Malaria Tropica, which may rapidly lead - if untreated - to life-threatening impairment of the function of vital organs (e.g. central nervous system, kidneys and others).

Geographical distribution: Greatest distribution in tropical and subtropical regions with the exception of deserts and highlands. For the most part, the main cities and aerodromes, except for those in tropical Africa, are malaria-free or have a very low risk of transmission.

Transmission: Anopheles mosquitoes get infected by sucking blood from infected individuals. On subsequent blood-meals they introduce the parasite by their saliva into other human hosts. Anopheles mosquitoes typically feed in the evening hours and at night.

Incubation period: The incubation period is the time between the infective mosquito bite and the first symptoms of disease. The incubation period is mostly 7 to 21 days for the potentially life-threatening infections with *Plasmodium Falciparum* (Malaria Tropica) and never shorter than 6 days. It can be considerably longer after incomplete chemoprophylaxis (see below) or quite