

Malaria Prevention

Malaria is prevented by avoiding mosquito bites and taking medication. Both are important. Mosquito bites can be prevented by wearing pants and long sleeves and using an insect repellent. DEET has been around for years and works well but many people are bothered by the odor. Picaridin in a 20% solution is equally effective and less offensive. People can also limit their exposure to malaria by not going out in the evenings. The mosquito that spreads malaria only feeds from dusk to dawn. People traveling to low risk locations for short periods of time may get by with insect precautions alone, particularly if they are staying in air conditioned hotels.

Most travelers who need medication to prevent malaria choose between doxycycline and Malarone. They are equally effective. Doxycycline can cause an upset stomach and it sensitizes the skin to sunburn but most people tolerate it well. Malarone has fewer side effects and can be stopped seven days after returning home making it more convenient, but it does cost more.

Medication	Cost	Effectiveness	Side Effects	Length of treatment
Doxycycline	<ul style="list-style-type: none">• Relatively inexpensive• Approximately \$30-\$40 per treatment course	Effective	Possible upset stomach, sensitizes the skin to sunburns	Take once daily starting one day before travel and ending 30 days after return home
Malarone	<ul style="list-style-type: none">• More expensive,• Approximately \$7 per pill	Effective	Few side effects	Take once daily starting 1 day before travel and ending 7 days after return home