



DANISH MARITIME AUTHORITY



**Carry the Danish Malaria
Strategy on Board**

Information on Malaria

The purpose of this folder is to provide you with the necessary information on malaria prior to any journeys in malaria areas.

On board the ship, additional information on malaria is available (The Danish Maritime Authority's Strategy and Guidelines on the Prevention and Treatment of Malaria). On request, the medical-officer will provide you with this material.

Malaria

Malaria is caused by a parasite called Plasmodia that is transmitted via the bites of infected mosquitoes.

There are four forms of Plasmodia. The most severe form (Falciparum) occurs mostly in tropical Africa which is an area with a high risk of virulent malaria.

Occurrence

(Malaria occurs in Africa, Asia, the Middle East, Central- and South America).

The occurrence of malaria varies from year to year. A local area may have a different risk of malaria than the rest of a country. During the rains, there is an increased risk of malaria. One does not achieve immunity after infections with the four forms of malaria.

Infection

The parasite is transmitted via infected mosquitoes. The mosquitoes bite mainly from dusk till dawn.

Infections transmitted via blood transfusions are seen.

Symptoms

Flu like symptoms: Fever (possible shivers), indisposition, headache, tenderness of joints and muscles, fatigue, vomit.

If you feel ill, you must contact the medical-officer immediately.

Incubation period (time between infection and symptoms): 8-10 days. In rare cases, the incubation months and more than 1 year after infection with the other 3 forms of Plasmodia.

Prevention

Avoid mosquito bites i.e. mechanical prevention with air-conditioning, mosquito net, mosquito repellent and sensible choice of clothes- cover wrists, ankles and top of the head and avoid dark clothes (See the back).

Start use of preventive medicaments 1 day prior to arrival in a high-risk malaria area. Continue daily medication during the stay in the high-risk area. Preventive medicaments are carried on board and will be administered by the medical-officer.

Guidelines during stay i malaria areas

We are approaching an area with a high risk of malaria and we recommend the following precautions:

- The air-conditioning must run at full speed
- Your accommodation must be kept closed
- Keep your accommodation mosquito free with mosquito repellent spray
- Cover your skin as much as possible from dusk till dawn
- Avoid dark clothes
- Thin-haired people should wear hats
- Finely woven clothes does not offer protection
- Use mosquito repellent every 6 hours on unprotected skin (avoid the eye area)
- Start use of preventive medicaments 1-2 days prior to arrival
- If you feel ill or are aware of others who are ill, you must contact the medical officer immediately
- If you have any questions about conduct, prevention or illness, contact the medical officer

This folder is prepared by the Centre of Maritime
Health Service
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