

Precautions in areas with malaria

- **When approaching an area with malaria – the air-condition must be turned on at high level.**
- **The accommodation area has to be kept mosquito free by mosquito repellent.**
- **Cover up your skin as good as possible from dusk till dawn**
 - avoid dark clothing
 - thin-haired persons should wear hat
 - light clothing will not protect you
- **Use repellents every 6th. hour on not protected skin-except around the eyes**
- **If anybody feel ill; immediately rapport the bridge**
- **Preventive medicine can, if necessary, be Handed over**

Any doubts: ask your medic-officer on board.