

Mosquitoes:

NHS Choices offers the following ABCD approach to avoiding malaria:

- ✓ **Awareness of risk** – find out whether you're at risk of getting malaria.
- ✓ **Bite prevention** – avoid mosquito bites by using insect repellent, covering your arms and legs, and using a mosquito net.
- ✓ **Check whether you need to take malaria prevention tablets** – if you do, make sure you take the right ones at the right dose, and finish the course.
- ✓ **Diagnosis** – seek immediate medical advice if you have malaria symptoms, including up to a year after you return from travelling.