

These practical guidelines from the Health Protection Agency Advisory Committee on Malaria Prevention for UK Travellers update and combine the “Guidelines for malaria prevention in travellers from the United Kingdom for 2003” and “Malaria prophylaxis for long-term travellers” in a new format. The guidelines are for use by healthcare workers who advise travellers but may also be of use to prospective travellers who wish to read about the options themselves.

The ACMP prophylaxis guidelines are intended for UK-based visitors to malaria endemic areas and may not be appropriate for use by those residing in endemic areas.

Whilst these guidelines deal with malaria, malaria prevention is only one aspect of pre-travel advice. An overall risk assessment-based package of travel health advice should be provided.

These guidelines are also available on the Health Protection Agency website www.hpa.org.uk in topics A-Z under malaria. This site should be checked regularly for subsequent updates.

Authorship

This guidance was written by Professor Peter Chiodini and a sub-group of the Health Protection Agency Advisory Committee on Malaria Prevention in UK travellers (ACMP) comprising Dr Barbara Bannister (Chair), Professor David Hill, Dr David Lalloo, Dr Gil Lea, Dr Eric Walker and Professor Christopher Whitty.

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Cover Images

Travellers waiting in airport queue from Getty Images, generic tablet pack from Shutterstock and *Anopheles gambiae* mosquito taken by Jim Gathany/CDC.

ABBREVIATIONS

AIDS	Acquired Immune Deficiency Syndrome
ACMP	Advisory Committee on Malaria Prevention for UK travellers
BIS	British Infection Society
BNF	British National Formulary
CDC	Centers for Disease Control and Prevention
DEET	N,N diethyl- <i>m</i> -toluamide (an insect repellent)
EDTA	Ethylene diamine tetraacetic acid
FAQ	Frequently Asked Question
GP	General Practitioner
G6PD	Glucose 6-phosphate dehydrogenase (a metabolic enzyme)
HIV	Human Immunodeficiency Virus
HPA	Health Protection Agency
HTD	Hospital for Tropical Diseases
INR	International Normalized Ratio
IPS	International Passenger Survey
IPT	Intermittent Preventive Therapy
LSHTM	London School of Hygiene and Tropical Medicine
LSTM	Liverpool School of Tropical Medicine
NaTHNaC	National Travel Health Network and Centre
NNRTI	Non-Nucleoside Reverse Transcriptase Inhibitor
MHRA	Medicines and Healthcare products Regulatory Agency
MRL	Malaria Reference Laboratory
PI	Protease Inhibitor
PCR	Polymerase Chain Reaction
POM	Prescription Only Medicine
RDT	Rapid Diagnostic Test
RSTM&H	Royal Society of Tropical Medicine and Hygiene
SP	Sulfadoxine/pyrimethamine
SPC	Summary of Product Characteristics or 'data sheet'
UK	United Kingdom
VFR	Visiting Friends and Relatives
WHO	World Health Organisation

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Foreword

Each year between 1500 and 2000 people are diagnosed with malaria on their return to the UK. Anyone visiting a malarious area can become infected no matter what age or sex or ethnic background. Malaria can kill very quickly if not diagnosed in time. In 2005 there were 11 deaths from malaria in the UK.

However these deaths and illness are avoidable. We know that most people requiring medical attention for malaria in the UK have not taken the correct precautions needed for their visit. The Health Protection Agency is committed to ensuring a continuing reduction in the risk of malaria to UK travellers by raising awareness of malaria before people travel and helping to guide healthcare professionals in giving the best advice available.

These guidelines from the Agency's Advisory Committee on Malaria Prevention in UK travellers update the 2003 advice. Both the web and book format have been designed with the busy health care advisor in mind so that they are easy to use and give clear simple guidance.

The general public may also find them useful to read before they visit their GP's surgery or a travel clinic for specific advice tailored to their needs; whether they are taking the children to visit family in Africa or India for a month, backpacking for 6 months round South America, taking a fortnight's package holiday to Africa or working for a week in the Middle East.



PROFESSOR PAT TROOP CBE