

**Mosquito-borne diseases are amongst the most important health issues for travellers to the tropics. Malaria, in particular, continues to cause significant illness and even deaths amongst short and long term visitors to endemic areas. This eLearning course provides organisations with an effective tool to equip travellers and expats with the awareness they need to prevent malaria and to get help quickly if needed.**

Designed by travel and tropical medicine specialists on the Anvil team, this course offers up to date, evidence-based and practical guidance to travellers to significantly reduce their risk of malaria.

This self-directed online course takes around 15 minutes to complete and serves as a great tool to incorporate into your preparations for all employees that travel to malarious areas. On completion of the course material and passing the quiz at the end, a certificate is provided to participants as evidence of completion.

The content follows the globally recognised A, B, C, D steps of malaria prevention, to build on any prior knowledge of the participant. A key area of focus is on bite prevention, which has become increasingly important, given the dramatic spread around the tropics of other mosquito-borne diseases, such as Dengue, Zika and Chikungunya. There are no vaccinations or medications that prevent these infections, so avoiding mosquito bites is vital.

## **Awareness of Malaria for Travellers Course Overview**

### Introduction

- What is going to be covered in the course. Importance of preventing and treating malaria

### A - Awareness of the risk

- What is malaria? Where and when is it a risk?
- How is it spread? Lifecycle of the malaria parasite
- The symptoms of malaria
- Individuals particularly at risk

### B – Bite Prevention

- The importance of bite prevention
- The role of clothing, bed nets, repellent sprays, air conditioning and other measures
- When indoor spraying and managing breeding sites is relevant

### C – Chemoprophylaxis (Malaria prevention medication)

- The role of a travel health consultation
- Types and effectiveness of antimalarial medications

## D – Diagnosis and Treatment

- Description of symptoms and when to seek medical care
- Testing options, including if in a remote location
- Treatment

This course does not replace the personalised health advice and prescription of malaria prevention medications from a health provider that travellers should have before travel. However, it does provide confidence that travellers have received good quality information and practical advice to protect their health from this common and dangerous disease.

Staff responsible for employee wellbeing and facility managers in malarious areas are strongly encouraged to take this course and identify the areas where policies and procedures can be strengthened, or corporate measures taken to mitigate the risk of mosquito-borne diseases for all staff.