

PRECAUTIONS IN AREAS WITH MALARIA

We are approaching a malaria high risk area and you should take these precautions:

- 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
- Thin clothing will not protect you
- Use repellents every 6th. hour on not protected skin, except around the eyes
- If you feel ill, immediately rapport the bridge
- Preventive medicine can, if necessary, be handed over

Any doubts - ask your medical officer on board