Visiting Friends and Family in Nigeria This Year?

Protect Yourself from Malaria!

- Even if you were born in Nigeria, you still can get malaria.
- Malaria occurs in most parts of Africa, including big cities.
- Malaria can cause severe, even fatal illness.

How to Prevent Malaria:

- Visit your doctor 4-6 weeks before you travel.
- Buy your malaria pills before your trip.
- Take your malaria pills exactly as prescribed.
- Avoid mosquito bites, especially at night.
- If you become sick during or after your travel, make sure it is not malaria by seeing a doctor right away.

More information at
www.cdc.gov/malaria

Center for Global Health
Division of Parasitic Diseases and Malaria

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