





# TAKE YOUR **MALARIA** PILLS

before, during & after **deployment**

**MALARIA** is a potentially life-threatening disease caused by parasites that are transmitted to people through mosquito bites.

-  Take your MALARIA PILLS before, during and after your deployment to **kill all of the parasites** in your body.
-  Unless you **finish all of your pills** after you return home, you may get sick months or days later. Take your MALARIA PILLS **as directed by your healthcare provider** even during the winter, when there are no mosquitoes, and on R&R.

## PROTECT YOURSELF & PREVENT MALARIA

## DOD INSECT REPELLENT SYSTEM



Wear a factory-treated Army Combat Uniform (ACU Permethrin). Check the tag in your uniform to confirm it is factory-treated.\*



Apply DEET or Picaridin repellent to all exposed skin.



Properly wear your uniform: tuck trousers into boots and undershirt into trousers, and wear sleeves down and snugly fastened at the wrist.



Use a permethrin-treated bed net.



Take your malaria pills before, during and after your deployment.

\*The Army Physical Fitness Uniform (APFU) is not treated with permethrin. It **does not protect** Soldiers from insects.

 **Malaria symptoms** can start weeks or months after you redeploy. Seek care immediately if you experience **flu-like symptoms** (a fever, shaking chills, sweats, headache, muscle aches, or exhaustion).

## CONTACT YOUR HEALTHCARE PROVIDER FOR MORE INFORMATION.



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