

## PREVENTIVE MEDICATIONS FOR MALARIA

1. Aralen (Chloroquine)
  - a. DOSING: Take one tablet per week. Start two weeks prior to departure and continue while traveling and for four weeks after returning.
  - b. COST: approximately \$35 for a one month trip
  - c. CONTRAINDICATIONS (you should not take the medication if you have any of the following problems): Retinal problems, allergy to chloroquine
  - d. CAUTIONS: Potential exacerbation of psoriasis.
  - e. OK FOR THE FOLLOWING COUNTRIES: China (except along Burma border, Hainan and Yunnan province), Dominican Republic, Haiti, Nicaragua.
2. Doxycycline
  - a. DOSING: Take one tablet daily. Start two days prior to leaving and continue daily while traveling and for four weeks after returning to the U.S.
  - b. COST: Approximately \$10 for a one month trip
  - c. CONTRAINDICATIONS: Severe liver problems, pregnancy
  - d. CAUTIONS: sun sensitivity (avoid prolonged sun exposure or wear sun block)
  - e. OK FOR THE FOLLOWING COUNTRIES: Bangladesh, Bhutan, Bolivia, China, Dominican Republic, Ghana, Haiti, India, Kenya, Laos, S. Africa, Thailand, Uganda, Vietnam.
3. Lariam (mefloquine)
  - a. DOSING: Take one tablet per week. Start one week before departure and continue while traveling and for four weeks after returning to the U.S.
  - b. COST: approximately \$50 for a one month trip
  - c. CONTRAINDICATIONS: Quinine allergy, any psychiatric issues (anxiety, depression etc), cardiac conduction abnormalities and seizures.
  - d. CAUTIONS: Cardiac disease
  - e. OK FOR THE FOLLOWING COUNTRIES: Bangladesh, Bhutan, Bolivia, Dominican Republic, Ghana, Haiti, India, Kenya, S. Africa, Uganda,
4. Malarone (atovaqone/proguanil)
  - a. DOSING: Take one tablet daily. Start two days prior to departure and continue while traveling and for one week after returning.
  - b. COST: approximately \$130 for a one month trip
  - c. CONTRAINDICATIONS: Severe kidney impairment, pregnancy, breast feeding.
  - d. CAUTIONS: Diarrhea, vomiting
  - e. SPECIAL INSTRUCTIONS: Take with food or milk. Probably the most potent of all the medications.
  - f. OK FOR THE FOLLOWING COUNTRIES: Bangladesh, Bhutan, Bolivia, Dominican Republic, China, Ghana, Haiti, India, Kenya, Laos, S. Africa, Thailand, Uganda, Vietnam.

\*Prices above based on quotations from Nelson's pharmacy in Glendora using their APU Insurance and the prescription benefit is NOT maxed out.

\*There is minimal risk for malaria above 2000-2500 meters (6500-8200 feet)