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)

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.

*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)