

THERE ARE STILL MANY CASES OF MALARIA THAT ARE REPORTED TO THE CLUB. IN THE PAST FIVE YEARS WE HAVE DEALT WITH 42 SEPARATE INCIDENTS. TRAGICALLY, A CHIEF ENGINEER, AN ORDINARY SEAMAN AND A 22 YEAR OLD-CADET LOST THEIR LIVES DUE TO MALARIA.

MALARIA

PRECAUTIONARY MEASURES



Malaria Rapid Diagnostic Test (RDT).

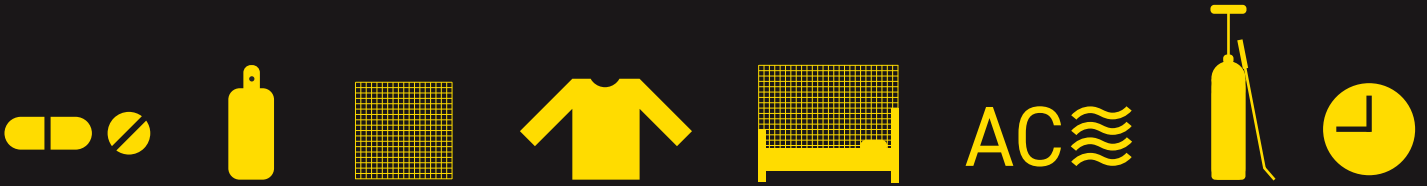
MALARIA IS SPREAD BY MOSQUITOS AND IS MAINLY FOUND IN TROPICAL AND SUB-TROPICAL COUNTRIES. IN 2020, SIX SUB-SAHARAN AFRICAN COUNTRIES ACCOUNTED FOR MORE THAN HALF OF ALL MALARIA DEATHS IN THAT YEAR. IN THESE AREAS, MOSQUITOS PREFER TO BITE HUMANS RATHER THAN ANIMALS AND THIS HELPS TO EXPLAIN WHY MORE THAN NINE OUT OF TEN FATALITIES DUE TO MALARIA OCCUR IN AFRICA.

Over many years of exposure to malaria, humans can develop some immunity and this means that people from areas not affected by malaria are particularly at risk. You only need one bite to be infected. Symptoms can include fever, sweats and chills, headaches, vomiting, muscle pains and diarrhoea and ordinarily appear seven to 15 days after being bitten. However, in some cases symptoms can appear up to 12 months later, particularly when anti-malaria medication has been taken.

If malaria is suspected, medical advice should be sought urgently as a patient's condition may deteriorate rapidly. Once diagnosed, malaria needs to be treated immediately. **Where vessels are trading extensively in malaria-affected areas, it is recommended that malaria Rapid Diagnostic Tests (RDTs) be available on board.**

There is a vaccine for malaria but its availability is limited at this time. A number of medical treatment and practical measures are therefore recommended to reduce the risk.

HOW TO PREVENT MALARIA*



MEDICINES

Anti-malaria medicines are available which can be taken to lower the likelihood of serious symptoms developing. The medicines are varied and professional medical advice should be sought to determine the most appropriate medicine, or combination of medicines, which should be taken for a particular destination. Often these medicines need to be taken for a period prior to arrival in the area of risk and then for a period after departure. A common failing is people not taking the medication for the full prescribed period.



Hydroxychloroquine
200mg Film-coated Tablets

PRACTICAL MEASURES

Practical measures on a personal level include covering exposed skin so far as practicable with light-coloured loose clothing. Insect repellent should be used on exposed skin where it cannot be covered by clothing and the repellent should be re-applied when necessary, particularly in hot climates, as sweat can reduce its effectiveness.

Mosquitos are more active between dusk and dawn and therefore it is best to limit time spent outside at these times or avoid being outside at all if possible. Portholes and other external openings should be kept closed and air conditioning used for ventilation if available. Where mesh screen doors are fitted, these should be kept closed. Where air conditioning is not available, bed nets that have been soaked in a suitable insecticide should be used and checked to make sure there are no mosquitos inside the nets before going to bed. It is also advisable to spray accommodation spaces with insecticide. Mosquitos are drawn to standing water and therefore any puddles on deck should be brushed away. Other areas of still water, for example in save-alls and on top of oil drums, should also be removed.



Members requiring further guidance on this topic should contact the Loss Prevention department.