

Malaria

By far the greatest part of South Africa is malaria-free. Your chances of getting malaria as a tourist in South Africa depends on many things, including the amount of malaria in the population of the surrounding area, the measures you take to protect yourself, the time of the year and the recent rainfall. The malaria risk is highest on our borders with our neighbour Mozambique.

Facts about Malaria in Africa

- Mosquitoes build up a resistance to various forms of anti-malarial drugs - so please seek latest advice from your travel clinic.
- Malaria is probably Africa's No. 1 most widely spread disease and in most regions of Africa you should take protective measures. Although it is not possible to protect yourself totally you can reduce the risk of getting a serious, sometimes life threatening, bout of the disease.
- It is advisable you take some form of prophylactic drugs (get the latest advise from your doctor/ pharmacist or a Tropical Diseases Hospital)
- Cover yourself up between dusk and dawn, use a mosquito repellent and mosquito net and stay away from still water and dark damp places.
- Malaria can take from 7 days to several months to incubate and the symptoms range from headaches, pain and flu-like aches to sometimes experiencing disorientation and high temperatures.
- You should seek medical advice immediately if you develop any of these symptoms. If you are not able to reach medical help immediately, doctors recommend you self treat with Quinine without delay and see a doctor as soon as possible. Malaria will hit you more seriously if you are recovering from another illness or are weak and malnourished.
- If you develop any symptoms that could be Malaria, after you return home, always remember to mention to your physician that you have travelled in a Malaria Zone. The parasite can stay in your system for a number of years.
- Malaria Rapid Diagnostic Tests **RDTs** assist in the diagnosis of malaria by detecting evidence of **malaria parasites** in human blood.
- Learn more by visiting www.malaria.org.za
You can also contact the District Surgeons' Offices in most major towns and cities for more information.
- **SAA Netcare Travel Clinics**
South African Airways and Netcare, combined mutual resources, knowledge and expertise to form a national network of specialized centres catering for the medical needs of the overseas and local traveller. Being concerned about the health and wellbeing of local and foreign tourists in the country, Netcare and SAA set up Travel Clinics in Johannesburg, Boksburg, Pretoria, Durban, Cape Town, Port Elizabeth, East London and Knysna.



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For further info, go to <http://www.travelclinics.co.za>

Visas for South African Passport Holders by Country

For SA citizens with a full passport and who are planning a foreign vacation anywhere in the world, we provide here a list of visa requirements as a guide.
[http://www.dfa.gov.za/consular/2008/sa_passports_visa_requirements_\(2\).xls](http://www.dfa.gov.za/consular/2008/sa_passports_visa_requirements_(2).xls)