

# Visiting Friends and Family in Nigeria This Year?



## Don't Get Malaria!

**Malaria occurs in most parts of Nigeria, including big cities.  
Even if you were born in Nigeria, you still can get malaria.  
Malaria can cause severe, even fatal illness.**

### **How to avoid malaria:**

- Visit your doctor 4-6 weeks before you travel
- Take your malaria pills exactly as prescribed
- Avoid mosquito bites especially at night
- If you become ill during or after your travel, make sure it is not malaria: see a doctor immediately



**More information at [www.cdc.gov/malaria](http://www.cdc.gov/malaria) and 1-877-FYI-TRIP**