# Visiting Friends and Family in Nigeria This Year?

## Protect Yourself from Malaria!

- Even if you were born in Nigeria, you still can get malaria.

- Malaria occurs in most parts of Africa, including big cities.

- Malaria can cause severe, even fatal illness.

## How to Prevent Malaria:

- Visit your doctor 4-6 weeks before you travel.

- Buy your malaria pills before your trip.

- Take your malaria pills exactly as prescribed.

- Avoid mosquito bites, especially at night.

- If you become sick during or after your travel, make sure it is not malaria by seeing a doctor right away.

**More information at www.cdc.gov/malaria**

Center for Global Health
Division of Parasitic Diseases and Malaria

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