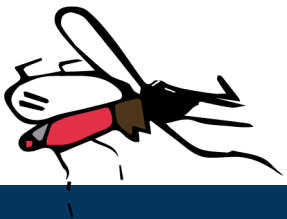


# CATCH FLIGHTS NOT MALARIA

MALARIA IS PREVENTABLE



## What you can do to protect yourself:

- Visit your doctor or a travel clinic 4-6 weeks before your international travel.
- Take prescription medicine and avoid mosquito bites.
- **Know the symptoms:** headaches, muscle aches, tiredness, shaking, chills, nausea, fever, vomiting, and/or diarrhea.

For more information, visit [www.headinghomehealthy.org](http://www.headinghomehealthy.org)

HEADING  
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Project funded by CDC