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## *Mosquitos & Malaria*

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**Malaria** incidence on the island has witnessed a significant reduction in recent years, thanks to the ongoing efforts of local authorities in risk mitigation. It remains imperative, however, for individuals to take precautions against mosquito bites and the associated risk of contracting malaria. Regrettably, we are unable to provide medical advice concerning the necessity of malaria prophylaxis for our guests. This decision is best addressed through consultation with their primary care physician or a travel clinic, and the choice to pursue this preventive route ultimately lies with the guest.

It is noteworthy that some individuals may experience certain side effects from malaria medication, which can manifest a few days after ingestion or even during their travel. Symptoms might resemble those of food poisoning, including nausea, vomiting, abdominal discomfort, headaches, and insomnia. Should such side effects arise, our in-house clinical officer typically advises guests to temporarily discontinue the medication for a brief period. This course of action will naturally vary based on individual reactions.

Hence, we strongly advise guests to engage in a dialogue with their healthcare provider to explore suitable options in this context. Many of our guests opt for alternative protective measures, such as wearing long clothing in the evening, applying mosquito repellent spray or cream to exposed skin, and benefiting from the provision of mosquito nets in their rooms during the evening turn-down service. Our housekeeping team takes the initiative to ensure these nets are properly set up and applies mosquito repellent to the room.

Upon returning home, guests are strongly encouraged to consult their healthcare professional if they experience any illness. It is essential to inform the doctor of their travel to Tanzania, an area identified as a malaria risk zone. This communication is critical, as antimalarial medications can sometimes mask malaria symptoms, potentially leading doctors to overlook malaria testing if they are unaware of the guest's exposure to a malaria-prone region.