

# HEALTH

The health standard in Madagascar is not as high as in some of the most developed countries of the West, but a broad range of specialties is represented by foreign physicians present in Antananarivo. The standard of health care in hospitals differs from each other. The government **takes care of the Medical facilities in Madagascar**. However, many private organizations like the Malagasy Lutheran Church also work alongside it.

A list of health centers and hospitals is maintained by the Embassies, so that tourists have quick access to quality care in case of an emergency. In Antananarivo medications of foreign origin are available in many pharmacies, but outside the capital medical facilities are of lower standard. Travellers are advised to carry their own personal medical kit as the Malagasy Lutheran Church is mainly limited to the capital. Ambulance service in Madagascar is easily accessible.

Many of the hospitals have general physicians as well as specialists. There are foreign physicians as well. Vaccination is done against many diseases.

**Hospitals in Madagascar** provide all kind of health care. There are general physicians as well as specialists like child specialists ENT, eye specialists, cardiologists, orthopaedics, dentists, psychiatrists, neurologists etc. The hospitals are accessible for everybody.

## MALARIA

Malaria is a risk throughout the year and is highest on the coast; it is important to protect yourself by avoiding mosquito bites between dusk and dawn and also by taking tablets. There is some chloroquine resistance in Madagascar so Mefloquine (Lariam) taken weekly or Doxycycline taken once daily is probably the best prophylaxis if it suits you. With Lariam around one quarter of people will experience unacceptable side effects, so take it two and half weeks(three doses) before departure and if it makes you feel weird or gives you nightmares stop it and take another product. Malarone, taken once a day, is a new alternative although this is only presently licensed for use up to 28 days and it is by far the most expensive prophylactic drug. Another good alternative, although unsuitable in pregnancy and while breast-feeding or for children under 12, is one Doxycycline capsules a day. Get advice from a travel clinic, your GP or the website: [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk).

All prophylactics are best taken on an empty stomach. If pregnant or planning a pregnancy takes medical advice before travelling. Some travellers like to carry tablets for the emergency treatment of malaria; if you choose to do so make sure you understand when and how to take them. Also pack a non-mercury thermometer.

## INSURANCE

We insist that all clients travelling with *Mada Treasure's Visit* insist have appropriate medical insurance cover for the emergency transport required to get you to a good hospital or all the way home by air and with medical attendant if necessary. Not all insurances cover this, so please make sure that your insurance covers any activities you may wish undertake: rafting, paragliding etc ...If you need medical help, your insurance company might be able to help locate the nearest hospital or clinic, or you can ask at your hotel. In an emergency, contact your embassy or consulate.

The *African Medical and Research Foundation* ([www.amref.org](http://www.amref.org)) provides an air-evacuation service in medical emergencies in some African countries including MADAGASCAR as well as air-ambulance transfers between medical facilities.

*Please note there are currently no decompression facilities in Madagascar.*

### **SEXUALLY TRANSMITTED INFECTIONS**

These are common in Madagascar and HIV is on the increase. If you enjoy nightlife, male or female condoms will make encounters less risky.

### **VACCIN**

Vaccinations are not compulsory, but we recommend that you are vaccinated against tetanus, polio, measles, rubella, mumps and diphtheria, as well as hepatitis A and B, rabies and typhoid. Yellow fever is not risk in the region but the certificate of yellow-fever vaccination is an entry requirement if travelling from an infected region.

### **WATER**

High-quality water is available almost everywhere, and you need not fear drinking from taps. Bottled water is also sold throughout the country. Drinking from streams might put you at risk of waterborne diseases. If travelling with small children you can take a thermos flask; almost boiling water kept in this for 15minutes will kill any bacteria. Remember that the health standards in Madagascar are not as high as in some of the most developed countries of the West, but broad range of specialties is represented by the foreign physicians present in Antananarivo.

### **PLANTS**

Madagascar has quite a few plants which cause skin irritation .The worst one is a climbing vegetable plant with pea-pod-like fruit that look furry. This fur penetrates the skin like thousands of tiny needles which then have to be painstakingly extracted one by one with tweezers. Prickly pear fruits have the same defence mechanism.

### **INSECT BITES& STINGS**

**Bee and wasp stings** cause real problems only to those who have a severe allergy to the stings (anaphylaxis), in which case carrying an adrenaline (epinephrine) injection is advisable.

**Scorpions** are frequently found in arid or dry climates. They can cause a painful sting that is sometimes life-threatening. If stung by a scorpion, try taking a painkiller. Medical treatment should be sought if collapse occurs.

**Bed bugs** are often found in hostels and in cheap hotels or in hotel in small villages. They lead to very itchy, lumpy bites. Spraying the mattress with crawling insect killer after changing bedding will get rid of them.

**Scabies** is also frequently found in cheap accommodation .These tiny mites live on the skin, particular between the fingers. They because an intensely itchy rash. The itch is easily treated with Malathion and permethrin lotion from a pharmacy.

### **TRADITIONAL MEDICINE**

Although western medicine is available in larger cities and towns, fanafody (traditional medicine often herbal) plays an important role in Madagascar. Many urban dwellers prefer traditional methods, visiting market kiosks to procure age-old remedies. Ombiasy (healers) hold considerable social status in many parts of Madagascar, particularly in more remote

areas where traditional practises are still strong. They are often consulted for a variety of ailments.

## INTERNET RESOURCES

There is a wealth of travel health advice on the internet:

**World Health Organisation :[www.who.int/ith](http://www.who.int/ith)**

**MD Travel Health :[www.mdtravelhealth.com](http://www.mdtravelhealth.com)**

**Centre for Disease Control and Prevention:[www.cdc.gov](http://www.cdc.gov)**

**Fit for Travel:[www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk)**

**Australia:[www.dfat.gov.au/travel/](http://www.dfat.gov.au/travel/)**

**Canada:[www.hs-sc.gc.ca/pphb-dgfspsp/tmp-pmv/pub\\_e.html](http://www.hs-sc.gc.ca/pphb-dgfspsp/tmp-pmv/pub_e.html)**

**United Kingdom:[www.doh.gov.uk/traveladvice/index.htm](http://www.doh.gov.uk/traveladvice/index.htm)**

**United State:[www.cdc.gov/travel](http://www.cdc.gov/travel)**

## MEDICAL CHECKLIST

It is good idea to carry a medical and first-aid kit with you, to help yourself in the case of minor illness or injury. Following is a list of items you should consider packing.

Acetaminophen (paracetamol) or aspirin adhesive or paper tape.

Antibacterial ointment (eg: Batroban) for cuts and abrasions.

Antibiotics eg :ciprofloxacin (Ciproxin) or norfloxacin ( Utinor)

Anthidiarrhoeal drugs eg: loperamide. Antihistamines for hay fever and allergic reactions.

Anti-Inflammatory drugs eg: ibuprofen

Antimalaria pills

Bandages, gauze and gauze rolls.

DEET-containing insect repellent for the skin (at least 50%).

Fluids(if travelling to remote areas)

Iodine tablets(for water purification)

Oral rehydration salts

Permethrin-containing insect spray for clothing , tents and bed nets

Pocket knife

Scissors, safety pins and tweezers

Steroid cream or hydrocortisone cream for allergic rashes.

Sun block

Syringes and sterile needles.

Thermometer.

Given the prevalence of malaria, consider taking a self-diagnostic kit that can identify malaria in the blood from a finger prick like Mala-Quick.

## CLINICS & Hospitals ANTANANARIVO

Institut Pasteur	Espace Medical (SOS Médecins)
Rue Folohalindahy, Ambatofotsikely Antananarivo – <b>Tel:</b> (+261) 20 22 401 64/65	65, Rue Pasteur Rabare-Antsirabe – <b>Tél:</b> (+261)20 22 625 66 <b>Mobile:</b> (+261)32 07 871 12/ 32 07 822 74.

For lab tests, vaccinations	A private clinic with laboratory and X-ray facilities
<b>Hôpital Militaire Girard et Robic</b>	<b>Clinique des Sœurs Franciscaines</b>
<b>Tél.:</b> (+261)20 22 397 51 X-ray equipment and stocks most basic drugs and medicines	Rue Dr Rajaonah Ankadifotsy Antananarivo <b>-Tél:</b> (+261)20 22 235 54 X-ray equipment and is well run and relatively clean
<b>Polyclinique d'Ilfy Ambohitrahaba-Andafiavaratra</b>	<b>CDT Centre de Diagnostique de Tananarive</b>
<b>Tél.:</b> (+261)2022 425 69/425 66 <b>Fax :</b> (+261)20 22 425 64	Lot IVL 176 Anosivavaka Ambohimananina <b>Tél.:</b> (+261)20 22 307 60
<b>Pavillon Sainte Fleur C H U Ampefiloha</b>	<b>Clinique Medico Chirurgical ST Paul</b>
<b>Tel :</b> (+261)20 22 661 04 / 22 663 05 <b>Fax :</b> (+261)20 22 660 82	<b>Tel :</b> (+261)20 22 271 47
<b>•Clinique et Maternité d'Anosibe</b>	<b>Croix Bleu de Madagascar</b>
<b>Tel :</b> (+261)20 22 200 32 / 22 290 56	<b>Tel :</b> (+261)20 22 324 59 / 22 634 62 <b>Fax :</b> (+261)20 22 634 62
<b>Hopital Ravohangy Andrianaivalona(HJRA)</b>	<b>Hôpital General de Belelantanana</b>
<b>Tel :</b> (+261)20 22 890 58 <b>Mobile :</b> (+261)33 11 890 58	<b>Tel :</b> (+261)20 22 223 84
<b>Clinique Medico Chirurgicale de Tanjombato</b>	<b>Hôpital Luthérien Ambohibao 24 / 24</b>
<b>Tel :</b> (+261)20 22 571 93	<b>Tel :</b> (+261)20 22 485 17

### ANTSIRANANA

<b>Clinique Chirurgicale Saint Damien Ambanja</b>	<b>Hopital Salfa Vohemar</b>
<b>Tel :</b> (+261)20 86 500 77 / 78	<b>Tel :</b> (+261)20 88 063 07

**FIANARANTSOA****Hospital Medico Chirurgical  
Farafangana****Tel: (261)20 73 912 80****Hospital Principal Tambohobe****Tel: (261)20 75 510 17****MAHAJANGA****Hôpital Principal – Cité Misaine****Tel : (+261)20 62 227 54****Hôpital Principal La Corniche****Tel : (+261)20 62 228 57****TOAMASINA****Centre Hospitalier Regional****Rue Ratsimilaho – TOAMASINA  
Tel: (+261)20 53 320 18 / 19 / 21****Hospital Ambohimasina  
Ambatondrazaka****Tel: (+261)20 54 811 93****TOLIARY****Centre Hospitalier de Reference  
Principale Tuléar Centre****Tel : (+261)20 94 442 63****Hospital F L M****Bazar Kely – Tolagnaro  
Tel: (+261)20 92 215 38****Clinique Saint- Luc Andabizy****Tel : (+261)20 94 422 47**

## DRUG STORE

### ANTANANARIVO

<b>PHARCIE D'AMBANIDIA</b>	<b>PHARMACIE D'ANOSIZATO</b>
Lot VC 44 bis – Ambanidia Tel: (+261)20 22 255 50	Tel : (+261)20 22 686 53 / 22 631 43
<b>PHARMACIE D'AMBODITSIRY</b>	<b>PHARMACIE METROPOLE</b>
Tel : (+261)20 22 528 21	7, Rue Ratsimilaho Antaninarenina Tel : (+261)20 22 200 25 / 22 675 22 Mobile : (+261)32 07 101 71
<b>PHARMACIE D'AMBOHIBAO</b>	<b>PHARMACIE PRINCIPALE</b>
Tel : (+261)20 22 444 33 / 22 482 64	Route des Hydrocarbures Ivandry Tel : (+261)20 22 533 93 / 22 439 15
<b>PHARMACIE D'ANKADIFOTSY</b>	
50, avenue Lénine Ankadifotsy Tel : (+261)20 22 222 07 / 22 664 56	

### ANTSIRABE

<b>PHARMACIE MAHSOAVA ANTSENAKELY</b>	<b>PHARMACIE DU VAKINAKARATRA</b>
Tel : (+261)20 44 482 14	Rue Rakotondrainibe Daniel Tel : (+261)20 44 482 14

### ANTSIRANANA

<b>PHARMACIE MAHAVVY</b>	<b>PHARMACIE OLGA</b>
Rue point Six Tel : (+261)20 82 223 15	Place Kabary Tel : (+261)20 82 219 72

**PHARMACIE MORA – BAZAR BE**

**Tel :**(+261)20 82 214 97

**PHARMACIE NOUROUDINE**

Rue de Liège NOSY BE HELL VILLE  
**Tel :**(+261)20 86 610 38

**FIANARANTSOA**

**PHARMACIE ANTARANDOLO**

**Tel :**(+261)20 75 516 75

**PHARMACIE LAMSECK  
AMPASAMBAZAHA**

**Tel :**(+261)20 75 514 63

**PHARMACIE  
CENTRALE DU SUD**

**Tel :**(261)20 75 514 44

**MAHAJANGA**

**PHARMACIE ANJARASOA**

**Tel :**(+261)20 62 237 15

**PHARMACIE HARINOSY**

**Tel :**(+261)20 62 231 00

**PHARMACIE BETSIBOKA  
MAJUNGA BE**

**Mobile :**(+261)32 02 036 15

**PHARMACIE  
MAHAVONJY FIOFIO**

**Tel:**(+261)20 62 242 40

**PHARMACIE ESPERANCE**

**Tel:**(+261)20 62 231 00

**PHARMACIE SAMBY TSARA  
MAROVATO**

**Tel :**(+261)20 62 228 68

## MORAMANGA

<b>PHARMACIE HAZAVANA</b>	<b>PHARMACIE MARIE GISELE</b>
LOT A 255 MORAMANGA Tel :(+261)20 53 825 57	LOT A 399 MORAMANGA Tel :(+261)20 56 821 66

## TOAMASINA

<b>PHARMACIE ANDRY SALAZAMY</b>	<b>PHARMACIE MIRINDRA TANAMBAO</b>
Tel :(+261) 20 53 312 00	Tel :(+261)20 53 330 92
<b>PHARMACIE ANJARA – BAZAR KELY</b>	<b>PHARMACIE TSARASANDRY</b>
Tel :(+261)20 53 323 64	Immeble Ny Havana Tel :(+261)20 53 336 40
<b>PHARMACIE DE L'EST ANKIRIHIRY</b>	<b>PHARMACIE VAGNONA ANJOMA</b>
Tel :(+261)20 53 337 84	Tel :(+261)20 53 323 77
<b>PHARMACIE MAHATSARA – TANAMBAO</b>	
Tel :(+261)20 53 339 12	

## TOLIARY

<b>PHARMACIE MEVA – TANAMBAO</b>	<b>PHARMACIE SANFILY</b>
Tel :(+261)20 94 429 31	Tel :(+261)20 94 427 75

Babies tend to be the kind of travellers who [sleep](#) a good deal of the time. Even so, they need a remarkable amount of gear to help them stay comfortable and happy. Here's a checklist of items you shouldn't travel without.



- [Nappies](#)**  
One for each hour you'll be travelling, plus extras in case of emergencies or delays.
  - Baby** **blanket**  
Bring at least one for comfort, shade and warmth.
  - Resealable** **plastic** **bags**  
Pack some medium-sized ones for stashing dirty [nappies](#), clothes and bibs.
  - Clothes**  
One to two outfits per day. Pack cotton layers for travelling.
  - Food,** **[formula,](#)** **water,** **juice**  
Bring more than you think you'll need for the trip. Don't forget [bottles](#) and beakers, too.
  - [Breast](#)** **[pump](#)**  
For [expressing breast milk](#).
  - Night** **light**  
For night-time feeds and [nappy changes](#).
  - [Baby](#)** **[sling](#)**  
For getting from A to B with your baby easily, especially in a busy airport or train station.
  - [Travel](#)** **[cot](#)**  
Necessary unless you have reserved one with your accommodation or your [baby sleeps with you](#).
  - [Car](#)** **[seat](#)**  
For safe travel by car, [plane](#), train or bus. It can double as a baby seat, too.
  - Collapsible** **[buggy](#)**  
Lightweight, convenient and can be stored in luggage racks or lockers.
  - [Nappy rash](#) cream**
  - Baby wipes**
  - Baby [bath](#) and lotion**
  - Tissues**
  - Extra [dummies](#)**
  - Washable bibs**
  - Sun hat and [sun protection](#) of at least factor 20**
-