

## **Chikungunya**

Chikungunya virus is transmitted to people through mosquito bites. Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.

Chikungunya virus is most often spread to people by *Aedes aegypti* and *Aedes albopictus* mosquitoes. These are the same mosquitoes that transmit dengue virus. They bite mostly during the daytime.

### **Symptoms**

- Most people infected with Chikungunya virus will develop some symptoms.
- Symptoms usually begin 3–7 days after being bitten by an infected mosquito.
- The most common symptoms are fever and joint pain.
- Other symptoms may include headache, muscle pain, joint swelling, or rash.
- Chikungunya disease does not often result in death, but the symptoms can be severe and disabling.
- Most patients feel better within a week. In some people, the joint pain may persist for months.

### **Treatment**

There is no medicine to treat Chikungunya virus infection or disease.

- Decrease the symptoms:
  - o Get plenty of rest
  - o Drink fluids to prevent dehydration
  - o Take medicines, such as ibuprofen, naproxen, acetaminophen, or paracetamol, to relieve fever and pain.

### **Protect Yourself from Mosquito Bites**

- Use air conditioning or window/door screens to keep mosquitoes outside. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.
- Help reduce the number of mosquitoes outside your home or hotel room by emptying standing water from containers such as flowerpots or buckets.
- When weather permits, wear long-sleeved shirts and long pants.
- Use insect repellents
  - o Repellents containing picaridin, IR3535, and oil of lemon eucalyptus and para-menthane-diol products provide long lasting protection.
  - o If you use both sunscreen and insect repellent, apply the sunscreen first and then the repellent.
  - o Do not spray repellent on the skin under your clothing.
  - o Treat clothing with permethrin or purchase permethrin-treated clothing.
  - o Always follow the label instructions when using insect repellent or sunscreen.

**For more information go to [www.cdc.gov/chikungunya/](http://www.cdc.gov/chikungunya/)**