

# Chikungunya Virus: What you need to know



**Chikungunya (pronunciation: \chik-en-gun-ye) is:**

- ◆ A virus spread through *Aedes* species mosquito bites. *Aedes* mosquitoes also spread dengue and Zika viruses.
- ◆ A risk to anyone traveling to a region of the world where chikungunya virus is found.

## Global risk

Outbreaks have occurred in parts of Africa, Europe, Southeast Asia, and islands in the Indian and Pacific Oceans.

In 2013, chikungunya was found for the first time in the Americas and has spread to the Caribbean, South and Central America, and North America.

For information on where chikungunya virus is found, see: <http://www.cdc.gov/chikungunya/geo/>.

Traveling? For country-specific travel information and recommendations, visit [www.cdc.gov/travel](http://www.cdc.gov/travel).



## Signs and symptoms of chikungunya virus disease (chikungunya)

- ◆ Common symptoms include fever and severe joint pain. Other symptoms may include headache, muscle pain, joint swelling, or rash.
- ◆ Symptoms usually begin 3—7 days after being bitten by an infected mosquito.
- ◆ Most patients will feel better within a week. In some people, the joint pain may persist for months. Death is rare.
- ◆ People at risk for more severe disease include newborns infected around the time of birth, older adults ( $\geq 65$  years), and people with medical conditions such as high blood pressure, diabetes, or heart disease.



## Sick? Could it be chikungunya?



- ◆ See your healthcare provider.
- ◆ Your healthcare provider may order tests to look for chikungunya or similar diseases, like dengue or Zika.



## Chikungunya is preventable, but not treatable

- ◆ No vaccine to prevent or medicine to treat infection is available.
- ◆ Mosquitoes that spread chikungunya bite aggressively during the day. Avoid infection by preventing mosquito bites.
  - » Use insect repellents. Repellents containing DEET, picaridin, IR3535, and some oil of lemon eucalyptus or para-menthane-diol products provide long-lasting protection.
  - » Use air conditioning or window/door screens.
  - » Wear long-sleeved shirts and long pants or permethrin-treated clothing.
  - » Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, or trash containers. Check inside and outside your home.



## If you are sick with chikungunya:

- ◆ During the first week of infection, chikungunya virus can be found in your blood. If a mosquito bites you, it can become infected and spread the virus to other people through bites.
- ◆ To help prevent others from getting sick, protect yourself from mosquito bites during the first week of illness.

