

Chikungunya: What you need to know



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

- a virus that is spread through mosquito bites—the same *Aedes* mosquitoes that spread dengue.
- a risk to anyone traveling to a region of the world where chikungunya is found.

Signs and symptoms of disease

- Symptoms usually begin 3-7 days after being bitten by an infected mosquito.
- The most common symptoms are fever and severe joint pain, often in the hands and feet. Other symptoms may include headache, muscle pain, joint swelling, or rash.
- Most patients will feel better within a week. Some people develop longer-term joint pain that can last weeks to months. Death is rare but can occur.
- People at increased risk for severe disease include newborns exposed during delivery, older adults (≥ 65 years), and people with medical conditions such as high blood pressure, diabetes, or heart disease.

Global Risk

- The virus has been found in parts of Africa, Southern Europe, Southeast Asia, and islands in the Indian and Pacific Oceans.
- In 2013, chikungunya was found for the first time in the Americas. Since, it has spread to the Caribbean, South and Central America and in North America.



Traveling? For country-specific travel information and recommendations, visit: www.cdc.gov/travel

Sick? Could it be chikungunya?

- See your doctor if you think you or a family member might have chikungunya.
- Your doctor may order blood tests to look for signs of chikungunya or other similar diseases, like dengue.

Chikungunya is preventable, but not treatable

- There is no vaccine to prevent or medicine to treat chikungunya.
- The mosquitoes that spread chikungunya bite aggressively during the day. The best way to avoid infection is to prevent mosquito bites.
 - » Use air conditioning or window/door screens.
 - » Use mosquito repellents on exposed skin. Repellents containing DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-menthane-diol products provide long lasting protection.
 - » Wear long-sleeved shirts and long pants or permethrin-treated clothing.
 - » Empty standing water from outdoor containers.
- People at increased risk for severe disease should consider not traveling to areas with ongoing chikungunya outbreaks.
- If you are sick with chikungunya, avoiding mosquito bites will help prevent further spread of the virus.

For more information, visit: www.cdc.gov/chikungunya.

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