

CHIKUNGUNYA

Information for the general public

The disease

- Chikungunya is a viral disease that is transmitted to people by mosquitoes
- It has occurred in Africa, Southern Europe, Southeast Asia, and islands in the Indian and Pacific Oceans
- In late 2013, chikungunya was found for the first time on islands in the Caribbean

Countries with reported local transmission of chikungunya virus (as of February 2014)



The mosquitoes

- *Aedes* species mosquitoes transmit chikungunya virus
- These same types of mosquitoes transmit dengue virus
- These mosquitoes bite mostly during the daytime

Symptoms

- Symptoms usually begin 3–7 days after being bitten by an infected mosquito
- The most common symptoms are fever and severe joint pains, often in the hands and feet
- Other symptoms may include headache, muscle pain, joint swelling, or rash

Testing

- 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

Treatment

- There are no antiviral medicines to treat chikungunya
- There are medicines to help reduce the fever and pain

Illness course and outcomes

- Most patients feel better within a week
- Some people may develop longer-term joint pain
- 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
- Deaths are rare



Prevention

- There is no vaccine or medication to prevent chikungunya virus infection or disease
- Reduce mosquito exposure
 - Use air conditioning or window/door screens
 - Use mosquito repellents on exposed skin
 - Wear long-sleeved shirts and long pants
 - Wear permethrin-treated clothing
 - Empty standing water from outdoor containers
 - Support local vector control programs
- 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

More information at
www.cdc.gov/chikungunya/