

SYMPTOMS

Symptoms usually begin 3–7 days after being bitten by an infected mosquito and the most common symptoms are:
Abrupt onset of fever, Joint pain, 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.



TRANSMISSION

Virus Distribution and Spread

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* mosquitos. These are the same mosquitoes that transmit dengue virus. They bite during the day, and at night. Chikungunya virus, is rarely transmitted, from mother to new-born around the time of birth. To date, no infants have been found to be infected with chikungunya virus through breastfeeding. Because of the benefits of breastfeeding, mothers are encouraged to breastfeed even in areas where chikungunya virus is circulating. Once a person has been infected, is likely to be protected from future infections.

RECOMMENDATION

There is no vaccine to prevent or medicine to treat chikungunya virus.

- Treat the symptoms: Get plenty of rest and Drink fluids to prevent dehydration. Take medicine such as acetaminophen (Tylenol[®]) or paracetamol to reduce fever and pain.
- Do not take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDS) until dengue can be ruled out to reduce the risk of bleeding. If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.
- If you have chikungunya, prevent mosquito bites (<https://www.cdc.gov/chikungunya/prevention/index.html>) for the first week of your illness.
- During the first week of infection, chikungunya virus can be found in the blood, and passed from an infected person to a mosquito through mosquito bites and infected mosquito can then spread the virus to other people.
- 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.
- Insecticides may be sprayed to kill flying mosquitoes; applied to surfaces in and around the water-filled habitats where the mosquitoes land.
- Repellents can be applied to exposed skin in strict accordance with the product label instructions.