

# Chikungunya Virus

**What is Chikungunya Virus?** Chikungunya virus (CHIKV) is transmitted to people by mosquitoes. CHIKV causes high fever and severe joint pain that start suddenly. CHIKV does not often result in death, but the symptoms can be disabling, and some people may get severe complications. CHIKV is cause for staying informed - not for panic. Learning about the virus and ways to prevent infection is key. Steps you take can help protect you from other mosquito-borne diseases, too.

**How does CHIKV spread?** CHIKV is transmitted to people through mosquito bites that bite mostly during the daytime. 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. CHIKV is rarely transmitted from mother to newborn around the time of birth. CHIKV is not spread through casual contact, such as touching or kissing a person with the virus.

**What are the symptoms of CHIKV?** Symptoms appear on average of 3 to 7 days after being bitten by an infected mosquito. The symptoms of CHIKV vary from person to person, and can include:

- Sudden onset of high fever (>102°F)
- Severe joint pain mainly in the arms and legs
- Headache
- Muscle pain
- Back pain
- Rash (~50% of cases)

Most patients feel better after a few days or weeks. Some people may develop longer-term joint pain. Complications are rare, but more common in:

- Infants (<1 year)
- Elderly (>65 years)
- People with chronic conditions such as diabetes, hypertension, etc.

**\*\*\*Extra caution should be taken by people in these groups to avoid mosquito bites.\*\*\***

**How is CHIKV treated?** There is no specific medication to treat CHIKV and there is no vaccine to prevent CHIKV.

**What should I do if I think I have CHIKV?** Using medicines (other than aspirin) to lower your fever and joint pain may help. Consult a doctor.

**If you think you may have CHIKV:**

- Record your symptoms and see a doctor.
- Protect yourself against further mosquito bites.
- If you are sick with CHIKV, avoiding bites will help to protect others from getting sick.

**What can I do? Defend by using the 4Ds.**

**DEET All Day Every Day**

Whenever you're outside, use insect repellents that contain DEET or other EPA approved repellents and follow instructions.

**Dress**

Wear long, loose and light-colored clothing outside.

**Drain**

Remove all standing water in and around your home.

**Dusk & Dawn**

Limit outdoor activities during dusk and dawn when mosquitoes are most active.