

Learn More About Chikungunya Virus

Talk to your doctor about any questions or concerns you may have.

Local, State and National Resources

Dallas County Health and Human Services

Environmental Health Division

2377 N. Stemmons Freeway

Dallas, Texas 75207

(214) 819-2115

www.dallascounty.org/hhs

Texas Department of State Health Services

1100 West 48th Street

Austin, Texas 78756

(512) 458-7255

www.dshs.state.tx.us

Centers for Disease Control and Prevention

(888) 246-2675 (English)

(888) 246-2857 (Spanish)

(866) 874-2646 (TTY)

www.cdc.gov/chikungunya

CHIKUNGUNYA VIRUS



Aedes albopictus

The *Aedes aegypti* and *Aedes albopictus* are aggressive daytime biters, with peak feeding activity at dawn and dusk.



Aedes aegypti



DCHHS
Safe families, healthy lives.

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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.

The most common symptoms of CHIKV are fever and joint pain. Other symptoms may include headache, muscle pain, joint swelling or rash.

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?

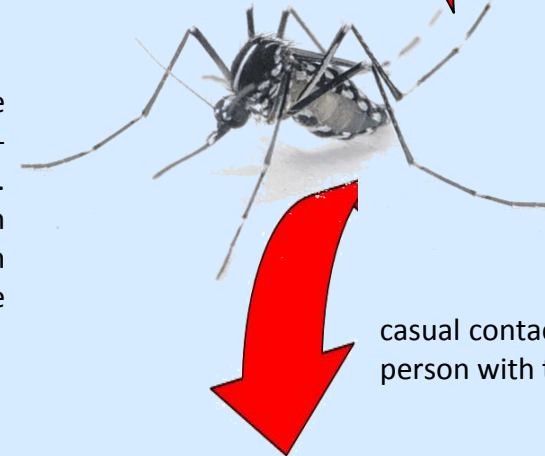
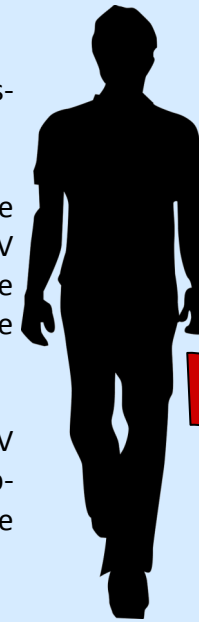
The virus is spread by bites from infected *Aedes* mosquitoes.

CHIKV 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.

CHIKV is most often spread to people by *Aedes aegypti* and *Aedes albopictus* mosquitoes. These are the same mosquitoes that transmit dengue virus. They bite mostly during the daytime.

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 ($>102^{\circ}\text{F}$).
- 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 CHIK and there is no vaccine to prevent CHIK.

Using medicines (other than aspirin) to lower your fever and joint pain may help. Consult a doctor.



What should I do if I think I have CHIKV?

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 is Dallas County doing?

Dallas County uses an **Integrated Mosquito Management** program to control the mosquito population. IMM uses various techniques that include the following tools:

Surveillance

Collect mosquitoes to determine the location, species, quantity and virus potential.

Source Reduction

Investigate and remove water sources that support mosquito breeding habitats.

Larvicide

Use mosquitofish or EPA-approved products to kill mosquito larvae in standing water.

Adulticide

Spray EPA-approved products from trucks and planes to reduce mosquito populations.

Public Awareness

Inform the public by press releases, public information campaigns, websites, pamphlets and presentations.

Personal Protection

Encourage changing personal habits to reduce mosquito bites. This means **YOU** and how you can protect yourself, your family and community.

SSLAPP back mosquitoes!



What can I do?

The best way to avoid CHIKV is to avoid mosquito bites.

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.
- Empty, remove, cover or turn upside down any containers that will hold standing water (bottles, cans, tires, buckets, flower pots, etc.)
- Change water in pet dishes, wading pools and birdbaths several times a week.



Dusk & Dawn

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

