

Chikungunya

How is the disease transmitted?

Chikungunya is a disease transmitted by the bite of *Aedes aegypti* and *Aedes albopictus* mosquitoes.

Main signs and symptoms:



high fever,
which can last up
to 7 days



joint pain

Other common clinical manifestations are:



headache



itching



rash



muscle pain

What should you do if you suspect you have chikungunya?



Seek medical attention.

Do not self-medicate.



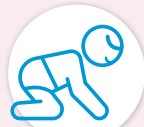
If you are breastfeeding, continue to do so.

Drink enough fluids.

It is recommended to drink oral rehydration solution.



Persons at risk for severe complications due to chikungunya



Children under 1 year old, especially newborns from mothers with chikungunya at the time of delivery.



People with other diseases: high blood pressure, diabetes, heart and kidney disease, obesity, tuberculosis and HIV, among others.



Senior citizens



Pregnant women

People at risk should immediately go to the nearest health facility.

How can you reduce the risk of contracting the disease?

Protect yourself from mosquito bites:

- Wearing **clothing** that covers your skin and close-toed shoes;
- Whenever possible, use **repellents** recommended by health authorities (apply to skin or clothing and follow product label instructions);
- Use wire-mesh/mosquito nets on **doors and windows** and use mosquito nets for sleeping;
- Store, turn upside down or remove containers that may **collect water** outside the home, so that they do not become mosquitoes breeding sites;
- Cover barrels, or water tanks for domestic use;
- Avoid accumulation of garbage in and around the house. Cover garbage containers.

PAHO