

## Chikungunya Information Sheet

### What is chikungunya?

Chikungunya is a disease caused by a virus that is spread through the bite of an infected mosquito. Chikungunya can cause moderate to severe illness in humans. It is common in Africa, Asia, North and South America, the Caribbean, the Pacific, and Europe. To date, Maricopa County has only identified cases of chikungunya that individuals caught in other places. However, the mosquito that spreads the disease is very common in Maricopa County so we need to take steps to prevent local spread.

### How can you catch chikungunya?

Mosquitoes become infected after biting a person who has chikungunya virus in their blood. After about one week, the infected mosquito can then spread the disease when biting another person. Chikungunya is not known to spread directly from one person to another.

### What are the symptoms of chikungunya?

Almost all people infected with chikungunya show symptoms. Symptoms usually occur 3 to 7 days after a bite from an infected mosquito and can last a few days to several weeks. In certain cases, patients report severe joint pain that can last for months. Symptoms may include:

- Joint pain
- Fever
- Fatigue
- Rash
- Headache
- Nausea
- Vomiting
- Muscle pain

### How can you be treated for chikungunya?

There is no specific treatment for chikungunya. Your doctor may recommend rest, fluids, and medication containing acetaminophen to relieve fever and pain. ***Aspirin and ibuprofen should be avoided.***

### How can you prevent chikungunya?

- There is currently no vaccine to prevent chikungunya.
- If you live in or travel to areas with chikungunya, the best way to prevent illness is to avoid mosquito bites. To avoid mosquito bites:
  - Use an insect repellent containing DEET or other effective ingredient on exposed skin.
  - Wear long sleeves and pants when possible.
  - Use screens on windows and doors or air conditioning to keep mosquitoes out.
  - Remove or empty containers that hold water around your home twice a week.
- If you have returned from a chikungunya affected area, avoid mosquito bites for at least 7 days.