



CHIKUNGUNYA FACT SHEET

What is Chikungunya virus?

Chikungunya is a viral disease that is transmitted to people through mosquito bites. It has occurred in Africa, Southern Europe, Southeast Asia, and islands in the Indian and Pacific Oceans. In late 2013, chikungunya was found for the first time on islands in the Caribbean.

What are the symptoms of Chikungunya virus?

Most people infected with chikungunya virus will develop some symptoms. Symptoms usually begin 3-7 days after being bitten by an infected mosquito. Most common symptoms include:

- Fever
- Severe joint pains (often in the hands and feet)

Other symptoms may include:

- Headache
- Muscle pain
- Joint swelling
- Rash

Contact your health care professional if you develop the symptoms above.

Most patients feel better within a week. Some patients may have joint pain for months. Chikungunya disease is usually not fatal, however, the symptoms can be severe and disabling. Once a person has been infected, it is likely that he or she is protected from another infection.

How does chikungunya virus spread?

Chikungunya is most often spread to people by *Aedes aegypti* and *Aedes albopictus* mosquitoes. These mosquitoes become infected when they bite a person already infected with the virus. Infected mosquitoes can spread the virus to other people through their bite. These mosquitoes bite mostly during the daytime and are found throughout the world.

Chikungunya virus is rarely passed from mother to child around the time of birth.

What is the treatment for Chikungunya?

There is no medicine to treat chikungunya virus infection or disease. To help relieve symptoms:

- Get plenty of rest
- Drink Fluids to prevent dehydration
- Take medicines such as ibuprofen, naproxen, acetaminophen, or paracetamol, to relieve fever and pain.

Am I at increased risk of getting Chikungunya?

People at increased risk include newborns infected around the time of birth, adults older than 65 years of age, and people with medical conditions such as high blood pressure, diabetes, or heart disease.

People who travel to parts of the world where Chikungunya is occurring may be at increased risk and should take preventive measures to avoid mosquito bites.

What can I do to protect myself from Chikungunya?

Protect yourself by reducing mosquito exposure.

- Use air conditioning or window/door screens
- Use mosquito repellent on exposed skin
- Wear long-sleeved shirts and long pants
- Empty standing water from outdoor containers

People at increased risk for severe disease should consider not traveling to areas with ongoing chikungunya outbreaks. If you are sick with chikungunya, avoiding mosquito bites will help prevent further spread of the virus.

Where can I get more information and updates on Chikungunya?

[HCPH](#)

[Texas Department of State Health Services](#)
[Centers for Disease Control and Prevention](#)

Source of Information

Centers for Disease Control and Prevention (CDC)