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, rash, muscle pain, itching

**How is the disease transmitted?**

**How can you reduce the risk of contracting the disease?**

- 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.

**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.**

**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;
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