

## 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



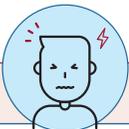
**joint pain**



MORE INFO

[www.paho.org/en/topics/chikungunya](http://www.paho.org/en/topics/chikungunya)

Other common clinical manifestations are:



headache



itching

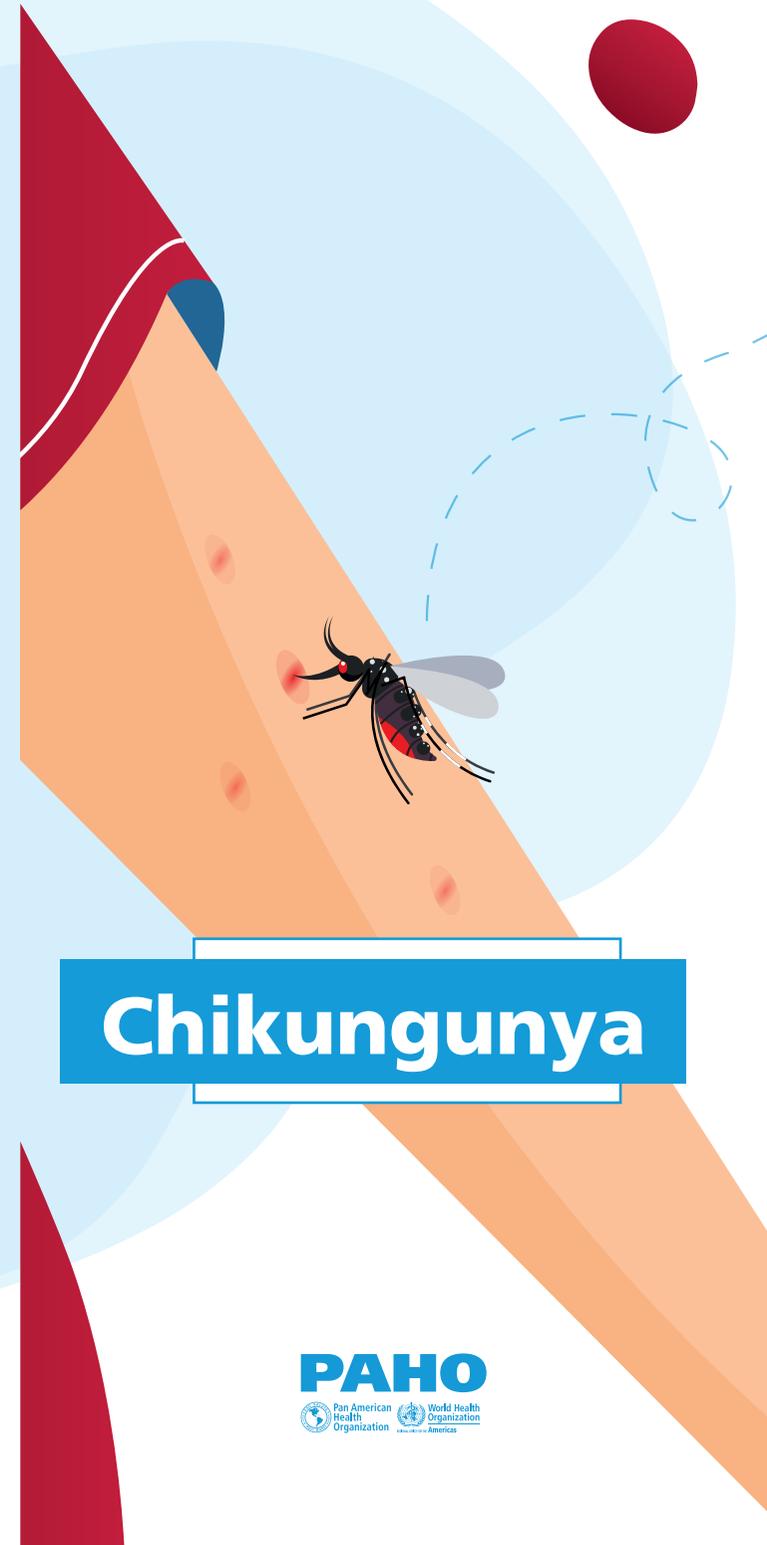


rash



muscle pain

# Chikungunya





## 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.