



## **CHIKUNGUNYA FACT SHEET**

### **WHAT IS CHIKUNGUNYA?**

Chikungunya is a virus spread by mosquitos. Beginning in 2014, chikungunya virus disease cases were reported among U.S. travelers returning from affected areas in the Americas and local transmission was identified in Florida, Puerto Rico, and the U.S. Virgin Islands.

### **HOW DO YOU GET CHIKUNGUNYA?**

- Infected mosquitoes can then spread the virus to other people through bites.
- Rarely, from mother to child
- Rarely, through infected blood via a blood transfusion

### **SYMPTOMS**

- Most people infected with chikungunya virus will develop some symptoms
- Symptoms usually begin 3–7 days after being bitten by an infected mosquito
- The most common symptoms are fever and joint pain
- Other symptoms may include headache, muscle pain, joint swelling, or rash
- Most people feel better within a week. In some people, the joint pain may persist for months

### **TREATMENT**

There is no vaccine to prevent or medicine to treat chikungunya virus. Symptoms can be treated with rest, fluids, and over the counter medications. Discuss treatment options with your doctor

### **PREVENTION**

If you are infected with chikungunya, prevent mosquito bites for the first week of illness. To prevent mosquito bites:

- Dump standing water around your home once a week.
- Use insect repellent.
- Wear long-sleeved shirts and long pants.
- Use screens on windows and doors. Repair any holes

### **DPHD EFFORTS:**

Reports of suspected and confirmed cases of disease are made to the Delaware Public Health District. The Health District investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education. The DPHD regularly traps and tests mosquito populations and fog areas where human disease is confirmed.