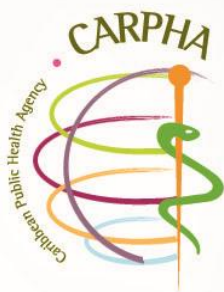


Caribbean Public Health Agency (CARPHA)

FACTS YOU NEED TO KNOW ABOUT CHIKUNGUNYA



THE DISEASE

Chikungunya is a viral disease spread to people by the *Aedes aegypti* and *Aedes albopictus* mosquitoes. These mosquitoes also spread dengue fever.

Symptoms

- Symptoms usually begin 3-7 days after being bitten by an infected mosquito
- The most common symptoms are fever and joint pains, often in the hands and feet
- Other symptoms may include headache, muscle pain, joint swelling or rash

Prevention

- Avoiding mosquito bites will help prevent further spread of the virus
- Securely cover domestic water storage containers such as buckets, barrels and drums
- Properly discard old tyres and containers that collect water, for example, bottles and cans
- Cover and seal tanks, soak-aways and cisterns

Reduce Mosquito Exposure

- Use mosquito repellants containing DEET, Picaridin, oil of lemon, eucalyptus or IR3535 on exposed skin
- Wear long-sleeved shirts and long pants
- Use air conditioning or window and door screens
- Sleep under mosquito nets and/or use mosquito coils

If you think you or a family member might have chikungunya, please visit your doctor or the nearest health clinic



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Preventing disease, promoting and protecting health

