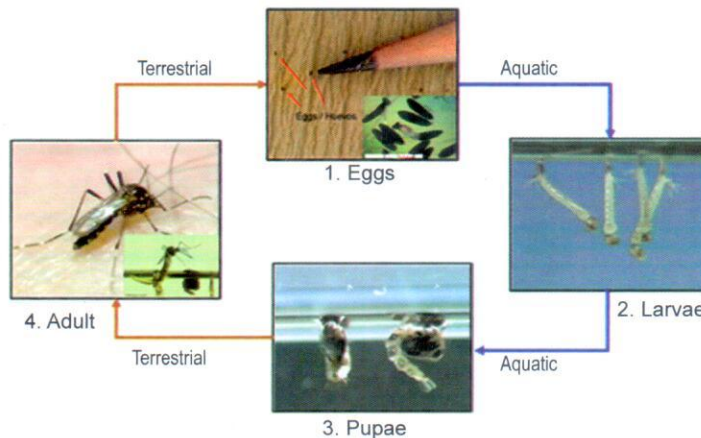


CHIKUNGUNYA

The Disease

◆ Chikungunya Fever is a viral disease which, like dengue fever is transmitted by mosquitoes.

◆ The disease was first recorded in 1952 and has affected millions of people in Africa and Asia. The word Chikungunya means 'that which bends up' in Kimakonde, a language spoken by an African tribe from the eastern border between Mozambique and Tanzania.



The life cycle of the *Aedes aegypti* mosquito showing the aquatic and terrestrial (land) habitats

The Mosquitoes

- ◆ Chikungunya is transmitted by the *Aedes aegypti* mosquito as well as the *Aedes albopictus* mosquito
- ◆ These mosquitoes bite mostly during the day, with peak activity two hours after sunrise and two hours before sunset.

To Prevent Mosquito Breeding

Check your premises, inside and outside on a weekly basis for any collections of water that are likely to breed mosquitoes



- ◆ Empty or cover up all water containers
- ◆ Clean up discarded containers, tires, plastic bags, and coconut shells
- ◆ Empty and clean receptacles used by domestic animals
- ◆ Throw away water in plant saucers
- ◆ Change water in vases
- ◆ Clean roof gutters and drains
- ◆ Introduce larva eating fish to large bodies of water
- ◆ Spread a film of kerosene oil on pools of stagnant water
- ◆ Cover and seal wells, septic tanks, soak-aways and water storage tanks

To Prevent Mosquito Bites

- ◆ Screen windows and doors and use mosquito nets
- ◆ Use mosquito repellants on your skin
- ◆ Avoid outdoor activities during peak biting times of dusk and dawn
- ◆ Wear long pants and long sleeve shirts when around mosquitoes



CHIKUNGUNYA

WHAT IS IT?

Chikungunya fever is one of the latest diseases to emerge in the Caribbean. It has been around since 1952. Chikungunya means "that which bends up" and describes the stooped appearance of sufferers with joint pain (arthralgia). Chikungunya is transmitted by the Aedes mosquito.

SIGNS & SYMPTOMS

- ◆ Usually begin 3 – 7 days after being bitten by the mosquito
- ◆ Sudden high fever
- ◆ Severe headaches
- ◆ Pain behind the eyes which worsens with eye movement
- ◆ Muscle pain
- ◆ Stiff and painful joints especially wrists, knuckles, ankles
- ◆ Loss of appetite
- ◆ Measles like rash on chest and upper limbs
- ◆ Nausea and vomiting



TREATMENT

- ◆ There are no antiviral medicines available to treat Chikungunya.
- ◆ Any treatment used is symptomatic and may include rest, fluids, and medication for fever and pain.
- ◆ Your doctor can do a blood test to find out if you have Chikungunya.

ASPIRIN SHOULD BE AVOIDED.

TESTING