**MOSQUITO-BORNE DISEASES**

**Chikungunya**
Chikungunya virus is carried by infected, day-biting *Aedes* mosquitoes. The virus causes high fever and severe joint pain that start suddenly. It can also cause headache, muscle pain and occasionally a rash. Chikungunya is rarely fatal, but the symptoms can be disabling, and some immuno-compromised people may get severe complications. There is no treatment for Chikungunya, though a doctor can help treat the symptoms. There is no vaccine to prevent Chikungunya, therefore avoiding mosquito bites is the best prevention. Once a person is exposed to Chikungunya, they will be protected from further infections by a long-lasting immunity.

**Dengue**
Dengue fever is transmitted by infected, day-biting *Aedes* mosquitoes. Once infected, a person can either have symptoms of Dengue fever or Dengue hemorrhagic fever. Dengue fever is rarely fatal, but symptoms can be severe and debilitating. The virus causes high fever and severe joint pain that start suddenly. It can also cause headache, muscle pain and occasionally a spotty rash. Most people will recover within 1-2 weeks, but in some, join pain can last months. Dengue hemorrhagic fever is very dangerous and can be fatal if left untreated.

**FIGHT THE BITE**

**AVOID MOSQUITO BITES!** The following tips will help to reduce your chances of being bitten:

1. Wear long-sleeved shirts and long pants
2. Use mosquito repellent on skin including: DEET, picaridin, IR3535 and oil of lemon eucalyptus
3. Ensure window/door screens are intact, sleep under netting
4. Use air conditioning when available
5. Wear permethrin-treated clothing to repel and kill mosquitoes

**MOSQUITO SAFETY FOR TRAVELERS**

Applies to travel to the Caribbean/ South America/Central America Regions

Williamson County and Cities Health District Mosquito Management Program
100 West 3rd Street
Georgetown, TX 78626
www.wcchd.org
512-943-3622

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**Repellent Safety**

- Always follow label instructions when using repellents.
- Apply repellents only to exposed skin and/or clothing.
- Do not apply repellents over cuts, wounds or irritated skin.
- Do not spray repellent directly on your face, spray on your hands and then apply to face. Use spray sparingly around eyes, mouth and ears.
- Children should not handle repellents. Apply repellent to your own hands first and then put it on the child, avoiding the child’s hands.
- Use separate repellent and sunscreen products because they need to be reapplied at different times.
- Do not spray aerosol or pump products in enclosed areas.
- After using repellents, wash treated clothing before wearing again.
- If you or your child suffers an adverse reaction following repellent use, discontinue use, wash affected areas and contact your physician or a local poison control center.

**Mosquito-borne Disease Symptoms**

**What are the symptoms of Chikungunya/Dengue?**

- Sudden onset of high fever (>102°F)
- Severe joint pain mainly in the arms/legs
- Severe Headache
- Muscle pain
- Back pain
- Rash (~50% of cases)

**Dengue hemorrhagic fever symptoms**

- Fever that lasts from 2 to 7 days, with general signs and symptoms consistent with dengue fever
- Persistent vomiting, severe abdominal pain, and difficulty breathing, may develop after fever subsides

**What should I do if I have symptoms?**

- Record your symptoms, see a doctor and inform them of your travel history
- Protect yourself against further mosquito bites to prevent spread of the virus
- If you are sick with CHIKV, avoiding additional mosquito bites will help to protect others from getting sick.

**Where can I find more information?**

www.cdc.gov/chikungunya

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**Before Your Trip**

- **Educate Yourself** - Chikungunya and Dengue are rare in the United States; however, cases are commonly occurring among travelers outside the U.S. to affected areas, including travel related to tourism, mission trips, peace corps, etc.
- There is no vaccine to prevent Chikungunya or Dengue
- Pack Permethrin-treated clothing and gear such as boots and socks
- Buy DEET repellent before traveling as it is sometimes difficult to find outside the U.S.

**During Your Trip**

- Sleep under mosquito netting
- Apply mosquito repellent with an active ingredient (like DEET or picaridin) on exposed skin, particularly if you will be in areas with standing water
- Apply sunscreen first, then put on insect repellent
- Cover exposed skin with long-sleeved shirts and long pants, or wear clothing treated with permethrin

**After Your Trip**

- See your doctor immediately if you develop symptoms, even minor, and inform them of your travel history.