



Chikungunya Virus

What is Chikungunya?

Chikungunya (pronounced chik-en-gun-ye) is a viral disease caused by the Chikungunya virus. Currently, the virus is not indigenous to the continental United States (US), meaning that the virus is not found in the US and is not yet being transmitted within the continental US. Chikungunya cases have been identified in US residents, however all cases had traveled outside the US to affected countries for tourism, visiting family/friends, mission work, etc.

How do people get infected with chikungunya?

The *Aedes* species mosquitoes transmit the chikungunya virus. These mosquitoes bite mostly during the daytime. The *Aedes* mosquito is found in Oklahoma, but has not been infected with the Chikungunya virus. Mosquitoes infected with chikungunya are found only outside of the US.

Chikungunya is not spread directly from one person to another. However, the virus is in the blood stream of infected people during the first week (seven days) after symptoms of illness begin. Thus the virus could be picked up from a person with Chikungunya illness by a mosquito. That infected mosquito could then transmit the virus to other people through a mosquito bite.

What are the symptoms and how soon after infection do they occur?

Symptoms usually begin 3 - 7 days after being bitten by an infected mosquito. People infected with chikungunya have high fever and joint pain. Other symptoms may include headache, muscle pain, joint swelling, and rash.

How long will I have symptoms?

Most people feel better within a week. Some people may have joint pain for a longer period of time. People who are at higher risk for severe disease include infants, older adults (≥ 65 years), and people with chronic medical conditions such as high blood pressure, diabetes, or heart disease, or other immunocompromising conditions such as cancer or AIDS.

What is the treatment for chikungunya?

There is no medicine to treat chikungunya virus. Symptoms may improve with rest, drinking fluids, and/or taking medication to relieve fever and pain. Speak to your healthcare provider for specific recommendations.

Can I become infected with chikungunya multiple times?

Once a person has been infected, he or she is likely to be protected and will not get the disease again.

What should I do if I think I (or someone I know) might be infected with chikungunya?

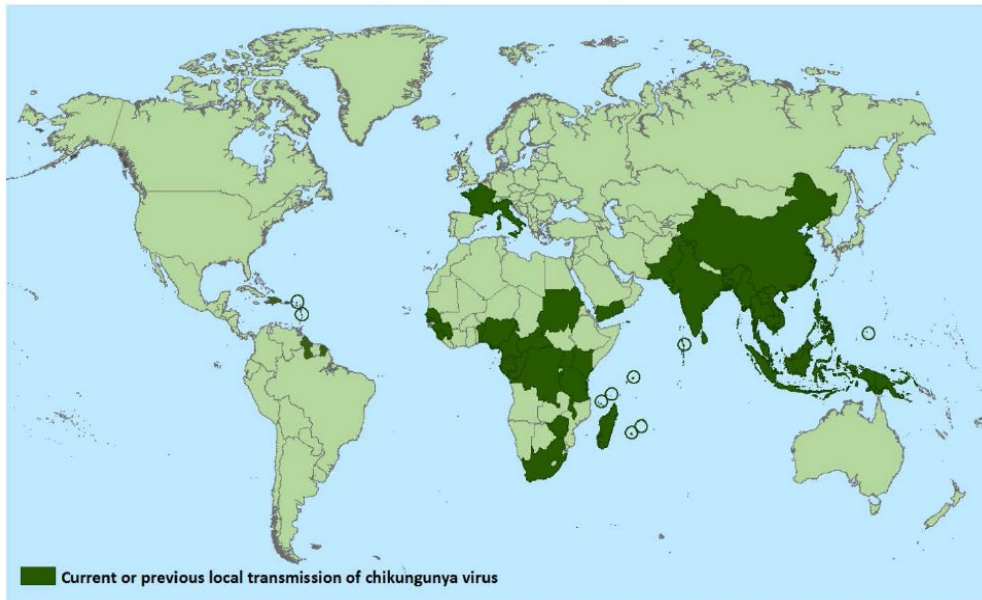
Contact your healthcare provider and notify them of any recent travel (especially outside of the US) and mosquito exposure. Your healthcare provider may order tests to confirm the cause of your illness.

If you think you have Chikungunya, please isolate yourself indoors for seven days following your first symptoms. You should stay inside and avoid mosquito bites during this first week of illness to prevent introduction of this virus into Oklahoma mosquitos and into Oklahomans.

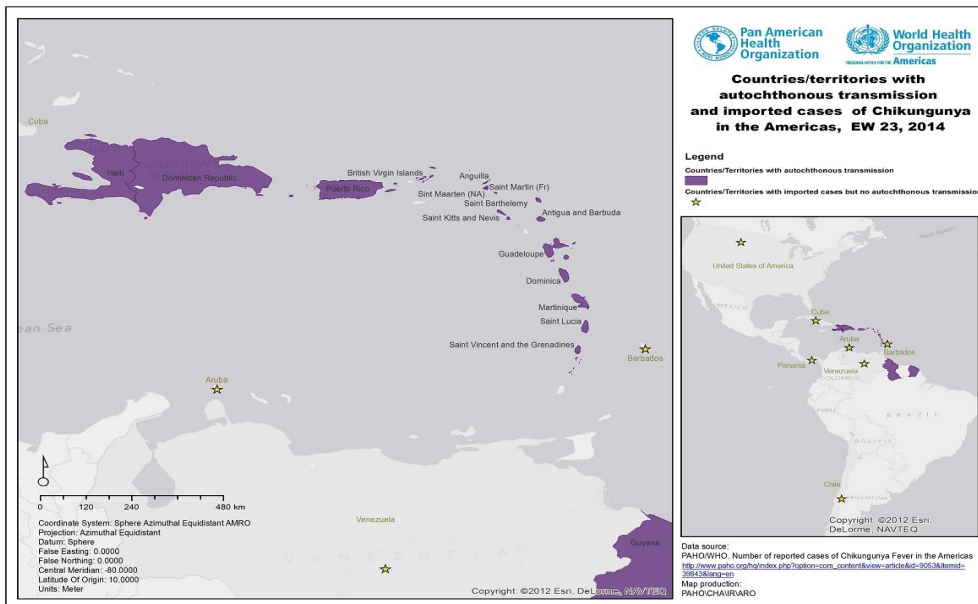
Who is at risk for infection with Chikungunya?

Anyone can be infected with chikungunya. People who have travelled outside of the U.S. are at highest risk. The map on the next page shows countries or areas where chikungunya virus is currently being spread.

**Countries and territories where chikungunya cases have been reported*
(as of June 17, 2014)**



*Does not include countries or territories where only imported cases have been documented. This map is updated weekly if there are new countries or territories that report local chikungunya virus transmission.



How can I reduce the chance of getting infected with Chikungunya?

1. There is no vaccine or medication to prevent chikungunya virus.
2. Reduce mosquito exposure in the following ways when traveling to affected areas:
 - Keep windows closed and use air conditioning. Or if open, use window/door screens;
 - Use mosquito repellents containing 15% DEET, 15% picaridin, 15% IR3535, or 30 % oil of lemon eucalypts according to product instructions OR wear long-sleeved shirts and long pants;
 - Wear permethrin-treated clothing;
 - Use mosquito nets on bedding; and
 - Empty standing water from outdoor containers.
3. People at increased risk of severe disease should consider not traveling to areas when chikungunya outbreaks are occurring.