



Advice to the general public in areas where *Aedes albopictus* or *Aedes aegypti* mosquitoes are present

# A common effort Controlling the risk of Chikungunya



## CHIKUNGUNYA

Chikungunya is a virus that is transmitted from human to human mainly by infected *Aedes albopictus* and *Aedes aegypti* mosquitoes (later referred to as *Aedes* mosquitoes). The virus causes sudden onset of high fever, severe joint pain, muscle pain and headache. While Chikungunya fever is usually non-fatal, a small number of patients may develop serious complications or chronic conditions.



### How do humans become infected by Chikungunya?

The virus is spread mainly by the bites of infected *Aedes* mosquitoes. These mosquito types are characterised by white stripes on their black bodies and legs.

**As no vaccine or medication is currently available to prevent or cure the infection, it is important to protect yourself from mosquito bites when staying in affected areas in order to prevent becoming infected.**

### Common symptoms of Chikungunya:

- sudden onset of high fever
- muscle pain
- severe joint pain
- headache

The symptoms appear on average 4 to 7 days (but can range from 1 to 12 days) after being bitten by an infected mosquito.

### If you experience any of the symptoms of Chikungunya,

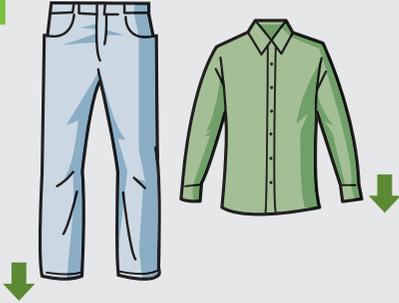
- see a doctor who can make the correct diagnosis, and
- limit the risk of further mosquito bites as much as possible – if you do have Chikungunya, this will help prevent the virus from spreading to others



## How can I prevent becoming infected by Chikungunya?

Chikungunya can best be avoided by limiting the risk of mosquito bites.

1



**Wear long-sleeved shirts  
and long trousers**

2



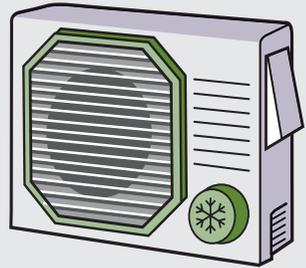
**Use mosquito repellents,  
coils or other devices to fend  
off mosquitoes \***

3



**If possible, sleep under bed nets  
pre-treated with insecticides**

4



**If possible, set the air-conditioning  
to a low temperature at night –  
mosquitoes do not like  
cold temperatures**

- \* Read the notice on the repellent carefully before application
- Pregnant women, people with immune disorders or severe chronic illnesses, and children under 12 years should see their doctor to receive personalised recommendations on options for protection



## What can I do to reduce the spread of *Aedes* mosquitoes in my community?

*Aedes* mosquitoes live in a wide range of different environments. The presence of water is of great importance for their breeding as the mosquito eggs require water to develop into adult mosquitoes. It is important that everybody takes action to avoid water gatering in open containers especially in the vicinity of their homes, such as left-over water in flower pots, wading pools, drain pipes and watering cans.

### Where could Chikungunya be a risk?

Chikungunya was first identified in Tanzania and Uganda in 1953. Since then, outbreaks have taken place in Africa, Southeast Asia, the Indian subcontinent and the Indian Ocean. On the European continent, an outbreak was reported in Italy in 2007.

Please refer to ECDC's website for information on countries that are currently experiencing outbreaks:

[http://ecdc.europa.eu/Health\\_topics/Chikungunya\\_Fever/Disease\\_facts.html](http://ecdc.europa.eu/Health_topics/Chikungunya_Fever/Disease_facts.html)