

**Chikungunya**  
(CHIKV)**What is Chikungunya?**

Chikungunya is a virus that is transmitted to people by mosquitoes. Outbreaks have occurred in countries in Africa, Asia, Europe, and the Indian and Pacific Oceans. There is a risk that the virus will be imported to new areas by infected travelers.

**Who is at risk for Chikungunya?**

Anyone of all ages is at risk, but people at risk for more severe disease include newborns exposed during delivery, adults aged  $\geq 65$  years and persons with underlying medical conditions.

**What are the symptoms of Chikungunya?**

Most people who become infected will have symptoms. They usually include fever and severe joint pain, often in the hands and feet. Other symptoms may include headache, muscle pain, joint swelling and rash. Death from Chikungunya is rare.

**How soon do symptoms appear?**

Symptoms usually appear three to seven days after the bite of an infected mosquito.

**How is Chikungunya spread?**

It is spread through the bite of an infected mosquito. Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people. Certain species of mosquitoes transmit the Chikungunya virus. The mosquitoes are *Aedes* species that bite mostly during the daytime.

**When and for how long is a person able to spread the disease?**

People are not able to spread the disease directly to others, except in rare cases of mother to newborn transmission around the time of birth. People infected with Chikungunya can infect other mosquitoes when they are bit during the first week of infection. It is very important that people with Chikungunya avoid mosquito bites during the first week of illness to prevent further spread of the virus.

**How is a person diagnosed?**

A blood test can determine if you have been exposed to the virus.

**What is the treatment?**

There is no specific treatment for Chikungunya, and antibiotics will not work. However, health-care providers may offer supportive therapy (i.e., rest, fluids) and medicines to help reduce fever and joint pain.

## **Does past infection make a person immune?**

It is uncertain at this time.

## **Should children or others be excluded from child care, school, work or other activities if they have Chikungunya?**

No. Infants, toddlers and school-aged children should not be excluded unless the staff determines the child is unwilling or unable to participate in activities. Infected children should stay indoors and avoid mosquito bites during the first week of illness to prevent infecting other mosquitoes. Children also should be excluded if the staff determines that they cannot care for the child without compromising their ability to care for the health and safety of the other children in the group.

All others can attend work and other functions as long as they are well enough to do so and can protect themselves from mosquito bites during the first week of illness.

## **What can be done to prevent the spread of Chikungunya?**

There is no vaccine or medication to prevent Chikungunya infection. A person can prevent the spread of Chikungunya by trying to avoid mosquito bites. A person can do this by using air conditioning or window/door screens to keep mosquitoes outside, using insect repellent containing DEET, picaridin, IR3535, and oil of lemon eucalyptus. Other ways to reduce mosquito exposure is by emptying standing water from buckets, pet dishes, wading pools, flowerpots and other sources that can attract mosquitoes. People at increased risk for severe disease should consider not traveling to areas with ongoing Chikungunya outbreaks.

### **Additional Information:**

Additional information is available at [www.cdc.gov/chikungunya/index.html](http://www.cdc.gov/chikungunya/index.html) or by calling the North Dakota Department of Health at 800.472.2180.

**This disease is a reportable condition. As mandated by North Dakota law, any incidence of this disease shall be reported to the North Dakota Department of Health.**

Resource:

1. Centers for Disease Control and Prevention. (2015). Chikungunya. Retrieved August, 2015 from [www.cdc.gov/chikungunya](http://www.cdc.gov/chikungunya).