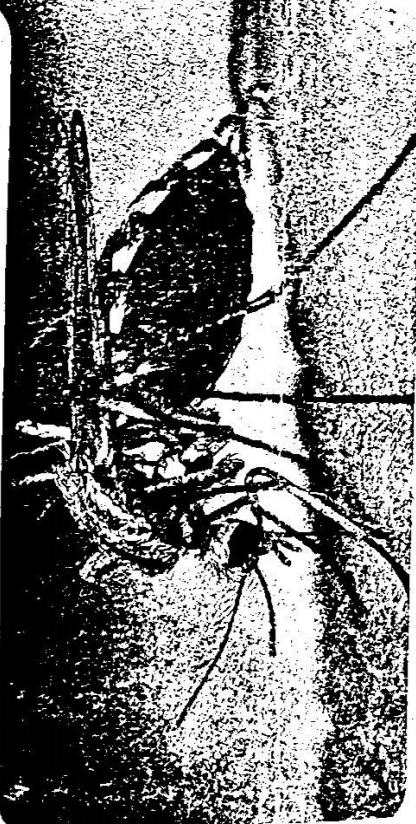


What is Chikungunya?

Chikungunya Fever is a disease caused by the Chikungunya virus. The virus is carried by *Aedes aegypti* and *Aedes albopictus* mosquitoes, the same ones that spread Dengue Fever.

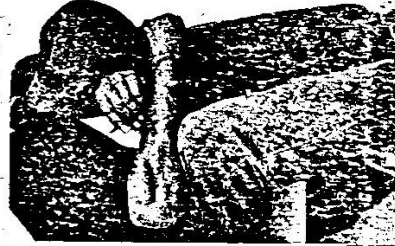


What are symptoms of Chikungunya?

Symptoms appear 3-7 days after the person is bitten by an infected mosquito. Most persons infected with the virus will develop symptoms. They usually begin with sudden onset of high fever (over 39 C or 102 F), along with severe joint pains, particularly in the hands and feet. Other symptoms include:

- Headache
- Muscle pain
- Joint swelling
- Fatigue and weakness
- Rash (face, limbs and trunk)

Persons with Chikungunya are often severely affected due to the pain, tenderness, swelling, and stiffness of the joints. Many patients feel 'mash up' and cannot perform normal tasks or go to work, and many will be confined to bed due to these symptoms.



How long do the symptoms last?

In most cases, symptoms may last between 3-10 days and then clear up on their own. Persons will feel better in their general health and the joint pains will ease.

However, some symptoms may persist and can re-appear two to three months after the initial onset of the disease. These persons may develop long-term joint pains and arthritis that can last for months or even years.

Who can get infected with Chikungunya?

Anyone can become infected with the Chikungunya virus; however, some people are more likely to experience severe symptoms. These high risk groups are:

• Newborn babies

• Older persons (over 65 years old),

• Persons with underlying medical conditions (e.g. hypertension, diabetes, or heart disease)



Is there a vaccine/treatment for Chikungunya?

There is no medicine to treat Chikungunya. Most patients do not need to be hospitalised and their care can be managed at home if they are infected. If someone residing in your home has Chikungunya, they should:

- Get plenty of rest
- Drink fluids to prevent dehydration
- Sleep under mosquito nets
- You can take medicines to relieve fever and pain, similar to what is used for Dengue.

Avoid using aspirin. Hospital care is only required if severe joint pain persists.