



Gila County
Health & Emergency Management

Prevent. Promote. Protect.

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Chikungunya Fact Sheet

Background

Chikungunya is a viral disease transmitted by the bite of infected mosquitos. It occurs in large numbers in the Caribbean and parts of Africa.

Aedes mosquitos are daytime biters and often bite around the lower legs and feet; they are very common in Gila County.

Countries with Chikungunya Cases Reported*



*as of March 10, 2015



Treatment

There is currently no cure for chikungunya; treatment involves managing symptoms. Tylenol and ibuprofen may be helpful to treat fever, headache, and joint pain. Most people will recover in about a week.

Prevention

There is no vaccine for chikungunya; the best prevention is to stop mosquito breeding and avoid mosquito bites by:

Symptoms

Symptoms occur 3 to 7 days after a bite from an infected mosquito and can last for several weeks or months. The most common symptoms are fever and severe joint pain, other symptoms include:

- Joint swelling
- Rash (often hive-like)
- Headache

- Wearing long sleeves and pants, if possible
- Emptying standing water from containers, such as flower pots and buckets
- Using insect repellent on exposed skin and on clothing
- When using both, applying sunscreen before applying insect repellent
- Persons who have chikungunya should be careful to avoid mosquito bites for at least 7 days after their illness begins

Transmission

Chikungunya is spread by the *Aedes aegypti* and *Aedes albopictus* mosquitos. People develop chikungunya after being bitten by an infected mosquito. Mosquitos become infected when they bite somebody who has the chikungunya virus in their blood. Once infected, the virus multiplies inside the mosquito and can then be transmitted to other people. The virus is not spread directly from person to person.

For more information

If you need more information, please contact your primary care physician or Gila County Division of Health & Emergency Management at (928) 402-8811.