

# PREVENTION

## YOU CAN PREVENT CHIKUNGUNYA BY:

- ✓ Covering exposed skin, by wearing long sleeved shirts, long pants, and hats, especially at dusk and dawn.
- ✓ Using mosquito nets for infants and ill people during the day, along with insect repellents to protect your family from mosquito bites.
- ✓ Putting screens at windows and doors to prevent the entry of adult mosquitoes into homes.
- ✓ If you are also using sunscreen, apply sunscreen first and insect repellent second.



## Course of Illness and Outcomes:

Most patients feel better within a week.

- Some people may develop longer-term joint pain.
- People at increased risk for severe disease include newborns exposed during delivery, older adults ( $\geq 65$  years), and people with medical conditions such as high blood pressure, diabetes, or heart disease.
- Deaths are rare.

# TREATMENT

It is recommended that you drink plenty of water and take panadol (*do not take aspirin*).

## COMMUNITIES CAN STOP CHIKUNGUNYA FEVER?

Learn about the mosquito which causes Chikungunya Fever. Note where it breeds and how to eliminate its breeding sites.



Keep your community clean and encourage your neighbors to do the same.

Spread the word about the dangerous Aedes aegypti mosquito that causes Chikungunya Fever.

Stop mosquitos from breeding in your community. Get everyone in your neighborhood involved - parents, children, teachers, church members and other groups.

People at increased risk for severe disease should consider not traveling to areas with ongoing chikungunya outbreaks.

If you are sick with Chikungunya Fever, avoiding mosquito bites will help prevent further spread of the virus.

For more information about Chikungunya Fever, contact the **Surveillance Unit** at 242-502-4790, or visit your nearest community health clinic.

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See [www.cdc.com/health/chikungunya](http://www.cdc.com/health/chikungunya) for more information



HEALTH EDUCATION DIVISION  
Ministry of Health, P. O. Box N-3729  
Telephone: [242] 322-1025  
Fax: [242] 322- 6088  
[healtheducationdivision@bahamas.gov.bs](mailto:healtheducationdivision@bahamas.gov.bs)  
[www.bahamas.gov.bs/health](http://www.bahamas.gov.bs/health)

# CHIKUNGUNYA FEVER



## WHAT YOU NEED TO KNOW



Community help is important because anyone can get Chikungunya Fever.

## HERE ARE THE FACTS:

The *Aedes aegypti* and *Aedes albopictus* mosquito transmit **Chikungunya Fever**, as well as **Dengue Fever**. The *Aedes aegypti* mosquitoes, found in abundance in The Bahamas, live in a wide range of different environments.

Water is needed for mosquitoes to live and grow. It is important that everybody take action to avoid water collecting and settling in open containers especially in, or near, their homes.

## WHAT IS CHIKUNGUNYA FEVER?

Chikungunya Fever is a serious viral disease caused by the bite of an infected *Aedes aegypti* or *albopictus* mosquito. This mosquito bites during the day, especially at dusk and dawn, both indoors and outdoors, and often lives in and around buildings.

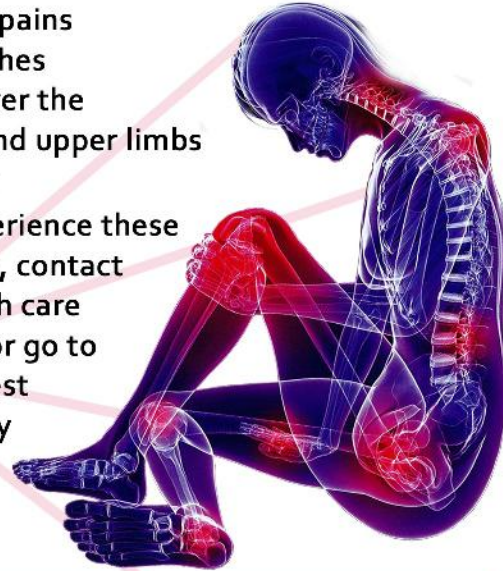


## WHAT ARE THE SIGNS OF CHIKUNGUNYA FEVER?

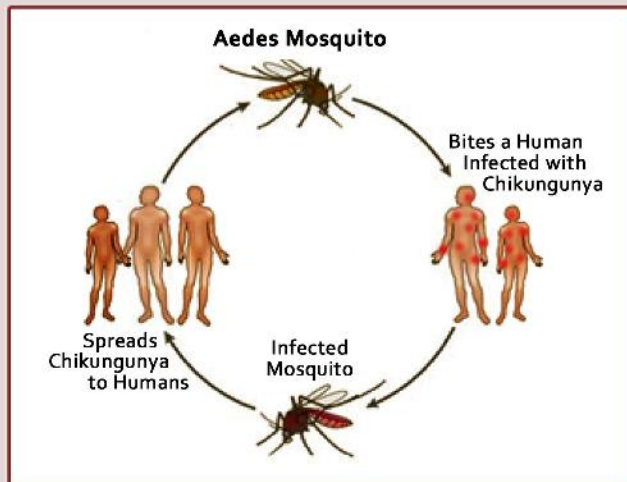
Chikungunya Fever may cause:

- Sudden high fever greater than 101°F
- Severe joint pain usually in the wrists, ankles or knuckles
- Muscle pains
- Headaches
- Rash over the chest and upper limbs
- Nausea

If you experience these symptoms, contact your health care provider, or go to your nearest community clinic.



## HOW IS CHIKUNGUNYA SPREAD?



The mosquito gets infected with the Chikungunya virus when it bites a person who already has Chikungunya Fever.

For about a week the virus multiplies inside the mosquito, after which it bites a healthy person, who soon develops symptoms of Chikungunya Fever.

## The Mosquito Lives:

- **INDOORS:** In closets and dark places.
- **OUTDOORS:** In cool shady areas.

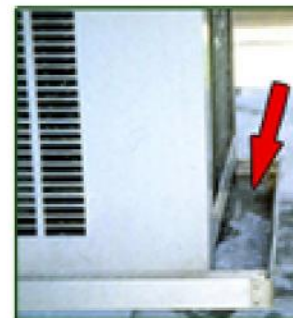
They breed in any container that can hold water - water barrels, drums, flower vases, plant saucers, septic tanks, old tires, even tree stumps with holes in them.



Flower Pot Plate



Roof Gutter



A/C Tray



Garbage



Tree Holes



Empty Barrels

## You can prevent Chikungunya by:

- ✓ Covering or closing water containers tightly.
- ✓ Keeping empty containers turned down.
- ✓ Seal septic tanks and soak-aways properly.
- ✓ Disposing of garbage properly (*water can collect and mosquitos will breed in cans and bottles*).
- ✓ Removing water in plant pot plates. Clean and scrub the plate thoroughly to remove mosquito eggs.
- ✓ Every other day change the water in flower vases. Clean and scrub the inner sides of vases.
- ✓ Burning coconut bark or mosquito coils in the afternoons; the smoke from the coils repels mosquitos.



**You cannot tell if the mosquito is infected with Chikungunya Fever. This is why you must take precautions!**