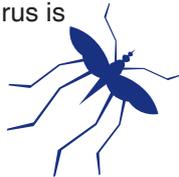


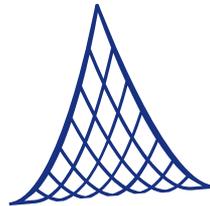
Who

All travelers visiting chikungunya-endemic regions are at risk of acquiring chikungunya fever. Chikungunya can cause large outbreaks with high attack rates, affecting one-third to three-quarters of the population in areas where the virus is circulating.



What

The virus is mainly transmitted after a bite from an infected female *Aedes aegypti* or *Aedes albopictus* mosquito. These mosquitoes are preferentially but not exclusively daytime feeders. Infected travelers can import chikungunya into new areas where local transmission may follow. Maternal-fetal and sexual transmission of the virus may rarely occur.



Prevention

Development of a vaccine for prevention of chikungunya virus infection is underway. Till then, prevention consists of minimizing mosquito exposure and mosquito control programs. It is important to drain standing water where mosquitoes are likely to breed.



Where and when

Outbreaks of chikungunya disease have occurred in Africa, Asia, Europe, islands in the Indian and Pacific Oceans, and subsequently in the Americas. Most outbreaks occur during the tropical rainy season and abate during the dry season. However, outbreaks in Africa have occurred after periods of drought, where open-water containers serve as vector-breeding sites.

Treatment

Acute disease with or without joint complaints is treated symptomatically with rest, fluids, and pain killers. The acute illness typically lasts approximately 7-10 days, but may persist until 30 days, regardless of therapy. Hospitalization is required infrequently. Chronic disease may require additional therapy.

Symptoms

Following an incubation period of 1-14 days, signs and symptoms begin abruptly with fever, joint pain, malaise, and sometimes a rash. The duration of acute illness is usually 7-10 days. The name chikungunya means 'that which bends up' because of the incapacitating joint involvement that may complicate the disease and may persist for a prolonged time.



In case of infection

Management during the acute phase is supportive. Most patients who remain symptomatic have ongoing joint inflammation which can last for months to even years and may even need drugs usually administered to patients with rheumatoid arthritis. However, nearly all patients with chikungunya arthritis eventually recover.