



# Prevent Chikungunya on a Mission Trip

**Chikungunya** (pronunciation: \chik-en-gun-ye) is a viral illness that is spread through mosquito bites. There is currently no vaccine or medicine to prevent chikungunya, but travelers can protect themselves by preventing mosquito bites. The mosquito that carries chikungunya virus bites mostly during the day and is commonly found indoors as well as outdoors, around homes and hotels.



## Who is at risk?

Travelers who go to Africa, Asia, tropical areas of Central and South America, and islands in the Caribbean, Indian Ocean, and Western Pacific are at risk. Travelers to these areas should take steps to prevent mosquito bites.

**Common symptoms** of chikungunya are fever and joint pain. Other symptoms may include headache, muscle pain, joint swelling, or rash. Symptoms usually begin 3–7 days after being bitten by an infected mosquito and usually last for a few days to a few weeks. Chikungunya disease rarely results in death, but in some people, joint pain may last for months or years.

Most people infected with chikungunya virus will develop some symptoms. The symptoms of chikungunya are similar to those of dengue, another disease spread by mosquitoes. See your doctor if you develop the symptoms described above and be sure to mention your recent travel.

## How can I prevent chikungunya?

If you are going on a mission trip to a risk area, protect yourself from chikungunya by preventing mosquito bites:

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Use an appropriate insect repellent (see below), and always follow instructions.
- Use permethrin products on clothing and gear. Do not use permethrin directly on skin.
- Stay and sleep in screened or air-conditioned rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors.
- Empty containers of standing water near where you are staying to keep mosquito eggs from hatching.

## Choosing an insect repellent

An appropriate insect repellent contains one of the following active ingredients:

- DEET
- Picaridin (also known as KBR 3023, Bayrepel, and icaridin)
- Oil of lemon eucalyptus (OLE) or PMD
- IR3535 (Avon Skin So Soft Bug Guard Plus)

Higher percentages of active ingredient provide longer protection.



For more information, visit [www.cdc.gov/chikungunya](http://www.cdc.gov/chikungunya) or [www.cdc.gov/travel](http://www.cdc.gov/travel) or call 800-CDC-INFO (800-232-4636).

