

Outlook/Prognosis

Chikungunya

Chikungunya is a virus that spreads through mosquito bites. Most people develop symptoms like a fever and joint pain within three to seven days of getting bitten. Treatment focuses on managing symptoms. Most people feel better within one week.

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Overview

What is chikungunya?

Chikungunya (CHIKV) is a virus that spreads to people through mosquito bites specifically, through the *Aedes aegypti* mosquito and *Aedes albopictus* mosquito. Chikungunya infection happens when a mosquito with the virus bites a person. The virus doesn't spread from person to person through bodily contact or saliva, although blood transmission may be possible.

from the illness in about one week, but some have lasting joint pain.

The only way to avoid getting the virus is to not get a mosquito bite. Wearing long sleeves and pants and applying insect repellent are two ways you can prevent mosquito bites. People traveling to areas with active chikungunya transmission should be overly cautious about avoiding mosquito bites. It's especially important to avoid getting more mosquito bites for about one week once you have the virus. This is because an uninfected mosquito could bite you and become infected, further spreading the virus.

How common is chikungunya?

Experts believe the number of cases is underreported because its symptoms are similar to other diseases. Once only in Africa and Asia, the virus is now global, affecting more than 110 countries worldwide.

Are chikungunya and dengue the same thing?

Beurer spune de bull.fo bite you andibeonie infected, further No, they aren't the same virus. But the same species of mosquitos spread both diseases. Dengue also has similar symptoms to chikungunya. Zika is another virus that has similar symptoms and transmission. For this reason, healthcare providers may suspect all three viruses if a person has certain symptoms and has recently traveled outside their home country.

Symptoms and Causes

What are the symptoms of chikungunya?

Symptoms of chikungunya usually develop between three and seven days after an infected mosquito bites you, although some people have symptoms as early as two days or as long as 12 days after a mosquito bite.

Fever and joint pain are the most common symptoms of chikungunya virus. The intensity of symptoms can vary depending on the person. Many people feeling crippling joint pain. The fever usually begins suddenly. Some people can have such mild symptoms that they mistake the virus for another illness or don't visit a healthcare provider.

Other symptoms could include:

- Headache. - Fatigue
- Muscle pain. - Nausea

- Swelling in your joints.
- Rash

Most people experience symptoms for about one week and go on to make a full recovery. Although some people have chronic joint pain after recovery.

What causes chikungunya?

Getting bitten by a mosquito that's infected with the virus causes a person to get the virus. The virus spreads through mosquito bites, not from person to person through bodily fluids or contact. This means if you're sick with chikungunya, you won't pass it on to a caregiver or family member.

There have been reports of healthcare providers getting the virus after handling the blood of an infected person. This means transmission through blood is possible, but rare.

Is it contagious?

Chikungunya spreads to people through a mosquito bite. A person with the virus can't pass it to another person through bodily fluids like saliva or by sneezing or coughing. The virus spreads only through an infected mosquito.

The risk of a person transmitting chikungunya to an uninfected mosquito is highest in the first week of the illness!

Who is most likely to get chikungunya?

You're most likely to get the virus if you travel to a country that has a current outbreak or known transmissions. Before traveling, check with your healthcare provider or with health organizations like the World Health Organization (WHO) to see if you're at risk of getting chikungunya on your travels.

Pregnant people with the virus don't transmit the virus to the fetus. There's also no evidence that shows the virus spreads to an infant through breast milk. But, people who are pregnant and near their due date should avoid traveling to countries with known cases because it may pass to their baby at delivery.

Is there chikungunya in the United States?

Yes, there have been cases of chikungunya in the U.S. But it's rare. Only 36 cases were reported in the U.S. in 2021, according to the Centers for Disease Control and Prevention. Almost all cases occur in people who've returned to the US from countries with active outbreaks. Some of the places that have had outbreaks, reported include countries in

- Africa:
Islands in the Caribbean, Pacific of Indian Oceans.
- Asia.
- Europe:
Central sp South America
- India

What are the complications of chikungunya?

The most common complication of the virus is chronic joint pain. Some people report pain for months or years after chikungunya infection.

Newborns, older adults (65 and older) and people with certain health conditions are at risk for more severe complications from the virus. These health conditions include:

- Diabetes.
- High blood pressure.
- Heart disease.

Death from the virus is rare. There have been several cases where a person reports ongoing heart, eye or neurological symptoms after recovering from the virus.

How is chikungunya diagnosed?

Let your healthcare provider know if you have symptoms of chikungunya and recently traveled to an area of the world with known chikungunya transmission. They can also order a blood test to diagnose chikungunya.

Management and Treatment

How is chikungunya treated?

There are no vaccines or medications that treat chikungunya. Treatment focuses on managing a person's symptoms. This includes:

- Drinking plenty of fluids.
- Getting lots of rest.
- Taking acetaminophen for pain. Don't take nonsteroidal anti-inflammatory drugs (NSAIDS) or aspirin until your healthcare provider makes a diagnosis.

Most people feel better within one week of their first symptoms. But some people report ongoing joint pain for several months or years. Most evidence suggests that once you've had chikungunya, you're unlikely to get it again because you develop immunity to the virus..

Is there a cure for chikungunya?

No there isn't a cure for chikungunya, but the illness is temporary. You can only avoid Mosquitos or travelling to areas where Chikunguniya out breaks are more common.

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Can chikungunya be prevented?

Researchers are developing a vaccine for chikungunya and initial studies are very promising. Until a vaccine is available, the best way to prevent chikungunya is to avoid getting mosquito bites. Ways you can do this include:

- Using insect repellent. There are sprays, creams and even candles and other devices to keep mosquitos away from you. Please read the label instructions to make sure what you use is safe and applied correctly.
- Wearing clothes that cover your arms, legs, hands and feet. There are also sprays you can apply directly to your clothing.
- Removing sitting water from areas around our home. Examples of places that attract sitting water are planters, old tires, buckets, birdbaths or any other container that can hold still water. Mosquitos like to lay eggs in or near water.
- Cover strollers, wagons and tents with mosquito netting.
- Make sure your windows and doors are closed or that you have screens to keep mosquitos out.
- Avoid traveling to areas with an outbreak This is especially true late in pregnancy since newborns are susceptible to infection.
- Stay indoors when possible.

People who have the infection should avoid getting additional mosquito bites during the first week of the illness. This is because a non infected mosquito could get the virus from you and become infected. That mosquito could then go on to bite other people and spread the virus.

Prognosis:

What can I expect if I have chikungunya?

Severe complications from the virus are rare. The intensity of your symptoms vary, but most people don't experience any long-term symptoms from the Virus. Current data also states that you may be immune to the virus after your first exposure, meaning you shouldn't get it again..

How long does it last?

Most people recover from chikungunya within seven to 10 days of noticing symptoms

Living with

How do I take care of myself?

Since there's no medication to treat chikungunya, getting lots of rest and drinking plenty of water is the best thing you can do care for yourself. Taking over-the-counter (OTC) pain relievers containing acetaminophen can help manage your pain and fever.

When should I see my healthcare provider?

Contact a healthcare provider if you have symptoms of chikungunya, especially if you've recently traveled outside the country they can run tests to see if you have chikungunya or if it's something else.

Suggestions-

The best way to avoid chikungunya is to prevent mosquito bites. Wearing insect repellent, staying inside if you notice lots of mosquitos and removing standing water around your home is a great way to do this. Contact a healthcare provider if you develop a sudden fever and joint pain, especially if you've recently traveled to places with known chikungunya outbreaks.

Dengue Fever

Causes

Dengue fever is caused by any one of four types of dengue viruses. You can't get dengue fever from being around an infected person. Instead, dengue fever is spread through mosquito bites.

The two types of mosquitoes that most often spread the dengue viruses are common both in and around human lodgings. When a mosquito bites a person infected with a dengue virus, the virus enters the mosquito. Then, when the infected mosquito bites another person, the virus enters that person's bloodstream and causes an infection.

After you've recovered from dengue fever, you have long-term immunity to the type of virus that infected you but not to the other three dengue fever virus types: This means you can be infected again in the future by one of the other three virus types. Your risk of developing severe dengue fever increases if you get dengue fever a second, third or fourth time.

Risk factors

You have a greater of developing dengue fever or a more severe form of the disease if:

- **You live or travel in tropical areas.** Being in tropical and subtropical areas increases your risk of exposure to the virus that causes dengue fever. Especially high-risk areas include Southeast Asia, the western Pacific islands, Latin America and Africa.
- You have had dengue fever in the past. Previous infection with a dengue fever virus increases your risk of severe symptoms if you get dengue fever again.

Complications

Severe dengue fever can cause internal bleeding and organ damage. pressure can drop to dangerous us levels, causing shock. In some cases, severe dengue fever can lead to death.

Women who get dengue fever during pregnancy may be able to spread the virus to the baby during childbirth. Additionally, babies of women who get dengue fever during pregnancy have a higher risk of pre-term birth, low birth weight or fetal distress.

Prevention

Vaccine

In areas of the world where dengue fever is common, one dengue fever vaccine (Dengvaxia) is approved for people ages 9 to 45 who have already had dengue fever at least once. The vaccine is

given in three doses over the course of 12 months.

The vaccine is approved only for people who have a documented history of dengue fever or who have had a blood test that shows previous infection with called seropositivity. In people who have not had one of the dengue viruses dengue fever in the past (seronegative), receiving the vaccine appears to increase the risk of severe dengue fever and hospitalization due to dengue fever in the future.

Dengvaxia is not available for travelers or for people who live in the continental United States. But in 2019, the U.S. Food and Drug Administration approved the vaccine for people ages 9 to 16 who have had dengue fever in the past and who live in the U.S. territories of American Samoa, Guam, Puerto Rico and the U.S. Virgin Islands - where dengue fever is common.

Prevent mosquito bites

The World Health Organization stresses that the vaccine is not an effective tool on its own to reduce dengue fever in areas where the illness is common, Preventing mosquito bites and controlling the mosquito population are still the main methods for preventing the spread of dengue fever.

If you live in or travel to an area where dengue fever is common, these tips may help reduce your risk of mosquito bites.

- **Stay in air-conditioned or well-screened housing.** The mosquitoes that carry the dengue viruses are most active from dawn to dusk, but they can also bite at night.
- **Wear protective clothing.** When you go into mosquito-infested areas wear a long-sleeved shirt, long pants, socks and shoes
- **Use mosquito repellent.** Permethrin can be applied to your clothing, shoes, and camping gear and bed netting. You can also buy clothing made with permethrin already in it. For your skin, use a repellent containing at least a 10% concentration of DEET.
- * **Reduce mosquito habitat.** The mosquitoes that carry the dengue virus typically live in and around houses, breeding in standing water that can collect in such things as used automobile tires. You can help lower mosquito populations by eliminating habitats where they lay their eggs. At least once a week, empty and clean containers that hold standing water, such as plant containers, animal dishes and flower vases. Keep standard water containers covered with warm cleanings.

Diagnosis

Diagnosing dengue fever can be difficult because its signs and symptoms can be easily confused with those of other diseases - such as chikungunya, Zika virus, malaria and typhoid fever.

Your doctor will likely ask about your medical and travel history. Be sure to describe international trips in detail, including the countries you visited and the dates, as well as any contact you may have had with mosquitoes.

Your doctor may also draw a sample of blood to be tested in a lab for evidence of infection with one of the dengue viruses.

Treatment

No specific treatment for dengue fever exists.

While recovering from dengue fever, drink plenty of fluids. Call your doctor right away if you have any of the following signs and symptoms of dehydration:

- Decreased urination
- Few or no tears
- Dry mouth or lips
- Lethargy or confusion
- Cold or clammy extremities

The over-the-counter (OTC) drug acetaminophen (Tylenol, others) can help reduce muscle pain and fever. But if you have dengue fever, you should avoid other OTC pain relievers, including aspirin, ibuprofen (Advil, Motrin IB, others) and naproxen sodium (Aleve). These pain relievers can increase

the risk of dengue fever bleeding complications.

If you have severe dengue fever, you may need:

- Supportive care in a hospital
- Intravenous (IV) fluid and electrolyte replacement
- Blood pressure monitoring
- Transfusion to replace blood loss.

Human Health & Diseases (Chikungunya by Dengue fever)

Model Question Paper.

- 1) Chikungunya is a disease caused by
a) Bacteria b) CHEKY c) Aedes aegypti d) Salmonella typhi
- 2) Chikungunya transmit to man by
a) Infected person b) mosquito
c) infected mosquito bite d) Culex female
- 3) One of the following are symptoms of chikungunya
a) Joint pain b) crippling Joint pain swelling of Joints
c) Headache, fatigue & Rash. d) All.
- 4) Chikungunya can be prevented by
a) using insect repellent
b) Removing of stagnant water in Surroundings.
c) Covering on water storage d) All the Above
- 5) The House hold people can prevented from Chikungunya if one of the member of house is already infected.
a) using mosqicito nets
b) Infected person Quarantined.
c) Infected person should avoid from mosquito bites.
d) Non infected person should avoid eating spicy food
- 6) The Aedes Ageph's Aedes albopictus mosquitoes bile to human being in this time.
a) early morning b) Night-time definitely
c) commonly in day time d) in lunch time
- 7) If person is Affected with Chikungunya. Complications are seem in this person with having following disceses.
a) Diabelles b) Hish B.P c) Heart disease d) All
- 8) One of the following is a Symptomate treatment of Chikungunya.
a) Drinking plenty of fluids b) Getting lots of rest
c) Administration of Acetaminophen drug d) All
- 9) The Administration of this drug should Avoid fry in Chikungunya
a) tetra cyclin b) NSAIDS c) Aspirin d) b&c
- 10) Match the following
A. NSAIDS I. Dengue virus.
B. Aspirin II. Blood thinner drug
C. Aedes Agepti female III. Chikun gunya virus.s
D. CHIKV IV. Non-steroidal Antiflammatory dru
V. Chikungunya transmitter

	A	B	C	D
1)	I	II	III	IV
2)	IV	III	II	I
3)	IV	II	I	III
4)	IV	II	V	I
- 11) One of the fallening viruses diseases are having almost similar Symptoms.
a) Chikungunya & Dengue fever b) Dengue fever & Corona virus
c) Zika virus & typhoid d) Chikungunya, Dengue fever & Zika virus.

