

Transmission

- Mosquito bite
- Mosquitoes that spread chikungunya usually bite during the day, especially in early morning and late afternoon or evening
- In rare cases, transmission is from mother to new-born baby around the time of birth

Symptoms

- Sudden fever, often with joint pain.
- Other symptoms include headache, nausea, tiredness and rash.
- Joint pain is often severe.
- It lasts for several days, but may last much longer.
- Most people with chikungunya get better and return to normal, but sometimes joint pain continues for months or even years.
- In older people, chikungunya can contribute to the cause of death.

Prevention

- Prevention of mosquito bites by placing insect screens on windows and doors and personal protection (application of repellents, wearing long sleeved clothes, etc.)
- Community clean-up campaigns to remove rubbish and cover water containers
- Elimination of mosquito breeding sites by removing standing water, fogging, and applying larvicides
- Social mobilization and behaviour change communication

Vulnerable people

- Older people
- People with medical conditions (high blood pressure, diabetes, heart disease)
- New-born babies infected around the time of birth

If an epidemic occurs

- Increase community-based surveillance.
- Rapidly detect and refer serious cases to health facilities
- Increase social mobilization and behaviour change communication
- Promote community clean up campaigns to remove rubbish and cover water containers
- Encourage prevention of mosquito bites by placing insect screens on windows and doors and wearing personal protection (apply repellents, wear long sleeved clothes, etc.)
- Eliminate mosquito breeding sites by removing standing water, fogging, and applying larvicides

- Encourage young children and people who sleep during the day to sleep under a mosquito net (if windows and doors are not screened)

Community-based assessment - questions

Make a map of the community and mark the information you gather on the map. Record other details.

- When did people start to fall sick with chikungunya?
- How many people have fallen sick with chikungunya? Where?
- How many people have died? Where?
- How many people live in the affected community or area? How many children under five years of age live in the area?
- Who and where are the vulnerable people?
- Are children under five most affected? Or are other age groups, occupations, etc., more affected?
- Do people usually cover their water containers (inside and outside)?
- How many houses have insect screens on the windows and doors?
- What are the community's habits, practices and beliefs regarding use of repellents, sprays, etc.?
- How does the community usually dispose of rubbish and solid waste?
- Have the authorities established a vector control programme?
- Where are the local health facilities and services? (Include traditional and community carers.)
- What are the community's habits, practices and beliefs about caring for and feeding sick people? When babies and infants are sick, do women continue to breastfeed them?
- Which sources of information do people use most?
- Are rumours or is misinformation about the disease spreading in the community?

Volunteer actions

See the following action tools for more information on what actions to take against chikungunya:

- 1 - Community-based surveillance
- 2 - Community mapping
- 3 - Communicating with the community
- 4 - Referral to health facilities
- 5 - Volunteer protection and safety
- 12 - Managing fever
- 19 - Psychosocial support (Psychological first aid (PFA))
- 36 - Vector control
- 37 - Mosquito nets
- 38 - Waste disposal and clean-up campaigns
- 43 - Social mobilization and behaviour change