**Chikungunya**

Chikungunya is a viral disease which is transmitted to humans by infected mosquitoes – including *Aedes aegypti* and *Aedes albopictus*. The name chikungunya originates from a verb in the Kimakonde language, meaning 'to become contorted'. This refers to the 'stooped' appearance of those suffering with joint pain.

**Symptoms**

Symptoms appear between 4 and 7 days after the patient has been bitten by the infected mosquito and these include:

* High fever (40°C/ 104°F)
* Joint pain (lower back, ankle, knees, wrists or phalanges)
* Joint swelling
* Rash
* Headache
* Muscle pain
* Nausea
* Fatigue

Chikungunya is rarely fatal. Symptoms are generally self-limiting and last for 2–3 days.

# Transmission

Chikungunya virus is transmitted to people through mosquito bites. Mosquitoes become infected when they feed on a person already infected with the virus.

Chikungunya virus is most often spread to people by Aedes aegypti and Aedes albopictus mosquitoes.

# Geographical range

Chikungunya has been identified in nearly 40 countries.

Countries having documented, endemic, or epidemic chikungunya are:

Asia:  India, Indonesia, Malaysia, Maldives, Myanmar, Pakistan, Singapore, Taiwan, Thailand etc.…

Africa: South Africa, Sudan, Tanzania, Uganda, Kenya, Zimbabwe etc.

Europe and the Americas: Italy is the only European country which has had an outbreak. The Americas have not had any major outbreaks so far.

# Prevention

The most effective way to prevent infection from chikungunya virus is to prevent mosquito bites. Mosquitoes bite during the day and night. Use insect repellent, wear long-sleeved shirts and pants, treat clothing and gear, and take steps to control mosquitoes indoors and outdoors.