Sick with CHIKUNGUNYA, DENGUE, or ZIKA?

Protect yourself and others from mosquito bites during the first week of illness.

Protect family and friends

• During the first week of illness, chikungunya, dengue, or Zika virus can be found in the blood.

• A mosquito that bites you can become infected.

• An infected mosquito can bite a family member or neighbor and make them sick.

Watch for these symptoms

See your doctor if you develop a fever with any of the following symptoms:

• Muscle or joint pain

• Headache, especially with pain behind the eyes

• Rash

• Conjunctivitis (red eyes)

For more information:
www.cdc.gov/chikungunya
www.cdc.gov/dengue
www.cdc.gov/zika

Protect yourself from mosquito bites

• Wear long-sleeved shirts and long pants.

• Use door and window screens to keep mosquitoes outside.

• Use insect repellent.