

Help Protect Yourself and Dallas County from Mosquito Viruses from Other Areas

If you are diagnosed with Chikungunya, Dengue or Zika, protect yourself from further mosquito bites.

Getting bit by a mosquito makes local spread possible because the mosquitoes that transmit the viruses are found in Dallas County.

Chikungunya

Chikungunya virus (CHIKV) is transmitted to people by *Aedes* species mosquitoes. CHIKV does not often result in death, but the symptoms can be disabling, and some people may get severe complications.

Dengue

Dengue (pronounced den'gee) is a disease caused by any one of four closely related dengue viruses (DENV 1, DENV 2, DENV 3, or DENV 4). The viruses are transmitted to humans by the bite of an infected *Aedes* species mosquito.

Zika

Zika virus is transmitted to people by *Aedes* species mosquitoes, and through sexual activity with a person infected with Zika virus. The illness is usually mild with symptoms lasting several days to a week. Severe disease requiring hospitalization is uncommon. Deaths are rare.

Chikungunya, Dengue and Zika viruses are found in tropical regions such as Central and South America, and the Caribbean.

Chikungunya and Dengue viruses are not spread directly from person to person. Zika virus can be spread through sexual contact. All three viruses are spread by the bite of an infected *Aedes* species mosquito. The mosquitoes are aggressive daytime biters, prefer to bite people, and live indoors and outdoors near people. Mosquitoes become infected when they feed on a person already infected with one of the viruses. Infected mosquitoes can then spread it to other people.

Symptoms of Chikungunya

The symptoms of Chikungunya include sudden onset of high fever (>102°F), severe joint pain mainly in the arms and legs, headache, muscle pain, back pain, and rash.

Symptoms of Dengue

The principal symptoms of dengue fever are high fever, severe headache, severe pain behind the eyes, joint pain, muscle and bone pain, rash, and mild bleeding (e.g., nose or gums bleed, easy bruising).

Symptoms of Zika

The most common symptoms of Zika virus are fever, rash, joint pain, and conjunctivitis (red eyes). Other common symptoms include muscle pain and headache.

There is no vaccine to prevent Chikungunya, Dengue or Zika. There is no specific treatment for either of the viruses. However, supportive therapy is helpful with managing symptoms.

Dallas County advises individuals with symptoms to see a healthcare provider if they have visited an area where the viruses are present, or had sexual contact with a person who traveled to an area where Zika virus is present, and tell the healthcare provider when and where you traveled.

Prevention

DEET

DEET All Day, Every Day: Whenever you're outside, use insect repellents that contain DEET or other EPA approved repellents and follow instructions.

Dress

Wear long, loose, and light-colored clothing outside.

Drain

Drain or treat all standing water with EPA-approved larvicides in and around your home or workplace.

Dusk & Dawn

Limit outdoor activities during dusk and dawn when mosquitoes are most active.

Travel Precautions

Choose a hotel or lodging with air conditioning or screens on windows or doors. Sleep under a mosquito bed net if you are outside or in a room that is not well-screened.

Pregnant women and women trying to get pregnant can protect themselves further by taking the following precautions:

Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. Pregnant women who do travel should talk to their doctor or other healthcare provider first and strictly follow steps to avoid mosquito bites during the trip. Pregnant women should discuss their male partner's potential exposures to mosquitoes and history of Zika-like illness. Women trying to become pregnant or who are thinking about becoming pregnant should consult with their healthcare provider before traveling and strictly follow steps to prevent mosquito bites during the trip. **Sexual partners can protect each other from Zika virus by abstaining from sex or using condoms consistently and correctly during sex.**



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