

# CHIKUNGUNYA



## SIMPLE STEPS TO PROTECT YOURSELF FROM CHIKUNGUNYA

### Eliminate breeding areas of mosquitoes



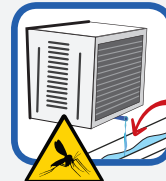
Cover and seal all water storage containers.



Filter stored water through a water strainer or clean cloth.



Remove unused tyres, containers and other objects that can hold water from your house and outside area.



Remove water collecting in air conditioner trays.



Rigorously scrub the inside of water containers before re-filling.



Clean drains, gutters, plant holders and wipe away water collecting on ceilings following rain.

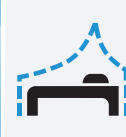
### Aedes mosquitoes usually bite during the daytime. Protect yourself:



Wear loose and light-coloured clothing that covers arms and legs.



Apply insect repellent to exposed skin, including your feet, and spray your clothing.



Sleep under an insecticide-treated mosquito net, even during the day.



Spray household insecticide.



Install window screens.

### Seek prompt medical attention if you have the following symptoms

(symptoms appear on average 3 to 7 days after the mosquito bite).



Sudden onset of fever (temperature over 38.5 °C)



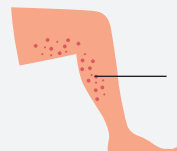
Headache



Nausea



Aches and fatigue



Rash



Severe muscle or joint pain, especially ankles, fingers, toes and wrists