Sick with DENGUE or CHIKUNGUNYA?

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

- During the first week of illness, dengue and chikungunya viruses can be found in the blood.
- The virus can be passed from an infected person to a mosquito through mosquito bites.
- An infected mosquito can then spread dengue or chikungunya to others.

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