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)

Protect yourself from mosquito bites
• Wear long-sleeved shirts and long pants.
• Use door and window screens to keep mosquitoes outside.
• Use insect repellent.

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