The incubation period (the time between exposure to the chikungunya virus and when symptoms first appear) is between 3 and 7 days. Many widespread chikungunya outbreaks have occurred recently in areas of Asia and Africa.

There is no vaccine for chikungunya. Your risk of getting it is much lower if you:
- Apply DEET to exposed skin
- Apply permethrin to your clothes, except underwear
- Sleep under a bed net

To Learn More
CDC Travelers’ Health: wwwnc.cdc.gov/travel
Dengue Fever Fact Sheet (National Institute of Allergy and Infectious Diseases (NIAID): www.niaid.nih.gov/topics/DengueFever/Understanding/Pages/overview.aspx
CDC: Chikungunya Fever: www.cdc.gov/ncidod/dvbid/chikungunya

We wish you a safe and healthy trip!
What is dengue fever?

*Dengue fever* and *dengue hemorrhagic fever* are illnesses that are caused by a virus. They are spread by mosquito bites. The type of mosquito that carries the dengue virus is active during the day and is most active at dusk and dawn. These insects are often found indoors. They are common in urban and rural areas in tropical areas of the world.

**Risk to Travelers**

Dengue is becoming a greater health concern worldwide. It is considered an “emerging pathogen,” and more people are becoming infected.

**If You Have Dengue Fever**

Do not let mosquitoes bite you while you have a fever. They can infect people around you with dengue after biting you.

- Use mosquito barriers (nets, screens, clothing) until your fever goes down.
- Sudden, high fever
- Severe headache, often behind the eyes
- Muscle and joint pains
- Nausea or vomiting

On the 3rd or 4th day of the fever, many people also get a rash on their chest. The rash then spreads to the arms and legs.

Another name for dengue fever is “break-bone fever” because of the extreme bone pain some people have with this disease.

**Preventing Dengue Fever**

Since there is no vaccine against dengue at this time, the best prevention is to avoid being bitten by mosquitoes. Follow these tips to prevent being bitten:

- Stay in screened or air-conditioned places as much as possible.
- Use DEET-containing insect repellent (or picaridin 20%) on your skin.
- Apply permethrin to all of your clothes, except underwear. Reapply every 2 weeks.
- Wear long sleeves, long pants, and socks when outdoors, if possible.

Another name for dengue fever is “break-bone fever” because of the extreme bone pain some people have with this disease.