

CHIKUNGUNYA

Consider Chikungunya
before you travel



**CHIKUNGUNYA IS A
VIRUS SPREAD BY
MOSQUITOES THAT
CAN CAUSE FEVER AND
SEVERE JOINT PAIN.**

It can also cause mild
symptoms, including
headaches, muscle pain,
nausea, fatigue and
skin rashes.¹

**DO YOU KNOW
THE RISKS?**



WHERE IS CHIKUNGUNYA FOUND?

Chikungunya has been identified in **110 countries**, including much of the Americas, sub-Saharan Africa, the Middle East, India, China and many other areas of Asia and Southeast Asia.^{1,2}

IN 2024, APPROXIMATELY 620,000 CHIKUNGUNYA VIRUS DISEASE CASES WERE REPORTED WORLDWIDE.³

- **15–35%** of those infected with chikungunya do not have symptoms⁴
- Approximately **65–85%** of those infected with chikungunya have symptoms⁴. About **43%** are affected chronically.* Up to **78.6%** of these individuals experience persistent muscle and joint symptoms^{† 5,6}

112 CASES of chikungunya were reported in returning travellers in England, Wales and Northern Ireland in 2024, more than double the number of cases reported in 2023⁷



Increased rates of travel and tourism are also **impacting the spread of chikungunya.**⁸



Climate change is creating more favourable conditions for mosquitoes, such as those carrying chikungunya, to spread into previously unaffected areas across Europe.^{9,10}

MAP

Countries where chikungunya has been identified²



NB: global underreporting of chikungunya virus means the incidence of infection and risk may be higher.⁸

*Based on a systematic review and meta-analysis study that included 6532 chikungunya patients.

†Based on a survey conducted in Mauritius in 2008 that included 173 individuals identified with chikungunya. Persistent symptoms were present 27.5 months after infection.

YOU MAY BE AT RISK OF GETTING CHIKUNGUNYA WHEN BITTEN BY A MOSQUITO CARRYING THE VIRUS.

These mosquitoes may also be carrying other viruses, such as dengue.¹



WHAT ARE THE SYMPTOMS?



Individuals with symptoms may experience sudden onset of fever, pain in the joints and muscles, headache, nausea, fatigue and rash. The joint pain can be debilitating.¹



Symptoms usually occur between four and eight days after being bitten but can occur between two and 12 days, therefore you may start to feel ill when you are back home after your trip.¹

HOW SERIOUS IS CHIKUNGUNYA?

While most people who get chikungunya experience symptoms, **serious cases are not common** and most people make a full recovery. But pain in the joints can last for months or even years and although symptoms can be treated, there is no known cure for the infection.¹

WHEN AND WHERE DO MOSQUITOES BITE?

WHEN?

The mosquitoes that spread chikungunya are predominantly **day biters**.

They are most active from sunrise to sunset, especially at mid-morning and late afternoon to twilight.¹¹

Studies suggest they can also bite at night, especially when exposed to artificial light.^{12,13}

WHERE?

Mosquitoes that spread chikungunya can be found in **urban areas**.

This is linked to the availability of artificial containers like tyres, buckets, and flower pots, which serve as breeding sites.^{14,15}

However, risk of transmission in rural areas exists.¹¹



THEY CAN BITE BOTH INDOORS AND OUTDOORS¹¹

OUTBREAKS OCCUR
PREDOMINANTLY IN
THE RAINY SEASON OF
TROPICAL COUNTRIES
ALTHOUGH SEASONS
MAY VARY IN
DIFFERENT REGIONS.¹¹

Of the 112 chikungunya cases reported in England, Wales and Northern Ireland in 2024, the most frequently reported countries of travel were India, Pakistan and Brazil.⁷

ARE YOU AT RISK OF GETTING CHIKUNGUNYA?

The risk of chikungunya infection is increased for travellers who:¹⁶

- Visit areas with ongoing outbreaks
- Make frequent or recurrent trips or who have longer stays in destinations with ongoing virus transmission

Travellers from 'no risk' areas, such as the UK, are vulnerable when travelling to areas with ongoing chikungunya transmission, as it is likely that **THEIR IMMUNE SYSTEM HAS NOT BEEN EXPOSED TO THE VIRUS BEFORE.**¹⁶

HOW CAN YOU REDUCE THE RISK OF BEING BITTEN?



Talk to your healthcare professional about a full travel health risk assessment before travelling¹⁸



Be aware that mosquitoes can bite **both during the day and at night**¹⁸



Use a recommended insect repellent containing DEET (50%) as first choice. Picaridin (20%) or highest strength formulation of eucalyptus oil are recommended as second choice¹⁸



Wear appropriate clothing (e.g. long-sleeved shirt, trousers) to minimise exposed skin and **use mosquito nets** for additional protection¹⁸

BETWEEN 2018 AND 2022,
19 EU EEA COUNTRIES
AND THE UK REPORTED

846

CHIKUNGUNYA CASES¹⁷

**INSECT REPELLENT IS ONLY PARTIALLY EFFECTIVE,
AND ONLY WHEN APPLIED CORRECTLY^{19,20}**

Research shows that around 98% of people may not apply the recommended protective dose²¹

As well as using more repellent, other protective measures include mosquito nets and the wearing of long-sleeved clothing^{18,21}

**TALK TO YOUR HEALTHCARE
PROFESSIONAL TODAY OR VISIT
BEWAREOFTHEBUGS.COM TO START
YOUR ONLINE CONSULTATION NOW**



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