

## What is chikungunya?

Chikungunya is an infectious mosquito-borne illness. The mosquitoes that transmit the disease usually bite during the daytime, especially at dusk and dawn, so the risk of infection is higher when spending time outdoors during these hours.

Common symptoms appear 3 to 7 days after infection—up to 12 days in some cases—and can include fever, severe joint pain, rash, fatigue, nausea, vomiting, headache, and muscle pain.

## What is the risk of infection?

Chikungunya is most commonly found in tropical and subtropical regions. The risk of infection depends on the level of virus activity in a given area; for example, people traveling to locations experiencing an outbreak or epidemic are at higher risk. Outside of outbreak settings, the overall risk of chikungunya infection among travellers is usually low.

## What prevention methods are available?

Taking steps to prevent mosquito bites when travelling to affected areas is strongly recommended.

In Canada, a chikungunya vaccine is approved for use in some travellers aged 12 to 64 years, who are at high risk of infection, such as those:

- travelling to areas experiencing a chikungunya outbreak
- undertaking longer or repeated travel to affected regions



**Talk to your healthcare provider or visit a travel health clinic to discuss how to protect yourself against chikungunya.**