



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.



7 days



- Use an insect repellent
- Repair window and door screens
- Keep mosquitoes out of your house
- If possible, use the air-conditioner

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



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention