



# 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](http://www.cdc.gov/chikungunya)

[www.cdc.gov/dengue](http://www.cdc.gov/dengue)

[www.cdc.gov/zika](http://www.cdc.gov/zika)



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