

A General Constituent Reference Guide

Please contact your health provider for personal, specific questions and concerns.

	<u>Chikungunya</u>	<u>Dengue Fever</u>	<u>Ebola/ Ebola Virus Disease (EVD)</u>	<u>Enterovirus D68</u>	<u>Influenza/ Flu</u>	<u>Malaria</u>	<u>Zika</u>
Description	A viral illness caused by a bite from a mosquito carrying the chikungunya virus	A viral illness caused by a bite from a mosquito carrying a dengue virus serotype	A viral illness caused by one of the Ebola virus strains	A non-polio enterovirus which can cause mild to severe respiratory illness	A contagious respiratory illness caused by influenza viruses	A mosquito-borne disease caused by a parasite	A virus transmitted primarily through the bite of an infected Aedes species mosquito
General Risk Population and Prevention	In regions where the infected mosquitoes are prevalent, avoid mosquito bites, by wearing insect repellent, removing standing water, and mosquito proofing your home.	In regions where the infected mosquitoes are prevalent, avoid mosquito bites, by wearing insect repellent, removing standing water, and mosquito proofing your home.	The virus is spread through direct exposure and contact of blood, body fluids, contaminated objects, or infected animals.	In general, infants, children, especially those with asthma, and teenagers are more likely to be affected.	In general, older people, young children, pregnant women, and those with certain medical conditions are more likely to be affected.	In regions where the infected mosquitoes are prevalent, avoid mosquito bites, by wearing insect repellent, removing standing water, and mosquito proofing your home.	In regions where the infected mosquitoes are prevalent, avoid mosquito bites, by wearing insect repellent, removing standing water, and mosquito proofing your home.

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Symptoms	<p>Fever, joint pain, headache, muscle pain, joint swelling, rash</p> <p>*Symptoms usually begin 3 – 7 days after being bitten by an infected mosquito.</p>	<p>High fever, severe headache, severe pain behind eyes, joint pains, muscle and bone pain, rash, mild bleeding</p> <p>*Symptoms of infection usually begin 4 - 7 days after the mosquito bite and typically last 3 - 10 days</p>	<p>Fever (greater than 38.6°C or 101.5°F), severe headache, muscle pain, weakness, diarrhea, vomiting, abdominal pain, unexplained hemorrhage (bleeding or bruising)</p> <p>*Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola, but the average is 8 to 10 days.</p>	<p>Fever, runny nose, sneezing, cough, body muscle aches, wheezing, difficulty breathing</p>	<p>Fever, cough, sore throat, runny/ stuffy nose, muscle or body aches, Headaches, fatigue, vomiting and diarrhea – (more common in children than adults)</p>	<p>Fever and flu-like illness (i.e. chills, headache, muscle pain, and fatigue), nausea, vomiting, diarrhea, anemia, and jaundice</p> <p>*Symptoms begin 10 days to 4 weeks after infection, although a person may feel ill as early as 7 days or as late as 1 year later</p>	<ul style="list-style-type: none"> • Fever with rash, conjunctivitis, and headache. Illness is usually mild with symptoms lasting for several days to a week. • Most people with Zika have either a mild illness or do not know they are sick. <p>*The virus can also cause severe birth defects.</p>

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Transmission	<ul style="list-style-type: none"> Chikungunya virus is transmitted to people through mosquito bites. Mosquitoes become infected when they feed on a person already infected with the virus. Chikungunya virus is most often spread to people by Aedes aegypti and Aedes albopictus mosquitoes. These are the same mosquitoes that transmit dengue virus. They bite mostly during the daytime. 	<ul style="list-style-type: none"> Dengue is transmitted to people by the bite of an Aedes mosquito that is infected with a dengue virus. It cannot be spread from person to person. 	<ul style="list-style-type: none"> Contact with the blood or body fluids of sick patients Contact with infected wildlife Contact with objects (like clothes, bedding, needles, syringes/sharps or medical equipment) that have been contaminated with the virus or with infected animals. Handling bushmeat (wild animals hunted for food) and contact with infected bats. 	<ul style="list-style-type: none"> Spreads from person to person when an infected person coughs, sneezes, or touches a surface that is then touched by others. *(The virus can be found in an infected person's respiratory secretions, such as saliva, nasal mucus, or sputum.) 	<ul style="list-style-type: none"> Flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. (droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs) Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose. 	<ul style="list-style-type: none"> Usually, people get malaria by being bitten by an infective female Anopheles mosquito. Only Anopheles mosquitoes can transmit malaria and they must have been infected through a previous blood meal taken from an infected person. 	<ul style="list-style-type: none"> Usually, people get Zika by being bitten by an infected Aedes species mosquito. Mosquitoes become infected when they feed on a person already infected with the virus. Zika can also be sexually transmitted for up to two months after infection.

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Treatment	<ul style="list-style-type: none"> • There is no medicine to treat chikungunya virus infection or disease. • Treatment includes rest, fluids, and medicines such as ibuprofen, naproxen, acetaminophen, or paracetamol, to relieve fever and pain. 	<ul style="list-style-type: none"> • There is no specific medication for treatment of a dengue infection. • It can, however, be effectively treated by fluid replacement therapy if an early clinical diagnosis is made. 	<p>Symptoms are treated as they appear:</p> <ul style="list-style-type: none"> • Providing intravenous fluids (IV) and balancing electrolytes (body salts) • Maintaining oxygen status and blood pressure • Treating other infections if they occur 	<p>There is no specific treatment for people with respiratory illness caused by EV-D68.</p> <ul style="list-style-type: none"> • People with mild illness caused by non-polio enterovirus infection typically only need symptom treatment 	<ul style="list-style-type: none"> • Most people with the flu have mild illness and do not need medical care or antiviral drugs. • If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. 	<ul style="list-style-type: none"> • Before departing, travelers can contact their doctors for antimalarial drugs. • The type of drugs and length of treatment depend on the type of malaria, where the person was infected, their age, whether they are pregnant, and how sick they are at the start of treatment. • Malaria can be cured with prescription drugs. 	<ul style="list-style-type: none"> • Most people with the Zika have either a mild illness or do not know they are sick. • There is no vaccine to prevent or medicine to treat Zika virus but you can treat the symptoms by getting plenty of rest, drinking fluids, and taking pain relievers like acetaminophen or paracetamol. Avoid aspirin or non-steroidal anti-inflammatory drugs (NSAIDS) until Dengue can be ruled out.