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# CHIKUNGUNYA : PREVENTION MEASURES

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# what is **Chikungunya?**



Chikungunya is a virus spread by mosquito bites. Although symptoms are usually mild, some cases can become more severe and require medical attention.

**If you feel unwell, don't hesitate to contact a doctor or visit a hospital.**

## Main symptoms **to look out for :**

- Fever (sometimes with headaches)
- Joint or muscle pain
- Skin rash or red spots
- Nausea or vomiting
- Extreme tiredness
- Eye discomfort or conjunctivitis

## What to do **if you have symptoms?**



**See**  
a doctor



**Keep protecting**  
yourself



**Monitor your**  
symptoms carefully

## Stay safe, **for yourself** and **those around you :**



### **Sleep under mosquito net**

**Use nets or sleep in screened rooms** to avoid bites at night.



### **Apply skin repellent**

**Use a suitable mosquito repellent**, especially for children and pregnant women.



### **Use indoor repellents**

**Sprays and diffusers help keep mosquitoes** out of enclosed spaces.



### **Keep cool**

**Fans and air conditioning** help make the environment less appealing to mosquitoes.