

Fight the Bite



Chikungunya virus is transmitted to humans by the bite of an infected *Aedes aegypti* or *Aedes albopictus* mosquito. Chikungunya is not found in Nebraska, but can be acquired elsewhere by travelers and immigrants. Outbreaks have been seen in the Caribbean, Latin America, Southern Europe, Africa, Southeast Asia, and islands in the Pacific and Indian Oceans.

Signs and Symptoms: fever, joint pain/swelling, muscle pain, headache, and/or rash

Currently, no vaccine is available to prevent chikungunya. Travelers can protect themselves by preventing mosquito bites.

Dengue fever is caused by any one of four related viruses transmitted by an infected *Aedes aegypti* or *Aedes albopictus* mosquito. It is not found in Nebraska, but can be acquired by travelers or immigrants. Dengue is common in Puerto Rico and many popular tourist destinations in Latin America, Southeast Asia and the Pacific Islands.

Signs and Symptoms: high fever, severe headache, pain behind the eyes, mild bleeding, and/or joint/muscle pain

Currently, no vaccine is available to prevent dengue. Travelers can protect themselves by preventing mosquito bites.

Malaria is a serious and sometimes fatal disease caused by a parasite that commonly infects *Anopheles* mosquitoes. It is spread to humans by the bite of an infected *Anopheles* mosquito. Malaria was eliminated from the United States in the 1950's. The vast majority of cases in the United States are seen in travelers and immigrants returning from countries where malaria transmission occurs, including Sub-Saharan Africa and Southern Asia.

Signs and Symptoms: fever, chills, malaise, body aches, headaches, and/or nausea/vomiting

Currently, no vaccine is available to prevent malaria. Travelers can protect themselves with antimalarial medications and by preventing mosquito bites.

Zika virus is transmitted to humans primarily through the bite of an infected *Aedes aegypti* or *Aedes albopictus* mosquito. Furthermore, Zika can be transmitted from a pregnant woman to her unborn fetus, through unprotected sexual intercourse or, less commonly, through blood transfusions. Zika virus is not found in Nebraska, but has been found in Africa, Southeast Asia, the Western Pacific Islands, Central and South America, Mexico, and the Caribbean. In addition, small sporadic outbreaks are expected to occur within certain areas of the Southeastern United States.

Signs and Symptoms: fever, rash, joint pain and red eyes; birth defects such as microcephaly

Currently, no vaccine is available to prevent Zika virus. Travelers can protect themselves by preventing mosquito bites, practicing safe sex and avoiding areas of local transmission if pregnant or planning to conceive.

TRAVEL-RELATED Mosquito- Borne Diseases

- ▶ Avoid outside at dusk and dawn, when mosquitoes are most active.
- ▶ Wear an EPA-registered repellent to decrease bites (e.g. DEET, permethrin, picaridin, IR3535, oil of lemon eucalyptus).
- ▶ Wear long sleeved shirts and pants at dusk and dawn when mosquitoes are most active.
- ▶ Stay in places with air conditioning and tight fitting screens or doors; use bed nets if such accommodations are unavailable.
- ▶ Upon return, travelers should avoid mosquito bites for three weeks.

