

Department-of Disease Control

Weekly Disease Forecast No.214_Chikungunya (9 - 15 June 2019)

From the national disease surveillance system, the Department of Disease Control reveals 3,592 chikungunya cases with no deaths during 1 January – 5 June 2019. The highest number of cases were in adults aged 25 – 34 years, followed by 15 - 24 years, and 35 - 44 years respectively. Most of the patients (3,500 cases or 97,4%) were in the southern part of the country. Last week (29 May – 5 June), there were 86 cases which is higher compared to the same period of last year.

This week disease forecast reveals a risk of sporadic chikungunya especially in the Southern provinces during this rainy season with more outdoor stagnant water in natural and artificial water containers that can serve as mosquito breeding sites. Chikungunya is transmitted to humans by bites of infected *Aedes* mosquitos of both species: *Aedes aegypti* (yellow fever mosquito) which stays indoor and *Aedes albopictus* (tiger mosquito or forest mosquito) which stays in cultivated land.



Chikungunya symptoms include an abrupt fever, skin rash, muscle pain, nausea and fatigue. The characterized symptoms are severe joint swelling and joint pain which usually last for many weeks or months. There is no plasma leakage leading to shock. However, patients should promptly seek hospital medical care for relief of symptoms. Patients, with history of travelling to or live in risk areas especially the Southern region within 14 days before symptoms develop, should inform the risk history to the doctors.

Aedes mosquitoes become infected when they feed on an infected person during the high grade fever period. The patient therefore should stay in a room with anti-mosquito window and door screens or sleep under a mosquito net.

DDC also advises people to protect themselves from mosquito bites by sleeping in rooms with mosquito screens or nets, wearing long sleeve shirts and long pants and applying mosquito repellents to exposed skin or to clothing when staying outdoor.

DDC strongly urges public participation among people in all households, communities, and workplaces to routinely eliminate mosquito breeding sites using the mosquito control measure called “3 Do’s to prevent 3 diseases (dengue, chikungunya and Zika virus)”, i.e. 1) cover water-storage containers, change water in small containers every 7 days and eliminate all outdoor mosquito breeding sites, 2) dispose garbage properly, and 3) keep houses tidy without any corners suitable for mosquitoes to rest.

For queries or additional information, please call DDC hotline 1422.

