
IF YOU ARE VISITING UNICAMP

Information about Zika, Dengue and Chikungunya

Zika, Dengue and Chikungunya virus are spread to people primarily through the bite of an infected *Aedes* species mosquito (*A. aegypti* and *A. albopictus*). Zika virus can also be transmitted by sexual contact, from mother to child and in blood transfusion.

Zika, Dengue and Chikungunya virus are circulating in Brazil and may be transmitted to you, if you visit the endemic areas.

The symptoms of these three viral diseases are similar and it is difficult to make the diagnosis based on the symptoms and, laboratorial tests will be necessary to confirm the diagnosis. Most people infected with Zika virus will have asymptomatic disease and, in many cases, the symptoms are mild, lasting from a few days to a week.

SYMPTOMS	DENGUE	CHIKUNGUNYA	ZIKA
Headache	Intense	Moderate	Moderate
Rash	30 -50% of cases	50% of cases	90 to 100% of cases
Itching	Mild	Mild	Frequent and intense
Fever	38°C or more Duration 4 to 7 days	38°C or more Duration 2 to 3 days	No fever or sub febrile for 1 to 2 days
Join pain	Mild and uncommon	Frequent and intense	Mild and frequent
Muscular pain	intense and frequent	Intense	Moderate
Neurological symptoms	Rare	Rare	More frequent than Dengue and Chikungunya
Conjunctivitis	Rare	30% of cases	50 to 90% of cases
Hemorrhagic manifestation	Moderate	Mild	Absent

Protection and preventive measurements

You must prevent yourself from the mosquito bite:

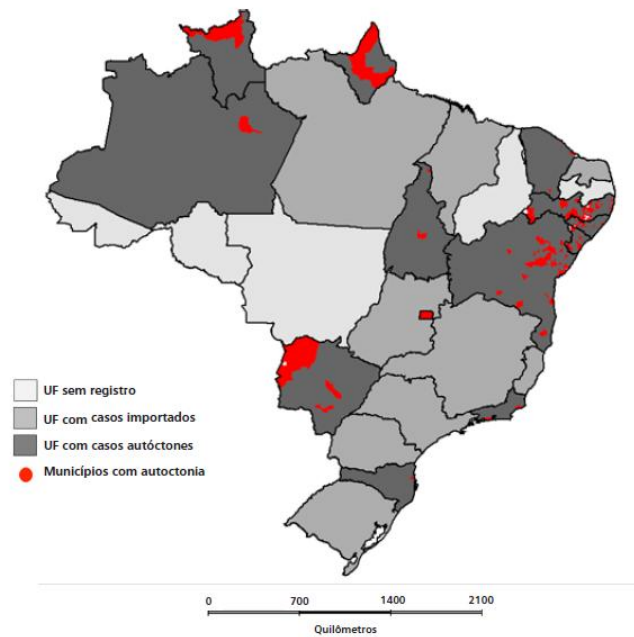
- Wear long-sleeved shirts and long pants.
- Stay in places with window and door screens to keep mosquitoes outside.
- Apply insect repellent on the skin and use insect repellent in the room where you are staying.
- The mosquito bites during daytime

Treatment

- There is no specific medication to treat Zika, Dengue and Chikungunya virus
- Visit a doctor
- Get rest
- Drink enough fluids to prevent dehydration
- If you have fever, take acetaminophen and do not take aspirin or non-steroid anti-inflammatory drugs

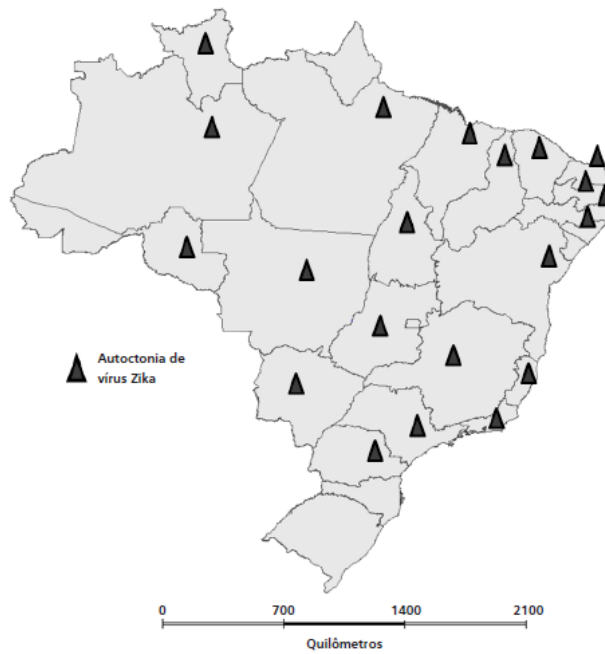
Areas in Brazil with active mosquito-borne transmission of Zika, Chikungunya and Dengue in 2016

Boletim Epidemiológico
Secretaria de Vigilância em Saúde – Ministério da Saúde – Brasil



Fonte: Sinan e Secretarias Estaduais de Saúde (atualizado em 10/02/2016).

Figura 2 – Distribuição dos casos importados e dos casos autóctones de febre de chikungunya, por município e Unidade da Federação de residência, Brasil, 2014 a 2016



Fonte: Sinan e Secretarias Estaduais de Saúde (atualizado em 10/02/2016).

Figura 3 – Unidades da Federação com casos autóctones de febre pelo vírus Zika com confirmação laboratorial, Brasil, 2016

Dengue Incidence* in the Americas, 2014

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