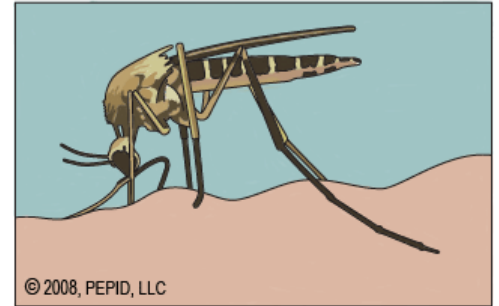




BASIC INFORMATION

WHAT IS MOSQUITO-BORNE DISEASES?

- Certain diseases can be transmitted through the bite of an infected mosquito
- These diseases are caused primarily from viruses
- The most common mosquito-borne diseases affecting humans are
 - West Nile virus
 - Leading cause of mosquito-borne disease in the US
 - Zika virus
 - Chikungunya virus
 - Dengue
 - Malaria
 - Yellow fever



WHAT ARE COMMON SIGNS AND SYMPTOMS?

- Symptoms depend on the virus transmitted
 - West Nile Virus
 - Most people infected with West Nile do not feel sick and have no symptoms
 - Fever
 - Some people develop severe illness
 - High fever
 - Headache
 - Neck stiffness
 - Stupor, disorientation
 - Coma
 - Tremors, convulsions
 - Muscle weakness
 - Vision loss
 - Numbness and paralysis
 - Zika
 - Most people infected with Zika do not feel ill
 - Fever
 - Rash
 - Joint pain
 - Red eyes
 - Chikungunya
 - Fever
 - Joint pain
 - Headache
 - Muscle pain
 - Joint swelling
 - Rash
 - Dengue
 - Fever
 - Body aches and pains
 - Rash
 - Nausea, vomiting
 - Eye pain
 - Malaria
 - Fever, chills, flu-like illness
 - Yellow fever

- Fever
- Body aches and pains
- Can cause severe liver disease, bleeding, and yellowing of the skin (jaundice)
- Refer to individual disease monographs for more detailed, disease-specific information

WHAT CAUSES MOSQUITO-BORNE DISEASES?

- Being bitten by an infected mosquito
- Some mosquito-borne diseases can have human to human transmission

WHAT INCREASES MY RISK?

- Working outdoors, travel
- In Zika, increased risk if working in healthcare and laboratory
- Spending a lot of time outdoors
 - Hiking
 - Camping

WHAT ARE POSSIBLE COMPLICATIONS?

- Lasting symptom effects once the disease is gone
- Zika can be passed through sexual contact and can cause birth defects in pregnant women
- Severe dengue can progress into shock, internal bleeding and possibly death
- Untreated malaria is very serious, potentially leading to death
- If you have a severe form of a mosquito-borne illness you may require hospitalization

WHAT CAN I EXPECT?

- You may be referred to a specialist depending on the mosquito-borne disease
- Your healthcare provider will likely notify the local public health department
- In severe cases you could require hospitalization
- Most people make a full recovery
 - Some cases have lingering effects

HOW DO I REDUCE MY RISK?

- There are no vaccines for Zika, West Nile, chikungunya, or Malaria
- Yellow fever and dengue have vaccines if you plan on traveling to endemic areas
- Cover exposed skin as much as possible
- Use insect repellents, especially ones with DEET, on both clothing and exposed skin
 - Reapply repellents as needed
- Permethrin repellent can be applied to clothing and gear (tents, backpacks, etc.) only, NOT to skin
- Around your home
 - Get rid of standing water sources
 - Buckets, barrels, planters that hold water, toys, birdbaths
 - Screens on doors and windows, repair holes in screens
- If camping, sleep under a bed with mosquito netting

DIAGNOSIS AND TREATMENT

WHAT GENERAL MEASURES SHOULD I TAKE?

- Your healthcare provider will perform an exam, collect information regarding your signs and symptoms, and possibly run tests if warranted
- Self-care
 - Most self-care for mosquito-borne illness centers on prevention and decreasing your risk
- Activity
 - Activity restrictions will depend on your symptoms and how you are feeling
- Diet
 - Dietary recommendations are generally not required
 - Drink plenty of fluids and stay hydrated
- Helpful Link(s)
 - To learn more: CDC
 - Website: <https://www.cdc.gov/>

WHAT ARE COMMON LABS AND TESTS?

- Laboratory blood tests to determine disease and/or confirm a diagnosis

WHAT ARE MY TREATMENT OPTIONS?

- Symptom management
 - Rest
 - Fluids
- Medication treatment
- Depending on the mosquito-borne disease
 - Consultation/referral to an infectious disease specialist
 - Consultation/referral to other specialists
 - Neurologist
 - Rheumatologist
- Refer to individual disease monographs for more detailed, disease-specific treatment information

WHAT MEDICATIONS MAY BE PRESCRIBED?

- Medications are dependant on which mosquito-borne disease you have
- Antibiotics
- Pain medication for body, muscle, joint pain, and fever reduction
 - Over-the-counter
 - Prescription
- Anti-malarial drugs

WHAT CAUTIONS SHOULD I TAKE?

- Use preventative measures while outdoors
- Take medications as prescribed; report intolerable side-effects
- Follow your healthcare providers recommendations for the mosquito-borne disease you have been diagnosed with

WHEN SHOULD I SEEK MEDICAL HELP?

- Seek medical attention if signs and symptoms of a mosquito-borne disease
- If diagnosed with a mosquito-borne disease and you develop new or worsening signs or symptoms, or if treatment complications arise
- Severe vomiting
- Bleeding from nose or gums
- Blood in your vomit or stool

MY HEALTHCARE PROVIDER'S COMMENTS

REFERENCES

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