

Know the viruses transmitted by the Aedes Aegypti mosquito:

	Chikungunya	Dengue	Zika
What is? 	<p>The word means "one who is curved." It is an infection that was first described in 1952 during an outbreak in the southern of Tanzania. The disease affects habitants of the tropical and subtropical areas.</p>	<p>In its beginnings the disease was called "breakbone fever". It is an infection that consists of four serotypes (DEN-1, 2, 3 and 4), so a person can be infected with the virus up to four times during their life. It affects habitants of tropical and subtropical areas.</p>	<p>The word means "full of vegetation area". Like Chikungunya and Dengue, it is an infection transmitted by the bite of the Aedes Aegypti mosquito. It affects habitants of tropical and subtropical zones and travelers. It represents a potential risk for the development of the fetus during pregnancy.</p>
How is it transmitted? 			
What are the symptoms? 	<p>Fever. Headache. Swelling and pain in the joints. Muscle pain. Nausea. Rash.</p>	<p>High fever, up to 105° F. Severe headache and behind the eyes. Pain in joints, muscles, and bones. Nausea, vomiting and rash. Dengue hemorrhagic fever can cause bleeding from the nose, gums, or under the skin. This type of dengue can cause death.</p>	<p>Fever. Skin rash. Conjunctivitis. Headache. Muscle and joint pain. Fatigue. During pregnancy, Zika can cause microcephaly and other serious birth defects in the fetus. Guillain Barre syndrome.</p>
¿ How is the treatment? 	<p>Acetaminophen and pain relievers. Drink plenty of fluids. Do not take Aspirin. Rest well.</p>	<p>Acetaminophen and pain relievers. Drink plenty of fluids. Do not take Aspirin or Ibuprofen. Rest well.</p>	<p>There are no specific treatments for this disease. Acetaminophen. Rest well.</p>

<p>How to prevent?</p> 			
<p>Take care of your mental health</p> 	<p>Acquire any of these viruses not only involves physical health, but mental health can also be affected. It is possible that the infected person feels stress, confusion, or sadness upon learning of the diagnosis, feeling the effect of the symptoms or having to stop the routine life due to the repercussions that the disease may bring. Keep in mind that mental health is just as important as physical health. If necessary, seek and look for help from a mental health professional.</p>		
<p>Social responsibility</p> 	<p>As the rainy season approaches, actions must be intensified to control mosquito breeding sites. Check the interior and exterior of your property and remove any objects that cause non-flowing water. Cover any container you may use to collect water with a lid or net. Propose and participate in initiatives that contribute to the elimination of mosquito breeding sites in your community. Defending ourselves from the threats of the Aedes Aegypti mosquito is up to all of us.</p>		

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can manage emotional and physical concerns that occur during and after medical treatment, visit your PCP or contact:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References:

CDC. (2021). *Dengue*. Retrieved from: <https://www.cdc.gov/dengue/es/about/index.html>

CDC. (2021). *Zika*. Retrieved from: <https://www.cdc.gov/zika/es/vector/index.html>

MedlinePlus. (2021). *Chikungunya*. Retrieved from: <https://medlineplus.gov/spanish/chikungunya.html>

Prepared by licensed Health Educators. Revised May 2022. ©First Medical Health Plan Inc.