Chikungunya in Senegal

Warning - Level 3, Avoid Nonessential Travel
Alert - Level 2, Practice Enhanced Precautions
Watch - Level 1, Practice Usual Precautions

What is the current situation?

On September 9, 2015, the Ministry of Health and Social Action of Senegal notified the World Health Organization of cases of chikungunya in the Kédougou region. As of September 8, 10 confirmed chikungunya cases had been reported. This is the first reported outbreak of chikungunya in Senegal in 5 years.

CDC recommends that travelers to Senegal protect themselves from chikungunya by preventing mosquito bites. Some travelers may be more likely to get chikungunya, have severe disease, or be at higher risk for chikungunya for other reasons. CDC advises travelers in high-risk groups to discuss their travel plans with their health care provider. These groups include the following:

- People who have arthritis
- People with serious underlying medical conditions (such as high blood pressure, heart disease, or diabetes)
- People older than 65
- Women who are late in their pregnancies, because of the risk to babies born at the time their mother is sick
- Long-term travelers, including missionaries and humanitarian aid workers and people visiting friends and relatives
- People who might have difficulty avoiding mosquito bites, such as those planning to spend a lot of time outdoors or staying in rooms without window screens or air conditioning

What can travelers do to prevent chikungunya?

Learn more about chikungunya.
There is currently no vaccine or medicine to prevent chikungunya. The only way to prevent chikungunya is to prevent mosquito bites. Preventing bites can be difficult, but it is important as you can get sick after just one bite. Follow these steps to reduce the chances that you will be bitten by mosquitoes during your trip.

**Prevent mosquito bites**

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Use an appropriate insect repellent as directed.
- Higher percentages of active ingredients provide longer protection. Use products with the following active ingredients:
  - **DEET** (Products containing DEET include Off!, Cutter, Sawyer, and Ultrathon)
  - **Picaridin** (also known as KBR 3023, Bayrepel, and icaridin products containing picaridin include Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan [outside the US])
  - **Oil of lemon eucalyptus (OLE)** or **PMD** (Products containing OLE include Repel and Off! Botanicals)
  - **IR3535** (Products containing IR3535 include Skin So Soft Bug Guard Plus Expedition and SkinSmart)
- Always follow product directions and reapply as directed:
  - If you are also using sunscreen, apply sunscreen first and insect repellent second.
  - Follow package directions when applying repellent on children. Avoid applying repellent to their hands, eyes, and mouth.
- Use **permethrin-treated** clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them yourself:
  - Treated clothing remains protective after multiple washings. See the product information to find out how long the protection will last.
  - If treating items yourself, follow the product instructions carefully.
  - Do not use permethrin directly on skin.
- Stay and sleep in screened or air conditioned rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors.

**If you feel sick and think you may have chikungunya**

- Talk to your doctor or nurse if you feel seriously ill, especially if you have a fever.
  - Tell them about your travel.
For more information about medical care abroad, see Getting Health Care Abroad

- Use acetaminophen or paracetamol to treat fever and pain.
- Get lots of rest and drink plenty of liquids.
- Avoid spreading the disease by preventing more mosquito bites.

**Traveler Information**

- Avoid Bug Bites
- Chikungunya Fact Sheet
- CDC Chikungunya Website
- Insect Repellent Use and Safety

**Clinician Information**

- Chikungunya in CDC’s Yellow Book
- Chikungunya Fact Sheet for Clinicians
- CDC Chikungunya Website
- Laboratory Guidance
  - Protection against Mosquitoes, Ticks, & Other Insects & Arthropods