



# WHAT IS ORPOUCHE VIRUS?



Oropouche Virus (OROV) is one of latest emerging mosquito-borne illnesses primarily transmitted by **Biting Midges** (Sand Flies) and **Culex Mosquitoes**.

## How does it spread?

- Through bites from infected sand flies and mosquitoes
- Human and animals (e.g. rodents) can carry the virus.

## Symptoms

- Fever
- Severe headaches
- Joint and muscle pain
- Rash
- Eye redness (Conjunctivitis)

## Preventative tips

- Use insect repellents containing DEET or Picaridin
- Sleep under insect nets.
- Eliminate stagnant water where sand flies and mosquitoes can breed.
- Wear clothing to reduce skin exposure, especially during dusk to dawn.
- Remove bush and garbage around the home

## What should you do if you have symptoms?

- Consult your doctor for symptom management.
- Rest and stay hydrated.
- Avoid sand fly and mosquito bites to prevent spread.

**Stay informed. Protect yourself and your community from the Oropouche virus!**