

# How to Protect Yourself From Oropouche Virus

Oropouche is a virus spread by midges and mosquitoes in parts of South and Central America. It causes Oropouche fever, which is a flu-like illness. Recently, Oropouche virus has become more common in Central America, making it easier for travellers to bring the infection back to countries like Canada.



## Personal Protective Measures

### Avoid Travelling to High-Risk Places:

Avoid unnecessary travel to locations with a high-risk of midge- and mosquito-transmitted infections.

### Use Insect Repellents:

Choose a repellent approved by Health Canada that is safe for pregnancy.

### Wear Protective Clothing:

Cover your skin by wearing long-sleeved and loose-fitting clothing.


### Stay In Insect-Free Areas:

Stay in living areas that are protected against insect entry, for example with air-conditioning and closed windows. Sleep under insecticide-treated bed nets.

If you are pregnant and planning to travel to a high-risk location, it is important to take steps to prevent midge and mosquito bites. There are no specific vaccines to prevent many midge- and mosquito-transmitted infections, so preventing bites is the best way to protect yourself and your baby.

Talk to your health care provider about travel plans!



 For more information, please visit the [Public Health Agency of Canada website](https://www.canada.ca/en/public-health/services/diseases/oropouche-virus.html) on specific midge- and mosquito-transmitted infections.