# Stages and Symptoms of Ross River Virus

This is a generalised symptom guide developed from information kindly provided by our participating group members. Unfortunately, Ross River Virus is unpredictable in its course, so timeframes are indicative only based on the responses of our members. All symptoms listed may not present. Never delay seeking medical advice. If you think you or someone in your care may have a medical emergency, call your doctor or 000 (Australia) immediately.

<table>
<thead>
<tr>
<th>Incubation Period</th>
<th>Initial Onset of Symptoms</th>
<th>Acute Phase After onset to approx. 8 weeks</th>
<th>Chronic Phase 8 weeks &amp; beyond to remission</th>
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<tbody>
<tr>
<td>Usually 3-21 days</td>
<td>• Fever and/or chills</td>
<td>• Rash (may come &amp; go)</td>
<td>• Continuation of joint pain (arthralgia/arthritis) which may vary in location &amp; severity on any given day</td>
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<td></td>
<td>• Rigor (body shakes)</td>
<td>• Sudden onset of severe joint pain and/or swelling (some or all joints)</td>
<td>• Cartilage damage</td>
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<td></td>
<td>• Lethargy</td>
<td>• Tendon pain</td>
<td>• Chronic Fatigue (CFS)</td>
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<td></td>
<td>• Headache</td>
<td>• Headache and/or Migraine</td>
<td>• Adrenal fatigue</td>
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<td></td>
<td>• Migraine</td>
<td>• Light sensitivity</td>
<td>• Ongoing brain fog</td>
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<tr>
<td></td>
<td>• Body aches</td>
<td>• Lower back &amp; neck pain</td>
<td>• Intermittent heart palpitations</td>
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<tr>
<td></td>
<td>• Nausea</td>
<td>• Nausea &amp; loss of appetite</td>
<td>• Spontaneous feelings of adrenal surges</td>
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<td>• Dizziness</td>
<td>• Severe fatigue</td>
<td>• Ongoing Tinnitus</td>
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<td>• Low/high blood pressure</td>
<td>• Brain fog</td>
<td>• Ongoing bouts of vertigo</td>
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<td>• Heart palpitations</td>
<td>• Weak “jelly” legs</td>
<td>• Iron overload (confirm via blood test)</td>
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<td>• Pins &amp; needles/tingling sensations in soles of feet &amp;/or palms of hands</td>
<td>• Weakness in wrists &amp; hand muscles/joints</td>
<td>• Digestive issues/leaky gut/IBS</td>
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<td>• Swollen lymph nodes</td>
<td>• Ear pain</td>
<td>• Sudden onset of food intolerances/allergies</td>
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<td>• Sore throat</td>
<td>• Tinnitus</td>
<td>• Painful/heavy menstruation (ladies)</td>
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<td>• Ear fullness</td>
<td>• Vertigo</td>
<td>• Testicular varicocele/s &amp; Balantis (gents)</td>
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<td>• Shortness of breath</td>
<td>• Clumsiness/lack of physical coordination</td>
<td>• Prostatitis (gents)</td>
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<td>• Chest tightness</td>
<td>• Painful or irritated/itchy eyes</td>
<td>• Compromised immunity to other viruses such as seasonal colds/flu &amp; stomach bugs</td>
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<td>• Nosebleeds</td>
<td>• Excessive thirst</td>
<td>• New development/diagnosis of autoimmune disorders</td>
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<td></td>
<td>• Itchy dry skin patches</td>
<td>• Pancreatitis</td>
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<td>• Itchy palms</td>
<td>• Ongoing insomnia</td>
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<td>• Liver inflammation (confirm via test)</td>
<td>• Depression</td>
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<td>• Insulin dysregulation</td>
<td>• Good days/bad days— Flare-ups</td>
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<td>• Feelings of sadness &amp; frustration</td>
<td>• Eventual Remission – partial or full</td>
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<td>• Insomnia</td>
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<td></td>
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<td>• Hairloss</td>
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<td>• Zombie morphallaxis :-;</td>
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[Table with symptoms and their descriptions]