



Tropical Diseases

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Tropical Diseases

General information

- *Dengue*: During 2019, 3.513 cases of dengue were reported in Ecuador.
- *Zika*: In 2018 only 10 cases of Zika were reported.
- *Chikungunya*: In 2018 only 8 cases of Chikungunya were reported
- *Yellow Fever*: The last report corresponds to 3 cases reported in 2017 in the province of Sucumbíos.
- *Malaria*: During 2019, 1,101 cases were reported.
- *Leishmaniasis*: During 2019, 544 cases were reported.

Evento	2015	2016	2017	2018	2019*
Dengue	42.459	14.159	11.387	3.094	3.513
Chikungunya	33.619	1.860	196	8	0
Zika	1	2.947	2.413	10	0
Fiebre amarilla	0	0	3	0	0
Malaria	686	1.191	1.291	1.806	1.101
Leishmaniasis	1.382	1.397	1.654	1.336	544
Mayaro	-	-	-	-	5

Fuente: Sistema de Vigilancia (SIVE-ALERTA).

Elaborado por: Dirección Nacional Vigilancia Epidemiológica.

*Datos 2019 correspondientes a las semanas epidemiológicas 1 a 23



Facts and prevention

1. *Zika, Dengue, Chikunguya and yellow fever* viruses are primarily spread by mosquitos (*Aedes aegypti* and *Ae. Albopictus*).
2. *Haemogogus* mosquitoes also spread yellow fever and are mostly found in the jungle. Mosquitoes become infected with the virus when they bite an infected human or monkey. **The disease cannot be spread by contact from one person to another.**
3. *Malaria* is a preventable and treatable disease caused by parasites that are transmitted to people through the bites of infected female *Anopheles* mosquitoes.
4. Mosquitos that spread these diseases do not live at elevations above 2000 meters (6,500feet).
5. Once contracted, the *yellow fever* virus incubates in the body for 3 to 6 days.
6. *Vaccination* is the single most important measure for **preventing yellow fever**.
7. Sexual transmission of Zika virus is also possible.
8. There is no vaccine or medicine for Zika
9. *Dengue*: There is no treatment for the infection itself but the symptoms that a patient experience can be managed.
10. Dengue epidemics tend to have seasonal patterns, with transmission often peaking during and after rainy seasons
11. People could fully recover from the infections within 7 days.

You should protect yourself by preventing mosquito bites:

1. *Cover* exposed skin by wearing long-sleeves clothes
2. Use *insect's repellents* containing at least 20% DEET, Picaridin (Bayrepel), oil of lemon eucalyptus (OLE)
3. Use permethrin-treated *clothing* and gear
4. Stay in *places* with windows and doors screens to keep mosquito's outside
5. Sleep under a *mosquito bed*



Common Symptoms and response

In most cases, Zika infection is asymptomatic (do not shows symptoms).

The following *symptoms* could appear **between 3-12 days after infected** by the mosquito.

1. Mild fever (Z, YF, C, M)
2. Headache (Z, YF, M)
3. Muscle and joint pain (Z, YF, C, M)
4. Nausea (Z, YF, M)
5. Vomiting (M, YF)

Other Symptoms

1. Shaking chills (M)
2. Sweating (M)
3. Abdominal Pain (M)
4. Diarrhea (M)
5. Anemia (M)
6. loss of appetite (YF)
7. backache (YF)
8. Pink eye (Z)

If you feel sick:

1. Speak with your general practitioner and tell him/her about your travel.
2. Take pain relievers such as acetaminophen (paracetamol)
3. Rest and drink plenty of liquids until you can get assistance.



Contact information

If you are in Ecuador and need assistance, please look to the following information:

National Emergency Response: 911

USFQ-OPI Emergency Contact for International Students ONLY: 0980834444

Family Doctor / Internal Medicine

1. Dr. John Rosenberg

(Speaks English)

Address: Foch 476 y Almagro – Medcenter

Telepgine: 099-973-9734

E-mail: rosenberg.john@gmail.com

2. Dr. Alvaro Dávalos. (Tropical Medicine)

Address: Av. Mariana de Jesús y Occidental. Edificio Meditropoli, across from Hospital Metropolitano / Of. 20 y 21

Telephone: 2922185 / 0999736264

E-mail: adavalosp@ecnet.ec

Hospitals

I. Hospital de los Valles (Cumbayá)

Address: Av. Interoceánica Km 12 ½-Cumbaya

EMERGENCY: 2977900 / 2458875

Website: <http://www.hospitaldelosvalles.com/>

II. Hospital Metropolitano

Address: Av. Mariana de Jesús y Occidental

Telephone: 3998000

Talk Free Numbers: 1800 hmetro (463876)

Website: www.hospitalmetropolitano.org/



III. Hospital Vozandes

Address: Villalengua Oe2-37 y 10 de Agosto

Telephone: 3971000

(593) 1700 700 700

Website: <https://hospitalvozandes.com/>

IV. Clínica Pasteur

Address: Av. Eloy Alfaro N29-248 e Italia.

Telephone: 2992400

Website: <https://www.clinicapasteur.org.ec>

Additional Resources

- Avoid Bug Bites
- Insect Repellent Use and Safety

Sources:

- Centers for Disease Control and Prevention. (2020). Avoid bug bites. [online] Available at: <http://wwwnc.cdc.gov/travel/page/avoid-bug-bites> [Accessed 15 May, 2020].
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- Available at:
https://www.cdc.gov/westnile/prevention/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fwestnile%2Ffaq%2Frepellent.html [Accessed 15 May, 2020].
- Ministerio de Salud Pública (2019). SUBSISTEMA DE VIGILANCIA SIVE- ALERTA ENFERMEDADES TRANSMITIDAS POR VECTORES https://www.salud.gob.ec/wp-content/uploads/2019/01/gaceta_vectores_SE_23.pdf
- World Health Organization: <https://www.who.int/health-topics/>