

Tropical Disease Report



UNIVERSIDAD
SAN FRANCISCO
DE QUITO

Table of Contents

Zika.....	2
General information	2
Facts and prevention.....	6
Symptoms and response	7
Additional Resources	7
Yellow Fever.....	8
Malaria.....	9
Contact information	10
Sources.....	11

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Zika

Because of the recent outbreaks of Zika in Latin America, the Office of International Programs (OPI) at Universidad San Francisco de Quito (USFQ) would like to inform all our current and future international students and their sending universities/organizations of the following information.

General information

Since 2015 to November 2016, 48 countries of Latin America reported Zika (Image 1). Ecuador has reported certain number of cases during that time. Nonetheless, there are not deaths related to Zika infection (PAHO, 2016). The highest number of cases was seen during the EW 24-28 / 2016. The last report from the Ministry of Health of Ecuador registers 2 cases during EW 45/2016 (Image 2).

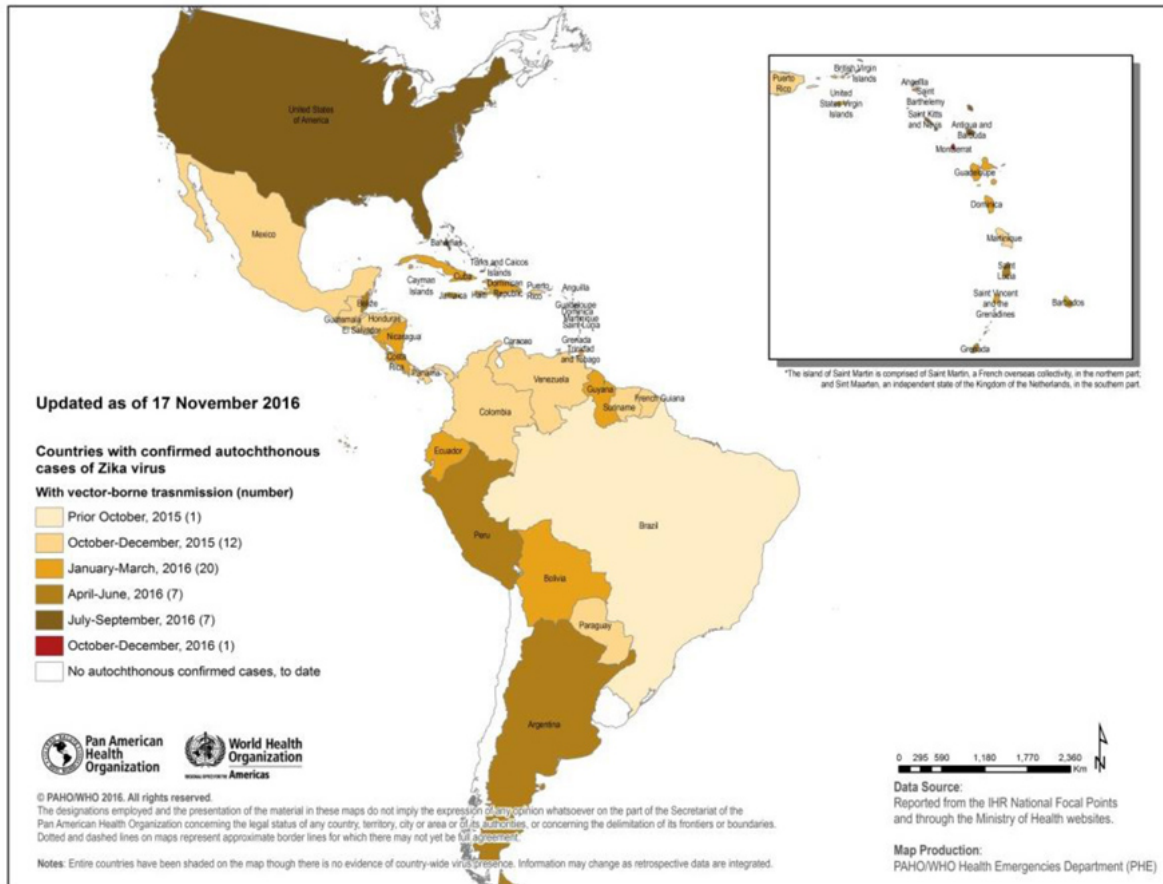


Image 1
Source: PAHO (2016)

According to the World Health Organization, Zika's outbreak has decreased in certain countries. Ecuador is an example of a reduction of Zika cases (PAHO, 2016). In addition, the WHO, does not restrict any type of visit to any of these countries. Nevertheless, vigilance needs to remain high (World Health Organization, 2016; Ministerio de Salud Pública, 2016b).



Tendencia Nacional de casos de Zika, SE 01 - 45/2016

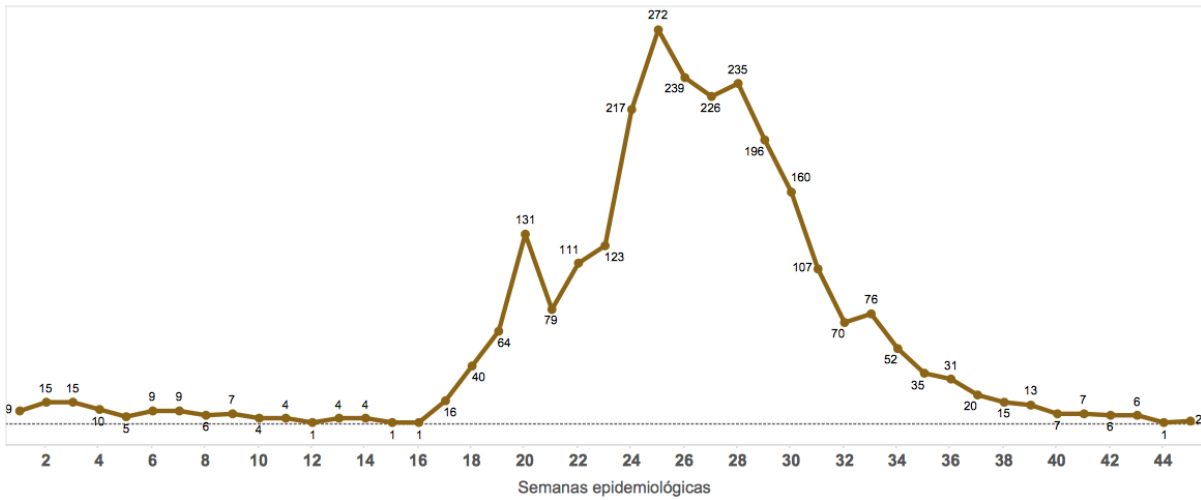


Image 2

Source: Ministerio de Salud Pública Ecuador (2016)

The following images (3 & 4) and table 1 show the areas of higher risk of Zika Transmission. The province of Pichincha and Galapagos are at lower risk (Ministerio de Salud Pública, 2016). Manabí province is the one with highest risk. Perhaps the earthquake of April 2016 could be a factor that increased the probabilities of infection, yet there is not an official relation.

Total of cases "Confirmed cases by", between EW 1-45, 2016			
Province	Lab	Epidemiological Nexus	Total
MANABI	558	1693	2251
ESMERALDAS	113	79	192
GUAYAS	61	42	103
SANTO DOMINGO	14	30	44
PICHINCHA	28	8	36
LOS RIOS	20		20
EL ORO	9	1	10
SUCUMBIOS	3		3
GALAPAGOS	2		2
AZUAY	1		1
CHIMBORAZO	1		1
IMBABURA	1		1
ORELLANA	1		1
	812	1853	2665



Table1

Source: Ministerio de Salud Pública (2016)

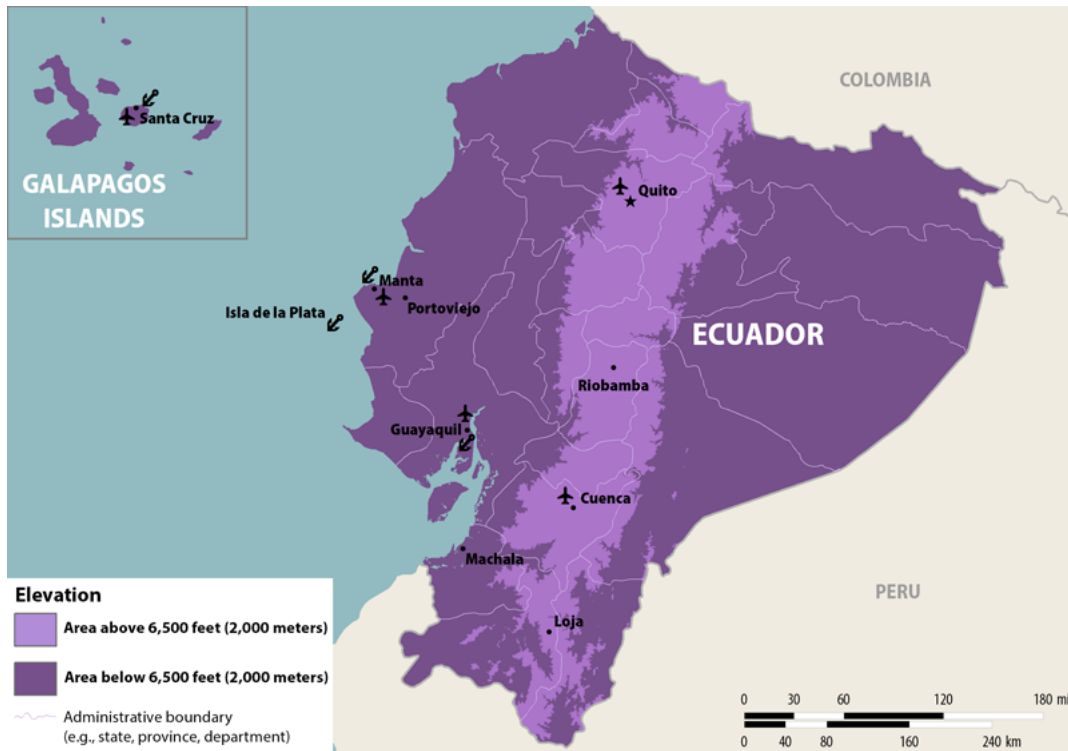
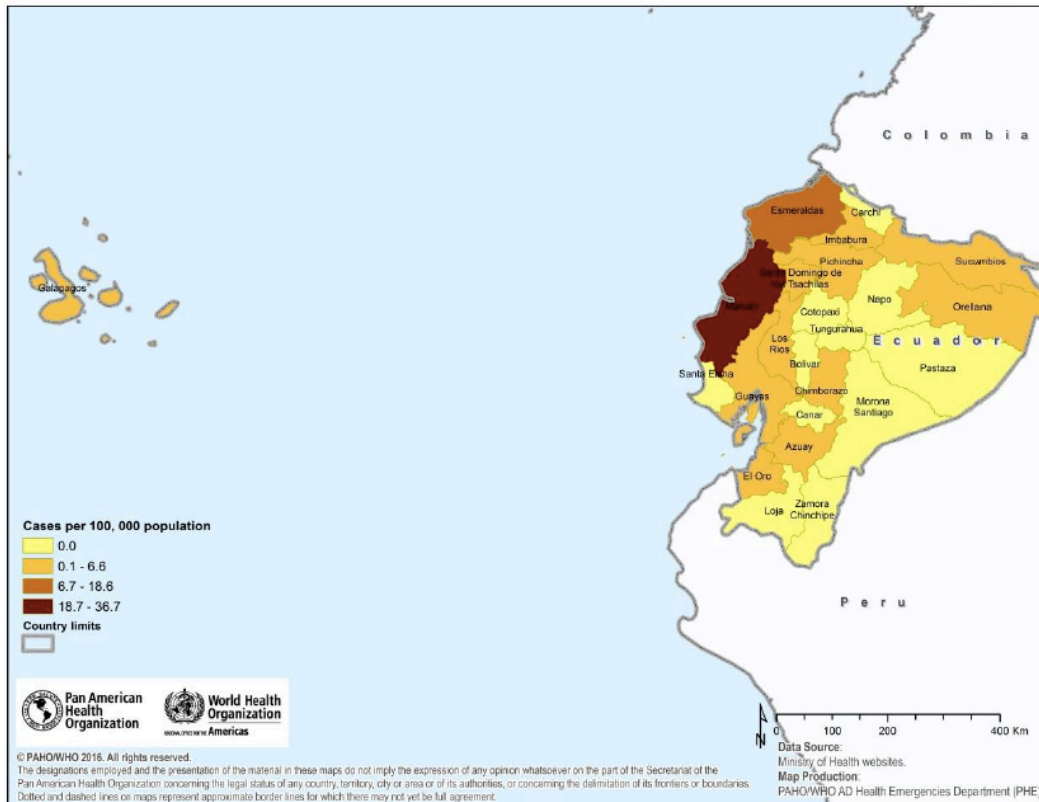


Image 3

Source: Centers for Disease Control and Prevention (2016)



Source: Data published by the Ecuador Ministry of Public Health and reproduced by PAHO/WHO

Image 4

Facts and prevention

- Zika virus is primarily spread by mosquitos.
- Mosquitos that spread Zika **do not live at elevations above 2000 meters**(6,500feet).
- Sexual transmission of Zika virus is also possible, you should use condoms or not have sex during your trip.
- There is no vaccine or medicine for Zika, therefore you should protect yourself by preventing mosquito bites:
 - Cover exposed skin by wearing long-sleeves clothes
 - Use insect's repellents containing at least 20% DEET, Picaridin (Bayrepel), oil of lemon eucalyptus (OLE)
 - Use permethrin-treated clothing and gear



- Stay in places with windows and doors screens to keep mosquito's outside
- Sleep under a mosquito bed
- People could fully recover from the infection within 7 days.

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.

- Mild fever
- Headache
- Muscle and joint pain
- Nausea
- Pink eye

If you feel sick and think you may have Zika:

- Speak with your general practitioner and tell him/her about your travel.
- Take pain relievers such as acetaminophen (paracetamol)
- Rest and drink plenty of liquids

Additional Resources

- [Zika Travel Information](#)
- [Avoid Bug Bites](#)
- [Insect Repellent Use and Safety](#)



Yellow Fever

There are certain countries in Latin America that require Yellow Fever vaccine to enter their territory. Ecuador is a country that does not require this vaccine. Nonetheless, there are certain areas that have higher risk and its optional for travelers and visitors to get the vaccine (Centers for Disease Control and Prevention, 2016c).

People entering to Ecuador from one of the countries from the following link need to have the yellow fever vaccine (the US is not on the list).

<http://wwwnc.cdc.gov/travel/yellowbook/2016/infectious-diseases-related-to-travel/yellow-fever#4728>



YELLOW FEVER VACCINE RECOMMENDATIONS IN ECUADOR²

Image 5

Source: Centers for Disease Control and Prevention (2014)

Malaria

The estimated risk of Malaria in Ecuador is low. However, we recommend visitors that will be in areas where there is more risk of a mosquito bite to protect themselves against any type of bite. Insect repellent, long sleeves clothing, and mosquito netting help to minimize the risk of bites from infected mosquitoes (Centers for Disease Control and Prevention, 2016c).



MALARIA TRANSMISSION AREAS IN ECUADOR

Image 6
Source: Centers for Disease Control and Prevention (2016)



Contact information

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

National Emergency Response

Telephone: 911

USFQ-OPI Emergency Contact for International Students ONLY

Telephone: 0980834444

Family Doctor / Internal Medicine

Dr. John Rosemberg / Dr. Edmundo Torres 096007057 (Both Speak English)

Address: Foch 476 y Almagro - Medcenter

Telephone: 2521104 / 0999408358 / 0999739734

E-mail: jrd@pi.pro.ec

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: adavalos@pi.pro.ec

Hospitals

Hospital de los Valles (Cumbayá)

Address: Av. Interoceánica Km 12 ½-Cumbaya

EMERGENCY: 2977911

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

Hospital Metropolitano

Address: Av. Mariana de Jesús y Occidental

Telephone: 3998000

Talk Free Numbers: 1800 hmetro (463876)

Website: www.hospitalmetropolitano.org/

Hospital Vozandes

Address: Villalengua Oe2-37 y 10 de Agosto

Telephone: 2262142

EMERGENCY: EXT: 3051

Website: <http://www.hospitalvozandes.org/>

Clínica Pasteur

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

Telephone: 2992400

EMERGENCY EXT: 220



Sources

- Centers for Disease Control and Prevention. (2016). *Avoid bug bites*. [online] Available at: <http://wwwnc.cdc.gov/travel/page/avoid-bug-bites> [Accessed 25 Nov. 2016].
- Centers for Disease Control and Prevention. (2016 b). *Zika Virus in Ecuador - Alert – Level 2, Practice Enhanced Precautions - Travel Health Notices | Travelers' Health | CDC*. [online] Available at: <http://wwwnc.cdc.gov/travel/notices/alert/zika-virus-ecuador> [Accessed 25 Nov. 2016].
- Centers for Disease Control and Prevention. (2016 c). *Yellow Fever & Malaria Information, by Country*. [online] Available at: <http://wwwnc.cdc.gov/travel/yellowbook/2016/infectious-diseases-related-to-travel/yellow-fever-malaria-information-by-country/ecuador#seldyfm707> [Accessed 28 Nov. 2016]
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- World Health Organization. (2016). *Situation Report Zika, 24 November 2016*. [online] Available at: <http://apps.who.int/iris/bitstream/10665/251648/1/zikasitrep24Nov16-eng.pdf?ua=1> [Accessed 25 Nov. 2016].