Tropical Disease Report

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Updated: November 2016
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).
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).
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 favor that increased the probabilities of infection, yet there is not an official relation.

### Total of cases"Confirmed cases by", between EW 1-45, 2016

<table>
<thead>
<tr>
<th>Province</th>
<th>Lab</th>
<th>Epidemiological Nexus</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>MANABI</td>
<td>558</td>
<td>1693</td>
<td>2251</td>
</tr>
<tr>
<td>ESMERALDAS</td>
<td>113</td>
<td>79</td>
<td>192</td>
</tr>
<tr>
<td>GUAYAS</td>
<td>61</td>
<td>42</td>
<td>103</td>
</tr>
<tr>
<td>SANTO DOMINGO</td>
<td>14</td>
<td>30</td>
<td>44</td>
</tr>
<tr>
<td>PICHINCHA</td>
<td>28</td>
<td>8</td>
<td>36</td>
</tr>
<tr>
<td>LOS RIOS</td>
<td>20</td>
<td></td>
<td>20</td>
</tr>
<tr>
<td>EL ORO</td>
<td>9</td>
<td>1</td>
<td>10</td>
</tr>
<tr>
<td>SUCUMBIOS</td>
<td>3</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>GALAPAGOS</td>
<td>2</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>AZUAY</td>
<td>1</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>CHIMBORAZO</td>
<td>1</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>IMBABURA</td>
<td>1</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>ORELLANA</td>
<td>1</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>812</td>
<td>1853</td>
<td>2665</td>
</tr>
</tbody>
</table>
Table 1
Source: Ministerio de Salud Pública (2016)

Source: Centers for Disease Control and Prevention (2016)
Facts and prevention

- Zika virus is primarily spread by mosquitoes.
- Mosquitoes that spread Zika do not live at elevations above 2000 meters (6,500 feet).
- 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, Picardin (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).

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).

**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 Rosenberg / 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


