



In the first podcast episode Letty talked about having Chikungunya and not knowing it because her symptoms were not present. She described the experience as strange because she did not know she had the virus. Then soon after she began to have symptoms such as fever, chills, and body aches. After experiencing these symptoms she took tylenol to ease the pain and reported it helped a lot. Her symptoms lasted for three days. However, that was the only chemical medicine she took, because she did not visit the doctors office.

From the first podcast I learned “un sarpullido en toda la piel” means “rash all over the skin”.

In the second podcast Letty talked about having the unfortunate experience of having Zika as well. Similarly to the first virus, she did not know she had the virus. She said it began like an allergic reaction and started on her face then eventually travelled to her whole body. Then once her tongue began to develop thrush she knew it was something other than an allergic reaction. Unlike the first virus it kept her from work, made her cry from the pain, she could not speak, and she felt like she was on fire. She eventually gave in and went to the health center to see a doctor and was told that she had Zika virus as well as conjunctivitis. To get rid of the virus she took antibiotics.

For this podcast, I was able to understand it better once I read the transcript. Everything was self explanatory.