



### **Chikungunya Virus**

This podcast was with Letty, a receptionist at the San Pedro Spanish School in Guatemala. Letty had contracted the virus while she was working one day at the school. At first she thought she was just sick, but with all of the news going on and her symptoms she realized she had the Chikungunya virus. Although she was never formally diagnosed by a doctor, she can attest to the virus by recounting all of her symptoms. She stated that she had a fever, chills, intense joint aches, and a rash all over her body. She only took acetaminophen and a home remedy of sparkling water with lemon and honey. She said she heard that because the virus was so delicate, they do not give any medication and only recommended acetaminophen. Her symptoms started to slow down after day three and although they can last months, she has no symptoms now

### **Zika Virus**

Letty again is now talking about when she was diagnosed with the Zika virus. Despite it being carried by the same mosquito, the symptoms are different. With the Zika virus Letty had a rash that spread all over her body that especially infected her mouth. The rash got so bad that she could not eat, drink, spit or swallow. Unlike the Chikungunya virus she did not have a fever or joint pain. After 4 or 5 days she went to the doctor and they immediately knew that it was the Zika virus because of the symptoms. They gave her an antibiotic to help with the rash and a fever even though she did not have a fever. Here it is interesting to make note that the doctors in Guatemala did no blood testing or any sort of testing because they immediately knew what it was because of the symptoms. However, in the United States there must be testing done to confirm it because it is not as common as it is Guatemala:

#### **New Words:**

Desmayar – to faint

Chamarras – jackets

Sábanas – bed sheets

Sarpullido – rash

Articulaciones – joints

Sentirse tiesa – to feel stiff

#### **New Words:**

Áspera – rough

Escupir – to spit

Arderse – to burn

Aftas – canker sores

