



# CUYABENO WILDLIFE RESERVE

## Tropical Diseases in Ecuador

### The Highlands (Paramo):

The Andean mountains in the "Sierra" region are devoid of insect vectored diseases. Right now - above 7,000 ft (2,100 m) is completely safe.

### The Cloud Forest:

Sitting between 4,000 - 6,000 ft (1,200 m - 1,800 m) the cloud forest is relatively safe. There have NOT been reported cases of malaria, dengue fever, chikungunya, yellow fever, or Chagas. Rumored cases of leishmaniasis have been mentioned but nothing yet confirmed. Black flies definitely like your ankles - so rubber boots are recommended.

### The Amazon

Outbreaks of chikungunya and dengue fever have been reported however it is not a common occurrence.

**Malaria:** In the area of the Amazon in which I conduct my tours, the Cuyabeno reserve, - cases of Malaria have not been reported in the past seven years.

**Yellow Fever:** Recent cases of yellow fever have not been reported. You can be vaccinated against yellow fever. If you are visiting other countries (ex. Costa Rica) after Ecuador you may be required to show proof of your vaccination against Yellow Fever. This vaccination is not required to enter Ecuador.

**Zika:** Only a handful of cases have been reported in Ecuador.

**Chiggers:** The larval stage of mites. They do not carry any diseases, but having had them myself, are definitely no fun and EASILY preventable. When you get back from the field, take your clothes off and take a shower BEFORE lying in your bed.

### It's always recommended to be cautious!

Visit your doctor to see the latest CDC recommendations. Be up to date on all of your vaccines. Wear protective clothing (long sleeves / long pants) and insect repellent.

### \* Required Vaccinations

Ecuador no longer requires vaccinations to be allowed to enter.

It is always recommended to follow the CDC recommendations and to listen to the advice of your travel doctor. Typical vaccinations are Hep A, Hep B, Typhoid Fever, and routine vaccinations.