

GENERAL HEALTH

You'll probably get sick more often while serving in Ecuador than at home because those who work with children (anywhere in the world) just naturally get sick more often. Little kids pass germs around very easily and then our volunteers get sick while the little kids are getting better, but then because the volunteers are sick, then the kids get sick again, and sometimes it feels like an endless cycle, which is why we can't emphasize strongly enough about the importance of constant hand washing!

You might feel scared/anxious/nervous or think that your symptoms are worse than what you normally get sick with at home just because of being away from home and in a foreign country and not around your parents (specifically the mom factor), and that's normal, but please don't exaggerate your symptoms or how rotten you feel when talking to your parents, because we sometimes get calls from alarmed and frightened parents who think their child is incredibly sick with something life-threatening when it's really just a bad cold.

If you do get sick, please notify the Project Directors, and if you need to see a doctor, they'll make arrangements to take you so that you can get better as quickly as possible. All costs related to seeing a doctor/getting tests done/getting medication are costs the volunteer must pay up front, including the roundtrip taxi costs for any of these things in your behalf.