

## **SERHA TECHNICAL TEAM QUICK FACT SHEET**

### **WHAT IS GUILLAN BARRE SYNDROME (GBS)?**

Guillain-Barré syndrome (GBS) is a disorder in which the body's immune system attacks part of the peripheral nervous system

Guillain-Barré syndrome can affect anybody, at any age and both sexes are equally prone to the disorder.

Guillain-Barré may occur a few days or weeks after a viral infection.

The syndrome is rare, affecting only about one to two persons in 100,000.

### **HOW DOES GUILLAN BARRE MANIFESTS?**

GBS symptoms include weakness of the arms and legs and, in severe cases, can affect the muscles that control breathing

The first symptoms of GBS may include varying degrees of weakness or tingling sensations in the legs.

These symptoms can increase in intensity until certain muscles cannot be used at all and, when severe, the person is almost totally paralyzed. In these cases the disorder is life threatening – It is then a medical emergency

### **GUILLAN BARRE AND ZIKA VIRUS**

Recently, some countries worldwide have reported an increased incidence of GBS following infection with the Zika virus.

Current research suggests that GBS is strongly associated with Zika.

However, only a small proportion of people with recent Zika virus infection get GBS.

### **TREATMENT AND OUTLOOK**

There is no known cure for Guillain-Barre syndrome.

However, there is treatment that can lessen the severity of the illness and accelerate the recovery in most patients.

After first clinical manifestations of the disease, the symptoms can progress over the course of hours, days, or weeks.

Most people reach the stage of greatest weakness within the first 2 weeks after symptoms appear, and by the third week of the illness 90 percent of all patients are at their weakest.

Most persons fully recover, although it can be a long process. After 6 months, 80% of patients can walk again without assistance. After 1 year, about 60% have returned to full strength. Some patients take years to fully recover.

### **KEEP PERSONAL SURROUNDINGS AND COMMUNITIES FREE FROM MOSQUITOES**

### **VISIT YOUR DOCTOR EARLY IF THERE IS WEAKNESS NUMBNESS AND TINGLING IN YOUR ARMS AND LEGS**

#### **More Information**

<http://www.cdc.gov/zika/about/gbs-qa.html>

<http://www.who.int/>