

TORERO Health and Security Review

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Health Risks –Costa Rica and Chile

Health Risk	Risk Source	Recommended Risk Management
Hepatitis A	Contaminated Food and Water	Select well cooked foods, bottled water, immunization
Typhoid Fever	Contaminated Food and Water	Select well cooked foods, bottled water, immunization
Travelers Diarrhea – low risk in major hotels or resorts	Bacteria, viruses from contaminated food and water	Select well cooked foods, bottled water, avoid ice, brush teeth with bottled water; antibiotics

Health Risks – Costa Rica

Health Risk	Risk Source	Recommended Risk Management
Malaria – low risk in San Jose	Mosquito bite - evening	Avoid mosquito bites – repellent, long sleeves/pants
Dengue Fever – high risk in San Jose	Mosquito bite - daytime	Avoid mosquito bites – repellent, long sleeves/pants

Immunizations

- UCAR uses Passport Health for immunizations
 - On site clinics can be scheduled for 5 or more travelers
- Private pay at Passport Health can be arranged for non-UCAR travelers
- Consult with home institution for immunization benefits

Medical Facilities San Jose

- Medical facilities are adequate in San Jose
- Hospital CIMA San Jose
 - 500 meters west of the tollbooths on the highway to Santa Ana (Prospero Fernandez Freeway).
 - Phone: 506-208-1000 Emergency Room: 506-208-1151 or 506-208-1143
 - <http://www.hospitalsanjose.net/>
- Clinica Biblica
 - C 1, Av. 14, San Jose
 - 24-hour pharmacist on duty.
 - Phone: 506-2522-1000 Emergency phone: 506-257-0466
 - <http://www.clinicabiblica.com>

Security Risks – San Jose - Moderate

- San Jose is generally safe during the day, but pickpockets and purse-snatchers are a growing problem; foreigners are often among those targeted for these crimes. Do not wear flashy jewelry or clothing, or display expensive electronics.
- It is advisable to carry a copy of your passport and entry stamp page at all times. Keep original documents, including your passport, in a safe place, such as the hotel safe.
- Do not walk at night; arrange for transportation through your hotel. Never enter a vehicle that is not licensed. All licensed taxis have a yellow triangle sticker with numbers painted on the side.