

HEALTH & SAFETY RESOURCES FOR TRAVEL DURING COVID-19

HOTEL & SUPPLIER HEALTHY & SAFETY PROTOCOL

Costa Rica's tourism industry response to the global pandemic was implemented swiftly and is well maintained. A nationwide standard of health and safety protocols specific to tourism has been set by leading Costa Rica hotels. Typical health and safety measure implemented by hotels and tour operators include:

- Periodic steam sanitization of hotel rooms and all public areas
- Steam sanitization of hotel rooms and villas between each reservation
- Minimal touchpoints between staff and guests during check-in/check-out
- Distribution of hand sanitizers and tissues in hotels rooms and tourist vehicles
- Washing and drying units dedicated to hotel guests only
- Reduced seating capacity in restaurants
- Repurposing of hotel space to create ample outdoor sitting areas
- Upgraded filtered air conditioning systems to minimize airborne germs, viruses, and bacteria.
- Daily testing of hotel swimming pools to maintain optimum water quality

RESOURCES

INFORMATION RESOURCES

- <https://cr.usembassy.gov/covid-19-information/>

- <https://travel.state.gov/content/travel.html>

- CR Ministry of Health Facebook page: <https://www.facebook.com/msaludcr/>

CONSULAR SERVICES IN COSTA RICA

- **U.S. Embassy** <https://www.usembassy.gov/costa-rica/>

Calle 98 Vía 104, Pavas

San José, Costa Rica

Telephone: [506] 2519-2000

- **Canadian Embassy** www.costarica.gc.ca

La Sabana Executive Business Centre
Building 5, 3rd Floor behind the Contraloría General de la República
San José, Costa Rica P.O. Box 351-1007, San José, Costa Rica
Telephone: [506] 2242-4400

- **British Embassy** <https://www.gov.uk/world/organisations/british-embassy-in-costa-rica>

Edificio Centro Colón
Paseo Colón and Streets 38 and 40
San Jose
Apartado 815 - 1007
Telephone: [506] 2258-2025

MEDICAL SERVICES IN COSTA RICA

If you feel ill during your trip, please remain in your hotel room and inform the concierge of your status. They will help you Consult with your hotel concierge if yo

HOSPITALS

San Jose

Hospital CIMA: <https://www.hospitalcima.com/>

Hospital Clinica Biblica: <https://www.clinicabiblica.com/en/>

Clinica La Catolica: <http://www.hospitallacatolica.com/en/homepage>

Hospital Metropolitano (Downtown San Jose, Heredia, Tibas): <http://www.metropolitanocr.com/>

Liberia/Guanacaste

Hospital Clinica Biblica: <https://www.clinicabiblica.com/en/>

Hospital San Rafael Arcangel: <https://www.hcsanrafael.com/overview>

LOCAL CLINICS & EMERGENCY MEDICAL SERVICES

Quepos/Manuel Antonio

Hospital Metropolitano <http://www.metropolitanocr.com/>

Arenal/La Fortuna

Uni-Med Urgent Care – Fortuna (24 hours)

Nosara (Guiones, Pelada)

Paradise Medical Services

South Pacific (Uvita, Ojochal, Dominical)

Servicios Medicos Bahia Ballena