

TORERO Health and Security Review

Milenda Powers

UCAR Safety

11/1/2011

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.



Third Party Sites. Some of the links on the iJET Site may allow THE USER TO leave the iJET Site TO VISIT THIRD PARTY SITES ("Third-Party Sites"). Third party sites are not in any way under iJET's control, and iJET DOES NOT ASSUME ANY RESPONSIBILITY OR LIABILITY FOR ANY INFORMATION, CONTENT, COMMUNICATIONS, SERVICES, GOODS OR OTHER MATERIALS AVAILABLE ON SUCH THIRD PARTY SITES OR FOR ANY CHANGES OR UPDATES TO SUCH SITES. iJET does not intend links contained on the Third-Party Site to be referrals to, or endorsements of, any Third Party Site or the entities that operate SUCH A SITE, and such links are provided for convenience only.

Travel health diseases in Chile.

Travelers should become familiar with the following diseases and take appropriate precautions. Infection with some diseases will affect you during your stay, others may not become evident until your return. If medical problems develop after your return, notify your primary care physician of all previous international travel. Diseases such as tuberculosis can take months or years to cause symptoms, but a simple test can indicate exposure.

Disease	How transmitted	Comments
Traveler's diarrhea	Commonly caused by bacteria, but may also be caused by parasites and viruses. Contaminated food and water pose the greatest risk.	The most common illness in travelers. Avoid risky food and beverages. An antibiotic can be prescribed to be used in case diarrhea develops, or in some cases as prophylaxis against traveler's diarrhea.
Typhoid fever	Transmitted by contaminated milk, water and food. Food can be infected directly by water that is used in washing and preparation and by human carriers. Raw shellfish from contaminated waters are likely to be infected.	Causes high fever and flu-like illness as well as gastrointestinal symptoms. Vaccination is only 50-80 percent effective, so it is important to carefully select what you eat and drink. Drink bottled water, no ice, avoid fruits that you cannot peel, and eat only well-cooked foods.
Hepatitis A	The causative virus is commonly transmitted through food, water or milk contaminated by fecal material.	Prevalence of hepatitis A is high in Chile. For those over 60 years, the case fatality rate is 4 percent, and for those over 40, it is 2 percent. Infection in young children is often mild or asymptomatic. Hepatitis A is the most common vaccine-preventable disease in travelers. Large outbreaks occurred during 2003 in Santiago and Punta Arenas.
<i>Vibrio parahaemolyticus</i>	Ingestion of contaminated raw seafood	Outbreaks associated with ingestion of raw oysters are common in the fifth, eighth, ninth and tenth regions during summer months. People with weakened immune systems or liver disease are especially prone to infection, and are more likely to suffer complications, including death.
Tuberculosis	Through the air by coughing and sneezing.	Travelers planning an extended stay should have pre-departure PPD skin test. Whenever possible, avoid crowded public spaces and mass transportation. Risk is year-round and countrywide; areas of high risk include Santiago.
Hantavirus	Through inhalation or ingestion of contaminated rodent urine or, possibly, feces.	Hikers and campers can be at risk when using infested trail shelters or camping in rodent infested habitats. Most cases occur January through March, although cases occur year-round and are widespread within the country. Most cases occur in the fifth to e1th regions. Take precautions to avoid rodent droppings.
Dengue Fever	Through mosquito bites. Mosquitoes active in daylight hours in both urban and rural areas.	Occasional outbreaks occur on Easter Island.

Related Intel

[Health - Disease - Hepatitis B](#)

[Health Advice - Insect Precautions](#)

[Health - Advice - Sun and Heat Concerns](#)

[Health - Disease - Typhoid](#)

[Health - Disease - Hepatitis A](#)

[Health - Disease - Tuberculosis](#)

