



## **Quarantine Plan Essential Information**

In case anyone in your group gets infected by COVID-19, we ask that *you do not isolate yourself in the Posada*. This is to prevent a spread amongst staff, communities, and other volunteers. To better prepare as you formulate a quarantine plan for your group, we have included more information hyperlinked below.

### **Travel Insurance that includes COVID-19**

1. [Forbes List of Travel Insurances that Cover COVID-19](#)
2. [Trip Armor/Mission Trip Insurance](#)— “COVID-19 illness treated as any other illness or injury” and includes hotel stay. Individual and Group rates.
3. [IMG Global](#)—Includes emergency medical care and evacuation, COVID included.
4. [World Nomads Travel Insurance](#)—Includes accident/sickness expenses as well as emergency evacuation. Includes other benefits such as emergency dental and trip cancellation.
5. [International Volunteer Card](#)—Includes emergency medical care, evacuation, dental, and has a COVID option plan.
6. [InterMedical](#)—Provides international medical insurance including illness, injury and emergency medical evacuation. Some plans include COVID.

### **List of Hotels in Tijuana:**

1. [Hyatt Place Tijuana Hotel](#)
2. [Quartz Hotel & SPA](#)
3. [Hotel Lucerna Tijuana](#)

### **List of Hotels in San Diego:**

1. [Best Western Americana Inn- San Ysidro](#)
2. [Ayres Hotel San Diego South - Chula Vista](#)
3. [Holiday Inn Express & Suites San Diego Otay Mesa, an IHG Hotel](#)

### **For modes of Transportation, a list of possible rental services:**

1. [Airport rent-a-car](#)
2. [ASAP Rent-a-Van- San Diego](#)
3. [Passenger Van & Minivan Rentals | READIVAN San Diego](#)

### **Tijuana Local Places to Purchase COVID-19 Test Kits**

1. TBD
2. We recommend purchasing test kits before your trip, and packing them along with you and your group.

### **CDC general information:**

- [Guidance for COVID-19](#)

**More information on travel:**

- [Travel | CDC](#)
- [CDC COVID Data Tracker](#)
- [Requirement for Proof of COVID-19 Vaccination for Air Passengers | CDC](#)
- [Requirement for Face Masks on Public Transportation Conveyances and at Transportation Hubs | CDC](#)

**My Quarantine Plan: Esperanza International**

My Group: \_\_\_\_\_

Leader's Name: \_\_\_\_\_

Trip Dates: \_\_\_\_\_

**Our Group's Quarantine Plan:**

*Should any member of our group get sick with COVID-19, our plan for quarantine is: .....*

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