



## **Quarantine Plan and COVID-19 Essential Information**

**Although the Health Emergency related to COVID-19 ended on May 11, 2023, we ask all leaders and participants to consider the following recommendations and requirements as they plan their visits to Tijuana.**

### **Vaccines:**

- Vaccines to protect against COVID-19 are no longer required. However, the BOD of Esperanza International continues to strongly recommend that all members of a volunteer group interested in traveling to Tijuana and residing at the Posada be fully vaccinated and boosted against COVID-19 per CDC recommendations.
- As has been our policy, up to date (in the last 10 years) Tetanus vaccinations are still required for volunteers.

### **Masks:**

- Masks to protect against COVID-19 are no longer required. Though masks are no longer required on each work site or at the Posada, if someone or a particular group feels more comfortable wearing a mask then they are welcome to do so.
- Group leaders are responsible for and asked to coordinate appropriate social distancing and mask wearing at the Posada and all work sites per the expectations of the group and of the sponsoring organization.
- As has been our policy, masks are recommended when doing excavation work or when mixing concrete.

### **Medical Insurance:**

- Esperanza International requires all groups to obtain emergency medical insurance including repatriation to the USA as part of our planning.
- We continue to recommend that this policy include COVID-19 quarantine protections upon returning to San Diego.

### **Waivers:**

- The Esperanza Liability and Medical Waivers will continue to be required in order to participate in our volunteer program.

### **Quarantine Plan:**

- It is the responsibility and **Requirement** of each group to have a “what if” plan in place should an individual exhibit symptoms of and/or test positive for COVID while in Tijuana. 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.

## **Resources**

To better prepare as you formulate a quarantine plan for your group, we have included more information linked 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. Most local pharmacies in La Gloria/ Tijuana will carry these.
2. We also 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**

**Below are items that must be considered as part of any plan.**

1. *The Posada staff must be notified immediately upon suspicion of COVID symptoms of a volunteer.*
  - *The suspected case should be removed from participation with the larger group.*
2. *A key part of this plan will be a plan for repatriation to the USA of a COVID infected person and possible need to quarantine in California before traveling home by air.*
3. *Each group is responsible for contact tracing and the reporting of COVID infected persons as required by their local health departments upon return. Groups commit to “contact trace” and must commit to notify Esperanza International of any COVID-19 cases in the group which arise within two weeks of your return home.*
4. *Each group must bring “At Home” COVID Tests and masks in case a participant should get sick. These are also available at local pharmacies in Tijuana.*
5. *VERY IMPORTANT: The Posada may not be used as a quarantine site before returning to the USA*

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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