

**MINISTRY OF HEALTH
REGION OF COLON
SANITARY RECOMMENDATIONS
WYD 2019**

1. WATER

It is recommended to consume bottled drinking water.

2. FOOD

Consume only food in establishments that have the WYD authorization logo.

The establishments with permission of the Ministry of Health (Minsa on Spanish), must have visible the following cards for each worker handling food in these establishments:



GREEN - HEALTH ID CARD



WHITE - HEALTH ID CARD

3. WYD will be held in the summer season with temperatures on average of 33 ° C. Be sure to be well hydrated, daily shower, use repellent for organic mosquitoes, use sunscreen and hats or caps.
4. Previously review the area where you will sleep.
5. If you are going to be in wooded areas, wear long-sleeved clothing and boots
6. Notify in the place where you will be staying, if you have allergies or if you suffer from any other illness.
7. If you have a fever, diarrhea, vomiting or sting, you must notify and go to the Health Center closest to your area of stay.
8. Remember frequent hand washing; with water, soap and / or alcohol gel.

Health centers that are recommended to assist in cases of requiring medical assistance, depending on the Area where you are:

ZONE 1: Includes the parishes within the town of Colón and the Parish of San Vicente de Paúl of Arco Iris.

The pilgrims in this zone, would correspond in case of needing medical attention the POLICENTRO JUAN A. NUÑEZ, located in 9th street and Amador Guerrero Ave.

The hours of operation are from 7:00 a.m. to 9:00 p.m. from Monday to Friday and on Saturdays and Sundays from 8:00 a.m. to 2:00 p.m.

Tel: (507) 475-5500

ZONE 2: Comprised by communities of the reverted area of Margarita, Espinar and Davis and the communities of Escobal, Cuipo, Costa Abajo and Coclesito.

Those located in Margarita, Espinar and Davis; they must go for medical attention to the POLICENTRO JUAN A. NUÑEZ, located on 9th Street and Av. Amador Guerrero.

Those who are in the community of Escobal, go to the Escobal Health Center, which is located in that community.

Their service hours are 24 hours, every day of the week.

Pilgrims who are in the community of Cuipo can go to the Cuipo Health Center, which is in the same community.

Their opening hours are Wednesday and Friday from 7:00 a.m. to 3:00 p.m. Medical care after 3:00 pm would be at the Escobal Health Center that works 24 hours a day; every day.

Those who are in the community of Achioté, Piña, Palmas Bellas, Chagres, Salud; they must go to the Palmas Bellas Health Center located in that community.

Hours of operation: 24 hours, every day of the week.

Those who are in the community of Icacal, can go to the Health Center of Icacal.

Hours of operation: from 7:00 a.m. to 3:00 p.m., Monday through Friday

Those who are close to the community of Miguel de la Borda, can go to the Miguel de la Borda Health Center located in that community.

Hours of operation: 24 hours, every day of the week.

ZONE 3: Includes the parishes located from the community of Puerto Escondido to Cativá and Transísmica.

Pilgrims who are in communities located throughout this area, should go for medical attention to the Juan A. Núñez Policentro, located on 9th Street and Amador Guerrero Ave.

The hours of operation are from 7:00 a.m. to 9:00 p.m. from Monday to Friday and on Saturdays and Sundays from 8:00 a.m. to 2:00 p.m.

ZONE 4: Includes the parishes located from Sabanitas to the Community of 20, border with the Province of Panama.

Those who are in areas surrounding Sabanitas, should go for medical attention to the Juan A Núñez Policentro, located on 9th Street and Av. Amador Guerrero.

Pilgrims who are located in communities near Buena Vista, should go for medical attention to the Buena Vista Health Center.

Hours of operation: from 7:00 a.m. to 3:00 p.m., Monday through Friday.

Those pilgrims who are close to the community of Salamanca, should go to the Health Center of Sardinilla, located in that community.

Hours of operation: from 7:00 a.m. to 3:00 p.m., Monday through Friday.

ZONE 5: Includes the parishes that are located from the area of Nuevo Colón to Portobelo, Costa Arriba de Colón. The pilgrims who are in the communities near Nuevo Colón, Pílon and Villa Londra, should go for medical attention to the Juan A Núñez Policentro, located on 9th Street and Amador Guerrero Ave. Those who are in the communities near Portobelo, should go to the Portobelo Health Center, located in that community. Hours of operation: 24 hours, every day of the week.

***** It is important to note that in each of the Macro activities that are organized to be carried out in the province of Colon, the Ministry of Health will have several medical care posts with qualified personnel to attend any emergency that may arise with any participant. In addition, to address major emergencies, we have the Manuel Amador Guerrero Hospital in the city of Colon 24 hours a day.**