CONTINGENCY PLANS IN CASE OF EMERGENCY

LAS ALTURAS BIOLOGICAL STATION

July 2016
EMERGENCY PHONE NUMBERS

IN THE EVENT OF AN EMERGENCY CONTACT STATION STAFF AS SOON AS POSSIBLE

1. EMERGENCY NUMBERS

General: 911

Medical:
San Vito Hospital 2773-3103; 2773-4669; 2773-4125
Red Cross 1028; 2773-3191
Dr. Pablo Ortiz 2773-3407; 2773-3310
Surá Pharmacy 2773-4075

Fire:
San Vito 2773-3600

Police:
San Vito 2773-3225
Sabalito 2784-0200

2. STATION STAFF

Las Alturas Biological Station is associated with the Las Cruces Biological Station and the Organization for Tropical Studies (OTS). It is located inside a private property called the Finca Las Alturas del Bosque Verde.

OTS Central Phone numbers
OTS San José 2524-0607
Las Cruces Biological Station 2773-4004

Las Cruces Biological Station Staff

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>LC Ext</th>
<th>Home</th>
<th>Cell</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rakan (Zak) Zahawi</td>
<td>Director</td>
<td>3100</td>
<td>-</td>
<td>8553-5235</td>
</tr>
<tr>
<td>Emilce Ramirez</td>
<td>Administrator</td>
<td>3200</td>
<td>2734-0631</td>
<td>8704-8996</td>
</tr>
<tr>
<td>Rodolfo Quirós</td>
<td>Resident Biologist</td>
<td>3110</td>
<td>2734-0028</td>
<td>8888-0979</td>
</tr>
<tr>
<td>Fabian Cambronero &amp; Lisbeth Jímenez</td>
<td>Reception</td>
<td>3000</td>
<td>-</td>
<td>8884-5304</td>
</tr>
<tr>
<td>Alexis Chavarría (Night) &amp; Alexis Campos (Day)</td>
<td>Entrance Guards</td>
<td>3240</td>
<td></td>
<td>8669-5047</td>
</tr>
</tbody>
</table>
### Finca Las Alturas del Bosque Verde Staff

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Cell</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fernando Castañeda</td>
<td>Administrator</td>
<td>8843-5762</td>
</tr>
<tr>
<td>Maritza Vásquez</td>
<td>Reception Office</td>
<td>8701-6404</td>
</tr>
<tr>
<td>Martín Chavarría (Pollo)</td>
<td>Foreman</td>
<td>8837-5650</td>
</tr>
<tr>
<td>Rufino González (Aguila)</td>
<td>Head of Security</td>
<td>8719-8595</td>
</tr>
</tbody>
</table>

### OTHER IMPORTANT NUMBERS:

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Home</th>
<th>Cell</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liana Babbar</td>
<td>OTS Director in Costa Rica</td>
<td>2231-6220</td>
<td>8391-9951</td>
</tr>
<tr>
<td>Pía Paabi H.</td>
<td>OTS Education Director</td>
<td></td>
<td>83466121</td>
</tr>
<tr>
<td>Minor Porras</td>
<td>OTS Operations Coordinator</td>
<td>2250-6056</td>
<td>8860-6480</td>
</tr>
<tr>
<td>Francisco Campos</td>
<td>General Services Manager</td>
<td>2244-0748</td>
<td>8874-2476</td>
</tr>
<tr>
<td>US Consulate</td>
<td></td>
<td>2220-3050; 2220-3939; 2220-3127 (emergencies)</td>
<td></td>
</tr>
<tr>
<td>Clínica Bíblica (Hospital)</td>
<td></td>
<td>2522-1000</td>
<td></td>
</tr>
<tr>
<td>Taxis San Vito</td>
<td></td>
<td>2773-3939; 8870-9343</td>
<td></td>
</tr>
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BASIC INFORMATION

GEOGRAPHIC LOCATION
Las Alturas is located ~330 km South of San José, in Coto Brus County. It is a humid area (~3 m rain annually) and the station is at 1500 m elevation.

STATION ACCESS
*Main access routes by road to San José are:*
• San Vito-Paso Real (shortest route, 6 – 7 hours)
• Cuidad Neilly (7 – 8 hours)

*Main access routes by air to San José are:*
San Vito airport (there are no commercial flights but small 1-2 engine planes can land during the day, weather permitting).
• Golfito airport (75 km; ~1.5 hours) with several flights a day to San José.

HOSPITALS
• San Vito Hospital (~30 km south of the station) is well equipped for emergencies and has several bilingual doctors.
• Ciudad Neilly is 70 km south by road and has a larger hospital.

SAFETY ZONE
• The station’s safety zone is located in front of the building. Stay away from trees and the property fence.

STATION PROTOCOL
To minimize risk while visiting Las Cruces we ask that all visitors abide by these simple rules:

• Always wear closed-toe shoes or boots when walking in the forest, or if at night in the garden.
• Always carry a flashlight with you, especially when walking in the forest. Do not hike alone.
• If you plan on hiking in the forest let someone at the station know you are going before leaving and give them an estimated return time.
• Request a map and station radio for long hikes.
• Always remain on demarcated trails.
• Do not handle snakes in the field. Be careful when approaching them and maintain a considerable distance.
• No fires are allowed near the forest. Consult with staff if you want to start a fire at the station.
EMERGENCY PROCEDURES

IN THE EVENT OF ANY OF THE FOLLOWING EMERGENCIES,
CONTACT LAS CRUCES BIOLOGICAL STATION STAFF AS SOON AS POSSIBLE

1. SNAKE BITE:
   • Keep patient calm.
   • Make sure bite area is *not* constricted by clothes or any other material.
   • Make sure bite area is *below* heart and rest of body (as much as possible).
   • Contact station and Finca Las Alturas staff immediately.
   • Take victim to the San Vito Hospital as soon as possible (ambulance or OTS vehicle).

   **DO NOT:**
   • Constrict bite area (e.g. with a tourniquet).
   • Try and extract venom (unless you have an extractor), or make any incisions to the bite area.
   • Make the patient walk unless necessary (depends on where bite occurred).
   • Apply antivenom to the patient or any other medication.

2. ALLERGIC REACTIONS:
   • Keep patient calm, in a comfortable position (usually seated).
   • Contact station and Finca Las Alturas staff and hospital immediately.
   • Evacuate patient to hospital as soon as possible, avoid allowing patient to walk.

3. FRACTURES:
   • Keep patient calm.
   • Do not move patient unless absolutely necessary and fracture is stable.
   • Contact station and Finca Las Alturas staff and hospital immediately.
   • Evacuate to hospital.

4. WOUNDS & HEMORRHAGING:
   • If hemorrhaging apply direct pressure to wound with hands (use rubber gloves if available).
   • Make sure wound is *above* heart and rest of body (as much as possible).
   • Do not constrict area (e.g. with a tourniquet).
   • If impaled, do not attempt to remove foreign object unless absolutely necessary.
   • Contact station and Finca Las Alturas staff and hospital immediately.
   • Evacuate patient to San Vito Hospital.
5. MEDICAL ILLNESS (various):
• Contact station and Finca Las Alturas staff for further assistance.
• In case of emergency, contact San Vito hospital.

6. NATURAL DISASTERS:
• Always stay calm.
  •  *Storm/Tornado*
    Seek shelter in a station building.
  •  *Earthquake*
    • Exit building if possible and seek an open area.
    • Seek out the safety zone.
    • Avoid trees and fences.
    • If there are injuries do not attempt to move patients unless absolutely necessary.
    • Contact station and Finca Las Alturas staff for further assistance and instructions.

7. FIRE:
• Always stay calm.
• Evacuate building as quickly and orderly as possible.
• Fire extinguishers are present in the building.
• Contact station and Finca Las Alturas staff immediately.
• Contact 911 or the San Vito Fire Department as soon as possible.

8. OTHER EMERGENCIES:
• Any other emergencies that occur on station grounds should be reported to staff as soon as possible for further assistance on how to proceed.