CONINGENCY PLANS IN CASE OF EMERGENCY

LAS CRUCES BIOLOGICAL STATION & WILSON BOTANICAL GARDEN
EMERGENCY PHONE NUMBERS

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

**From Las Cruces dial 9 to get an outside line**

1. EMERGENCY NUMBERS

General: 911

Medical:
- Hospital San Vito: 2773-3103; 2773-4669; 2773-4125
- Red Cross: 1028; 2773-3191
- Dr. Pablo Ortiz: 2773-3407; 2773-3310 (home; 500m from Las Cruces)
- Farmacia Surá: 2773-4075

Fire:
- San Vito: 2773-3600
- Ciudad Neilly: 2783-3484

Police:
- San Vito: 2773-3225; 2773-4023
- Agua Buena: 2734-0157
- Sabalito: 2784-0514

2. 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 Ramírez</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;</td>
<td>Reception</td>
<td>3000</td>
<td>-</td>
<td>8884-5304</td>
</tr>
<tr>
<td>Lisbeth Jimenez</td>
<td></td>
<td></td>
<td>8669-5047</td>
<td></td>
</tr>
<tr>
<td>Alexis Chavarría (Night) &amp; Alexis Campos (Day)</td>
<td>Entrance Guards</td>
<td>3240</td>
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</tr>
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3. OTHER IMPORTANT NUMBERS

OTS Staff San José & Duke University and other OTS Stations:
- OTS San José: 2524-0607
- OTS Duke (US): +1 (919) 684-5774
- La Selva Biological Station: 2776-6565
- Palo Verde Biological Station: 2661-4717
<table>
<thead>
<tr>
<th>Name</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Liana Babbar</td>
<td>Director OTS Costa Rica</td>
<td>2231-6220</td>
<td>8391-9951</td>
</tr>
<tr>
<td>Pia Paabi H.</td>
<td>Education Director</td>
<td></td>
<td>8346-6121</td>
</tr>
<tr>
<td>Minor Porras</td>
<td>Head of Operations</td>
<td>2250-6056</td>
<td>8860-6480</td>
</tr>
<tr>
<td>Francisco Campos</td>
<td>Head of General Services</td>
<td>2278-2404</td>
<td>8874-2476</td>
</tr>
</tbody>
</table>

**Other Numbers:**

- **US Consulate**: 2220-3050; 2220-3939; 2220-3127 (emergencies)
- **Clinica Bíblica**: 2522-1000
- **Taxis San Vito**: 2773-3939; 8870-9343
BASIC INFORMATION

GEOGRAPHIC LOCATION
Las Cruces is located 300 km southeast of San José, in the Coto Brus County. It is a humid and wet part of the country (~4 m rain annually) and the station is at 1200 m elevation.

STATION ACCESS
Main access routes by road to San José are:
• San Vito-Paso Real (shortest route, 5 – 6 hours).
• Cuidad Neily (6 – 6.5 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 (45 km; ~1.5 hours) with several flights a day to San José.

HOSPITALS
• San Vito Hospital (~6 km north of the station) is well equipped for emergencies and has several bilingual doctors.
• Ciudad Neily is 32 km south by road and has a larger hospital.

EMERGENCY COMMITTEE and SAFETY ZONES
• The station has an emergency committee to coordinate and manage logistics, should an emergency occur; several are trained in first aid.

Contact the following persons in case of emergencies: Reception (extension 3000):
• Emilce Ramirez (Coordinator)
• Maricel Gómez (Co-coordinator)
• Yerlyn Blanco (Treasurer)
• Lisbeth Jimenez (Secretary)

SAFETY ZONES
- Parking area in front of the Wilson House
- At the crossroads (near the Wilson Terrace)
- In front of Artibeus (white house next to forest entrance)
- In front of the library.
- In front of the visitor cabins.
- In the parking lot of the new researcher’s cabins
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.
EMERGENCY PROCEDURES

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

1. SNAKE BITE:
   • Keep patient calm.
   • If necessary bring stretcher for evacuation.
   • 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 staff immediately (extension 3000 or 3240).
   • 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 staff (extension 3000 or 3240) and hospital immediately.
   • In case of anaphylactic shock an epinephrine injection is available at the station (can only be administered by qualified personnel).
   • 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. There are stretchers and splints available at the station.
   • Contact station staff (extension 3000 or 3240) and hospital immediately.
   • Evacuate to hospital.
4. WOUNDS & HEMORRHAGING:
• If hemorrhaging apply direct pressure to wound with hands (use rubber gloves if available; some can be located in the station emergency kit).
• 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 staff as soon as possible (extension. 3000 or 3240).
• Evacuate patient to San Vito hospital.

5. MEDICAL ILLNESS (various):
• A medical kit with basic supplies is available at the station.
• Contact station staff for further assistance (extension. 3000 or 3240).
• In case of emergency, contact San Vito hospital.

6. NATURAL DISASTERS:
• Always stay calm.
  • Storm/Tornado
    Seek shelter in a station building.
  • Earthquake
    • Exit buildings if possible and seek an open area.
    • Seek out the nearest safety zone.
    • Avoid trees.
    • If there are injuries do not attempt to move patients unless absolutely necessary.
    • Contact station staff immediately for further assistance and instructions (extension. 3000 or 3240).

7. FIRE:
• Always stay calm.
• Evacuate building as quickly and orderly as possible.
• Fire hydrants and/or extinguishers are present in all buildings (see map).
• Contact station staff immediately (extension. 3000 or 3240).
• 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.
Map of Fire Extinguisher locations at Las Cruces

Location of Fire Extinguishers at Las Cruces
1. Visitor's Center main entrance
2. Visitor's Center kitchen
3. Wilson House classroom entrance
4. Wilson House classroom entrance
5. Wilson House 1st floor corridor outside Perezoso
6. Wilson House 2nd floor outside Arcilla
7. Wilson House 3rd floor outside Armadillo
8. Laboratory outside main entrance
9. Laboratory inside main entrance
10. Laboratory inside back door
11. Laboratory outside back door
12. General Services in front of Milned room
13. General Services in front of Administrative office
14. Dining room entrance to kitchen
15. Kitchen next to hot water tank
16. Kitchen outside back door
17. Outside Bromelia
18. Outside Acantos
19. Outside Orchidea
20. Library inside main entrance (right)
21. Library inside main entrance (left)
22. Maintenance shed
23. Gardener's shed
24. Inside Lido
25. Inside Passiflora
26. Inside Zania

FIRE HYDRANTS & HOSES - LAS CRUCES BIOLOGICAL STATION

Garden Collections
A. Wilson Terraces
B. Marantas
C. Bananaceae
D. Euphorbiaceae
E. Decades
F. Jungle Trail
G. Lookout Point
H. Bamboo
I. Orchidea
J. Tree Ferns
K. Annonas
L. Bulb: Crowsfoot and Rheoideae
M. Cymbidium
N. Bleeding Heart
O. Coastal Trail
P. Rep. Jard and Foroudi Trail

Buildings
1. Guard House
2. Second Gate
3. Visitor's Center
4. General Services
5. Library
6. Laboratory (not public)
7. Cabins (not public)
8. Wilson House
9. Laundry
10. Greenhouse (By appointment)
11. Cash Greenhouse
12. Maintenance (not public)