CONTINGENCY 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 Cambrónero &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></td>
<td>8669-5047</td>
</tr>
<tr>
<td>Alexis Chavarría (Night)</td>
<td>Entrance Guards</td>
<td>3240</td>
<td></td>
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<td>&amp; Alexis Campos (Day)</td>
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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>
<th>Position</th>
<th>Home</th>
<th>Cell</th>
</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>
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**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-toed 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.