

COVID & Ecotours

SAVE THE FROGS! is excited to welcome you on the tour. Due to the pandemic, we have these additional guidelines, expectations and requirements to maximize the safety of all participants.

Status of COVID-19 in Costa Rica

- “Masks are required to enter any business, and there are hand washing stations at every store and restaurant before you can enter. Driving restrictions are mostly lifted, schools are reopened, and many businesses are reopening.”
- John Bohrman, SAVE THE FROGS! Board Member & Ecotourist, who lives in Costa Rica, February 2021
- Total Cases Per 1 Million People as of March 14, 2021:
USA: 90,540
Costa Rica: 40,784
- Total Deaths Per 1 Million People as of March 14, 2021:
USA: 1,646
Costa Rica: 558

COVID-Related Safety Requirements Before The Ecotour

- Send SAVE THE FROGS! a copy of your proof of vaccination or a COVID PCR test result taken within four days of your flight to Costa Rica.
- Purchase health insurance that meets Costa Rica government requirements for travelers (as described in the Mandated Insurance section below).
- Complete the SAVE THE FROGS! Covid Questionnaire, which we will send to you the week before the tour begins:
 - Have you had close contact with or cared for someone diagnosed with COVID-19 within the last 14 days?

- Have you experienced any cold or flu like symptoms in the last 14 days, to include any of the following: fever, shortness of breath, cough, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell?
- If you or anyone in your group is experiencing symptoms, we will work directly with you to cancel or reschedule your tour. Please make sure that everyone in your group is healthy and no one has come in contact with anyone who is sick prior to your scheduled tour date.

Mandated Insurance

- As of February 2021, the government of Costa Rica is mandating that international travelers have approved insurance for the duration of their stay.
 - The insurance should cover lodging for infected persons, as they will have to quarantine and test negative before returning to the US.
- It is imperative that ecotourists get the required insurance before arrival.
 - While it is possible to get it in the airport in San Jose upon arrival, the price difference is huge. For example, 90 days coverage if purchased before arrival is \$65 (for a 53 year old male). Purchased in country, the cheapest we have found for that same time period is \$789.
- Trawick International is the travel insurance that many people are using to come to Costa Rica from the US and Canada. It is significantly cheaper than most of the other options we've seen.
 - <https://www.trawickinternational.com>
 - If you are a US Citizen you want Trawick's Safe Travels Voyager: <https://www.trawickinternational.com/travel-insurance-plans/costa-rica-required-travel-insurance>
 - Send questions to: Kathleen Wilson info@trawickinternational.com

COVID-Related Safety Requirements During The Ecotour

- Wear face masks when within 6 feet of others.
- Wash your hands often and/or use antibacterial gel.
- SAVE THE FROGS! expects all ecotourists to abide by CDC guidelines whenever possible:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Show respect to other participants and to local people.
 - Be aware that some ecotourists may prefer a larger amount of personal space than you do, and may have different views on the dangers of COVID than you do.
- Ecotourists must bring:
 - Hand sanitizer
 - Extra masks
 - Ideally N95 or KN95 masks
 - Their own pen(s).
- Notify your tour leader immediately if you are feeling ill.
- Travelers with suspected or confirmed COVID will be required to leave the tour group.

Single Travelers

- Single travelers will share a room with another single traveler. As such, we encourage single travelers to bring a friend or family member on the tour to serve as their roommate.

Exit Requirements For Leaving Costa Rica & Returning To The USA

- The US Embassy says:
“Effective January 26 (2021), all airline passengers to the United States ages two years and older must provide a negative COVID-19 viral test taken within 72 hours (three calendar days) of flight departure from Costa Rica.
Alternatively, travelers to the U.S. may provide documentation from a licensed

health care provider of having recovered from COVID-19 in the 90 days preceding travel. Check the CDC website for additional information and [Frequently Asked Questions](#). For more information on these requirements and a list of COVID-19 testing locations in Costa Rica, please visit the U.S. Embassy San Jose COVID-19 information page at: <https://cr.usembassy.gov/covid-19-information/>

- Direct questions to the State Department's email: ACSSANJOSE@state.gov
 - SAVE THE FROGS! can ensure that ecotourists who request it get taken to a testing site towards the end of the tour. The cost for the test is ~\$60 per person, and results are generally provided within a few hours.
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Covid Discussion on Day 1 of tour.

- Wear mask when closer than 6 feet to others (indoors and outdoors)
 - Wear mask over nose and mouth
- Masks required in vehicles.
- Disinfect and wash hands frequently.
- Try to minimize spread of germs.
- Tour guides will monitor health and wellness of ecotourists on a daily basis.
- Respect others

If You Get Sick During Tour

- Tell your guides.
 - If you become ill we will assist you in finding local services.
 - If suspected of having COVID or other highly contagious infection, you may be required to leave the tour.
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