
Mitigation Plan

CSW Education Abroad in Panama

Traveling Date: Mod 5



Introduction & Background

As outlined by the Education Abroad Faculty Handbook 2021-2022, CSW's approach to running Spring 2022 programs rests in transparent communication about our ability to mitigate COVID-19 related risks in any given program location. As we approach Module 5, we continue to develop our risk mitigation plan, which will not vary much by location and program type.

Goals

1. To provide crucial information about travel and safety for our program.
2. To share our mitigation and response plans, including necessary precautions and quarantine/isolation.
3. To inform students of regulations imposed by the government of Panama and the US.

Objectives

The Panama Study Abroad Program is an individual and collective experience and what it looks like for a student will depend on each student, whether during COVID-19 or not. However, it is clear that students studying abroad during Module 5 will develop flexibility, resilience, adaptability, and fortitude, all of which are critical skills to their futures.

Entrance Guidelines & Requirements

The entrance guidelines have been divided into two groups. One part explains what is expected in Panama, and the other, explains what is expected in the US.

Entrance Guidelines to Panama:

1. All individuals must wear a mask in public areas; this includes transportation.
2. The Centers for Disease Control and Prevention (CDC) has issued a Level 3 Travel Health Notice for Panama due to COVID-19. The State Department has also issued a Level 3 Travel Advisory for Panama. Read the [Health Notice](#) and [Travel Advisory](#).
3. Each individual entering Panama must complete and sign an [electronic sworn affidavit](#) prior to check-in. See the [Ministry of Tourism webpage](#) for more information about current entry requirements. Each student must complete the form individually before traveling.
4. Everyone entering Panama must provide proof of full vaccination. If you are fully vaccinated there is no need for quarantine or isolation. The physical card is the best option for proof of vaccination, but having a digital backup is always a good idea.
5. If a traveler can't provide proof of vaccination, then the person must be tested at the airport and should be quarantined for 3 days. If the individual tests positive, then, that person must quarantine for 10 days at an assigned hotel. Panama's government has selected the hotels, and the person must comply with the list of hotels provided by the government of Panama.
6. The price of tests at Tocumen Airport is \$50 for a quick test and \$85 for a PCR test. The test center is open from 5:00 AM to 9:00 PM. It takes approximately 40 minutes to get results.

Entrance Guidelines to the US:

1. U.S. citizens abroad should register for the Smart Traveler Enrollment Program ([STEP.state.gov](#)) so they can receive important information from their nearest U.S. Embassy or Consulate, including alerts and updates to Travel Advisories. Students will be reminded to complete this form during the first couple of days on campus before traveling to Panama.
2. To embark on the airplane all passengers must test negative. The test can be taken at Tocumen International Airport in Panama City. The tests available are the PCR

test and the antigen or quick test. Both are valid to return as long as the individual tested negative.

3. If you test positive, you must quarantine for 7 days at one of the hotels approved by the government of Panama. Meanwhile, you can either test negative to re-enter the US or you can get a doctor's note indicating your recovery from Covid-19.
4. If you need to request emergency service, email your request to Panama-ACS@state.gov, and be sure to explain the nature of the emergency.
5. As a suggestion, after arrival to the US:
 - Get tested with a COVID-19 [viral test](#) 3-5 days after travel.
 - Find a [U.S. COVID-19 testing location near you](#).
 - Self-monitor for [COVID-19 symptoms](#); [isolate](#) and get tested if you develop symptoms.
 - Follow all [state and local](#) recommendations or requirements after travel.

Panama's Response to the Pandemic

For all the details about changes made by the Government of Panama in response to the pandemic, please see the daily announcements on the [Ministry of Health's website](#), [Twitter](#) or [Instagram](#) account.

Other links:

- [COVID-19 crisis page on travel.state.gov](#)
- [CDC page on COVID-19](#)
- The Department of State has issued a [Level 3 Travel Advisory](#) for Panama due to COVID-19.
- The Centers for Disease Control and Prevention (CDC) has issued a [Level 3 Travel Notice](#) for Panama
- Consult the [CDC website](#) for the most up-to-date information.
- View the U.S. Embassy Panama's most recent [Alerts & Messages](#)

Testing Locations

Testing is available at the following locations:

- Tocumen International Airport (for international arrivals and departures), antigen rapid test cost: \$50 / molecular test cost: \$85.
- Hospital Nacional, Contact 306-3300, WhatsApp 6949-6124.
- Hospital Punta Pacifica, If you want car-side testing, visit the Punta Pacifica drive-through testing center. Appointments at the following link: <https://www.pacificasalud.com/expresscovid>.
- Lab Center is offering home services. Appointments are made through WhatsApp at 6285-7181
- Panama Clinic, Contact 310-1111

Mitigation Plan in Panama:

- 1) All students are expected to be fully vaccinated 14 days before our departure on Wednesday, March 23, 2022.
- 2) Whenever students are outdoors (transportations) and indoors, the use of masks is expected by the government of Panama. Students should bring their masks, although, we will have a backup available to them.
- 3) In Panama City (1 day) and Bocas del Toro (9 days), we will continue to use masks for the first 4 days, then, they have the option of removing masks. At this point, we will have initiated/consolidated the safety bubble.
- 4) In Cerro Punta (4 days), students will be using masks when visiting the cabin of another group.
- 5) In Guararé (12 days), all students will be staying at Hotel Residencial La Mejorana. There will be a 7 pm curfew. For the first four days, students should use masks when outside of their rooms.
- 6) In Guararé, during the day, students must take part in the program that has been designed for this course, and the use of masks is required.
- 7) Our visit to Panamá will require visits to various places, including museums, organizations, laboratories, etc; therefore, students must have a hand sanitizer and an extra mask.

- 8) Our programming will continue as scheduled, but as long as all students continue to apply social distancing, use of masks, and handwashing, we can prevent Covid-19 infection.
- 9) We will be testing 2 times a week with a quick antigen test.
- 10) If a student tests positive, then the student will quarantine if asymptomatic. But, if there are symptoms, then the students will be placed in isolation. In either case, we will have a room available for the student to isolate or quarantine for 7 days.
- 11) If a student experiences severe symptoms then we will take the student to the nearest hospital for treatment:
Centro de Salud de Guararé: RPF9+4CR, Guararé, Panamá
Centro de Salud de Cerro Punta: VC3G+CCC, Cerro Punta, Panamá
Centro de Salud de Isla Colón: 9P5W+XQH, Bocas del Toro, Panamá
- 12) If a student tested positive, we will have a doctor confirming that the student is recovering. This same document provided by the doctor can be used to return to the US. With this document, the student does not need to take the PCR or the quick antigen test.
- 13) Once we return on April 21, 2022, at Tocumen International Airport, all travelers must take a PCR test or a quick antigen test. If positive, the traveler must stay for 7 days in quarantine. Meanwhile, the individual must be verified by a doctor. If the doctor documents that the person is recovering, then, the person can travel back to the US. without taking a PCR or a quick antigen test.
- 14) If a student needs to remain in quarantine or isolation, we have to use one of the accommodations provided by the government. These accommodations are at the expense of the visitor and not the government. If a student must quarantine or be isolated, an adult will be accompanying the student until returning to the US.
- 15) The entire group will be staying overnight in Atlanta before traveling to Boston. Students will be expected to use masks outside of their assigned rooms at the Holiday Inn.
- 16) For now, upon returning to CSW we recommend testing with a PCR test or a quick antigen test.



Monitoring:

Even when the government of Panama has determined that Omicron is a variant that can be prevented; we will continue monitoring Panama's health context, any regulatory changes, as well as their potential impact on our visit.