

Medical Information

All groups are responsible for their own medical care and planning while in Tijuana. Doxa can be a great resource to help navigate all the options available and familiarize groups with the best course of action. As with most things in Tijuana, an excellent medical plan starts with sound preparation. The information below is meant to help with that preparation.

- Work site safety is the best preparation that groups can have. Many injuries can be prevented. When on the work site, please remember:
 - Give ample space while hammering, using a saw, moving materials around, and swinging pick axes.
 - When lifting heavy or awkward items, it's better to work in teams.
 - If working on ladders or climbing on the roof, remember to move slowly and only work right in front of you. Reaching or moving too fast can create accidents.
 - If unfamiliar with proper and safe power tool use, please ask someone with more experience for direction.
 - Communicate clearly with people around you and think before you act!
- Dogs in Mexico
 - One of the most common injuries on the worksite is a dog bite.
 - While dogs may appear fuzzy and cute, Doxa recommends that no one touch or engage with them.
 - Dogs around the work site may have fleas, ticks, rabies, or other diseases that would be harmful to humans. They may also have issues socializing with humans and bite unannounced. Dogs are typically used in Mexico for protection, instead of as a companion animal, like is typical in the United States.
 - Please think carefully before engaging with any dogs in Mexico.
- Doxa and the orphanage have limited first aid supplies available. For larger groups, we recommend that additional medical supplies be brought. It is required that every work site have a small first aid kit present and available at all times.
- Emergency numbers in Tijuana include 911 and 066. This can be dialed from any phone in Mexico and connects you to police, fire, and EMS services. The number should only be used in emergencies and by people who speak Spanish.
- Like any large city, Tijuana does have a system of hospitals and emergency rooms available for anyone to use. Directions to your closest hospital with a capable emergency room are located in the appropriate directions section of this packet.
- San Diego also has many hospitals and emergency rooms. One that groups commonly put on their emergency plans is Scripps Mercy Hospital Chula Vista (435 H Street, Chula Vista, CA 91910). This hospital is very well equipped and has an emergency room.
- The Binational Emergency Medical Care Committee is an organization that coordinates emergency medical evacuations to the United States. You can sign up on their website. This service is meant to be used in extreme emergencies and information can be found at www.binationalemergency.org or 619-425-5080.
- Doxa's Executive Director, Alex Knopes, is also on-call for groups who require any guidance or assistance. His cell phone is +1-760-777-2690.