

TRAVELING TO LA PALMA IN TIMES OF COVID

La Palma has, and has always had, low numbers of COVID cases, below other Canary Islands and, of course, well below other parts of Spain. This is undoubtedly due to the characteristics of the island itself and the responsibility shown by its inhabitants and of its administrative and health institutions who have joined forces to manage the global pandemic we are experiencing.

With this document we try to give clear guidelines so that you, dear visitor, can enjoy your vacation on our island in complete safety and peace of mind.

There are 4 **basic health and safety rules** that must be observed at all times:

It is mandatory to wear a mask, covering your mouth and nose, all the time

Wash your hands frequently

Keep a safety distance of 1.5 meters from other people.

Respect and follow any specific instructions given to you in the places you go

PREPARING FOR YOUR JOURNEY: BEFORE COMING TO LA PALM

From July 1, 2020, if you fly to Spain from other countries, it is mandatory to fill out and sign the FCS form associated with your trip. It is your responsibility to do so truthfully. You can find it on the web <https://www.spth.gob.es/> in Spanish, English, German and French. There is also in the mobile app for Android and IOS (which can be downloaded from the same website). Using this, you may obtain the Health QR code that you will have to show, on paper or on your mobile, at the airport health control in order to continue your journey. If you sign the form from the app, it will appear in the "My Trips" section, in addition to receiving an email that you can print.

Upon arrival on the island you will NOT have to go into quarantine of any kind

Travel by plane

It is mandatory to wear a mask, covering your mouth and nose, all the time, both in airport facilities and on airplanes, following the indications of the airport authorities and airlines.

Each passenger will travel with a pre-assigned seat number and may be required to provide information such as personal data, location, health and the flight on which they have arrived on the island.

External Health monitors the temperature of all international passengers arriving at the island's airports with cameras

There is the possibility of random temperature checks being carried out on passengers

Follow the directions of your airline at all times

Travel by boat

It is mandatory to wear a mask, covering your mouth and nose, all the time, both in port facilities and on ships, following the indications of the port authorities and shipping lines.

Follow the directions of the company at all times

ON ARRIVAL AT LA PALMA

Welcome, and thank you for choosing us! Once on the island, this is what you should know and do

Your cooperation is important!

Measures to follow, all the time and everywhere

- Keep 1.5 m away from people who are not from your group
- Wash or disinfect your hands frequently
- All persons aged six years and older are obliged to use a mask everywhere, whether indoors or outside, regardless of the safety distance, except if an activity is carried out in the countryside and the aforementioned interpersonal distance is guaranteed; or you are eating food; in the cases mentioned in the section "on the beach and pool"; and / or in case of disability or respiratory illness. The mask should perfectly cover your mouth and nose and fit correctly over the nose and chin
- It is forbidden to smoke. The use of tobacco inhalation devices, water pipes, hookahs, shisha or similar devices will not be allowed in public places, outdoors, or anywhere it is not possible to guarantee the maintenance of an interpersonal safety distance of 1, 5 meters
- Do not exceed the capacity of establishments or means of transport
- Follow the directions that are given to you at all times

Measure to be followed in specific situations and cases in addition to the general rules.

At the beach and pool

You must wear a mask all the time except when you are in the water, or staying in one place and maintaining the 1.5 m social distance.

In the countryside

If the 1.5 m interpersonal distance is guaranteed, you can do without the mask
If it is a group activity, follow the organizer's instructions

In your accommodation

You must wear the mask all the time except while actually eating and drinking, or when you are alone in your room
Follow the instructions of the establishment staff

In bars and restaurants

You must wear the mask all the time except while actually

eating and drinking

Don't move the tables and chairs without permission

Wait for permission to sit down.

Always try to pay with a credit card.

No more than 10 diners to a table.

Use the hand gel provided.

Closing time is midnight.

Follow the instructions of the establishment staff

In public transport (taxi or bus)

You must wear the mask all the time.

Whenever possible, pay by credit card.

Follow the instructions of the staff

In businesses for tourists (car rental etc.)

You must wear a mask all the time.

Always try to pay with a credit card.

Do not exceed the capacity of the office. Follow the designated routes for entry and exit.

Use the hand gel provided.

Follow the instructions of the staff

In shops

You must wear a mask all the time.

Always try to pay with a credit card.

Do not exceed the capacity of the shop. Follow the designated routes for entry and exit.

- Use the hand gel provided.

- Follow the instructions of the staff

In museums, visitor centres and tourist information offices.

You must wear a mask all the time.

Do not exceed the capacity of the establishment. Follow the designated routes for entry and exit.

Always try to pay with a credit card.

Use the hand gel provided.

Follow the instructions of the staff

In markets and supermarkets

You must wear a mask all the time.

Always try to pay with a credit card.

Do not exceed the capacity of the establishment. Follow the designated routes for entry and exit.

Use the hand gel provided.

Follow the instructions of the staff

AND WHAT DO I DO IF I HAVE SYMPTOMS?

If you have any of the following symptoms: cough, fever, or shortness of breath, you should:

Self-isolate in a single room with a window and, if possible, with an en suite bathroom

If that's not possible, keep a safe distance and use extreme hygiene

Call the Canary Islands Government Information Telephone on COVID 19: 900 112 061 (Spanish, only) or 112 (English, too) There they will tell you how to proceed

DO NOT GO TO THE HOSPITAL OR TO THE HEALTH CENTER ON YOUR OWN! FIRST CALL THE PHONE NUMBER ABOVE AND FOLLOW THEIR INSTRUCTIONS.

THANK YOU!!!