

PREPARING FOR YOUR VACATION IN MEXICO:

WHEN VISITING MEXICO, EVEN FOR A DAY TRIP, YOU ARE SUBJECT TO MEXICAN LAW NOT U.S. LAW. IN MEXICO OFFICIALS MAY:

EMERGENCY PHONE NUMBERS

Going to MEXICO

1. Check on line at <http://travel.state.gov> for State Department Travel Warnings or call (202)647-5225.
2. Leave a copy of your itinerary, passport number, or other citizenship documents with a friend or relative in the U.S.
3. U.S citizens may bring a **passport** or a certified copy of a **birth certificate** and photo identification. International students should carry their passport, visa to visit Mexico and other important documents with them at all times.
4. Traveling beyond Rocky Point, Nogales or the Baja may require additional documentation. Contact the immigration office or a travel agency for more information.

1. Arrest and imprison you for drug offenses.
2. Require you to pay fines immediately in cash (no checks) and/or impound your vehicle.
3. Consider you guilty until proven innocent.
4. Not allow a phone call from jail.

Lukeville, Arizona	
Immigration	387-6047
Ajo Ambulance	387-5154
or (during hours)	387-3047
(after hours)	387-3046
Fire Department	911
Nogales, Arizona	
Police	287-9111
Fire Department	287-6548
Hospital (Holy Cross)	287-2771
Mariposa Health Center	281-1550
Immigration (English & Spanish)	287-3609

When In Mexico Call:

United States Consulate Hermosillo	217-2375
Rocky Point, Mexico	
Police (<i>Policia</i>)	383-2626
Red Cross (<i>Cruz Roja</i>)	383-2266
Fire Department (<i>Bomberos</i>)	383-2828
Hospital	383-2110 or
Hospital (<i>Seguro Social</i>)	383-2777
Nogales, Mexico	
Police (<i>Policia</i>)	312-4129
Red Cross (<i>Cruz Roja</i>)	313-5800
Hospital (<i>Seguro Social</i>)	313-5985 or
Hospital (<i>Unidad de Desintoxicacion</i>)	313-5650
Sonoyta, Mexico	
Police (<i>Policia</i>)	512-1092
Health Dept. (<i>Centro de Salud</i>)	512-1207
Hospital (<i>Clinica Privado</i>)	512-1212
(Saturdays Only)	
San Carlos, Mexico	
Police (<i>Policia</i>)	226-1400
Red Cross (<i>Cruz Roja</i>)	226-0158
Rescue (<i>Unidad de Rescate</i>)	226-0101
Guaymas, Mexico	
Police (<i>Policia</i>)	224-0104 or
	224-0105
Red Cross (<i>Cruz Roja</i>)	222-5555

For Assistance Call the Telephone Operator

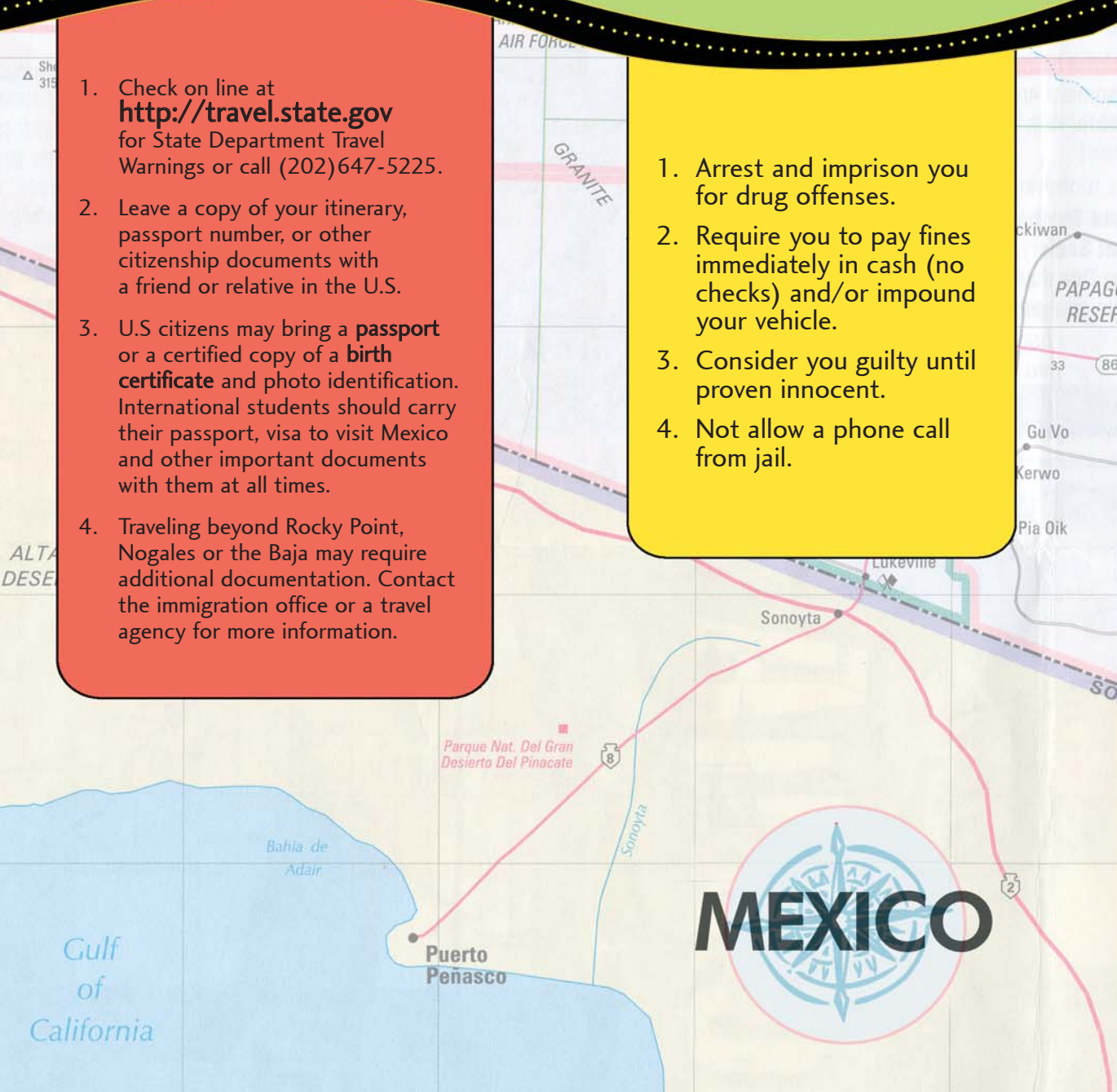
HAVE A SAFE TRIP: Alcohol and Other Drug Laws, and Tips for Safer Vacationing in Mexico for College Students



If you plan to travel to Rocky Point, Nogales or further south here is some important information for your safety.



University of Arizona Police Department



IF YOU TRAVEL BY CAR

1. The border crossing for Rocky Point (Sonoyta/Lukeville) is closed from midnight to 6:00 a.m. On major holidays it may take several hours to cross by car.
2. You must bring proof of car ownership, driver's license, and registration. Driving another's car or a rental car into Mexico is not advised. Purchase car insurance for Mexican travel in the U.S.
3. Obey all traffic signs – "Alto" means "Stop", "Peligro" means "Danger".
4. The equivalent of 911 in Mexico is 060 if you have an emergency on the road.
5. Bring cash for gasoline (ATM machines dispense cash in pesos).
3.86 liters = 1 gallon,
90 kilometers = about 55 miles

When Traveling In Any Unknown Areas:

1. Stick to well traveled areas.
2. Limit the amount of cash and number of credit cards you carry. Carry travelers' checks in resort areas.
3. Travel in groups and use a buddy system.
4. Contact your local cell phone (wireless) company for instructions/limitations on cell phone use.
5. Use a reputable tour/travel agent.

MAKING YOUR VACATION A PLEASANT ONE

Food and drink: to prevent an intestinal infection, avoid tap water (even on your toothbrush) and ice cubes. Choose bottled drinks, cooked foods and foods which can be peeled. Avoid raw fruits and vegetables and large quantities of new foods. If you do get diarrhea, take an anti-diarrheal medication and drink lots of purified fluids. If your diarrhea is severe or accompanied by vomiting, fever, or bleeding, seek professional treatment as soon as possible.

Call 1-888-232-3299
to reach the CDC international travelers hotline.

If you drink alcohol...

Stay in control – Stay under a .05 BAC. Drinking any amount is unsafe for some people - alcoholics, women who are pregnant and others.

Keep track of your drinks and your friends. Chugging drinks or playing drinking games dramatically increases your risk for harm including personal injury and robbery.

Dehydration will increase intoxication.

**Most Arizona college students
have 4 or fewer drinks
when they party**

1 drink =
12 oz. beer = 4-5 oz. wine = 1 oz. of liquor

IN MEXICO, AS IN THE U.S. IT IS ILLEGAL TO:

1. Drink alcohol or have an open container in a moving vehicle.
2. Drink alcohol in public.
3. Use or be in possession of an illegal drug.
4. Urinate or defecate in a public place.
5. Carry a concealed weapon or bring weapons or ammunition across the border.

Anyone under the age of 21 can be arrested and fined for drinking in Arizona if they are found to have any alcohol in their body.

Avoid Beach Emergencies:

ATV, Jet Ski, or other vehicles – do not operate or drive while intoxicated or ride with someone who has been drinking

Automobile accidents – make sure your designated driver does not consume ANY alcohol

Firecrackers – limit your use to unpopulated areas

Scorpions – check your shoes

Stingrays – swim or surf only at high tide

Sunburn – use a sunscreen with SPF 15 or higher and reapply frequently

Take an extra car key

ALCOHOL POISONING ALERT SYMPTOMS:

1. Person is known to have consumed large quantities of alcohol (or alcohol combined with other drugs).
2. Person is unconscious, cannot be woken and does not respond to being pinched and/or shaken.
3. Person has cold, clammy, unusually pale or bluish skin.
4. Person is breathing slowly or irregularly (less than eight times a minute or ten seconds or more between any two breaths).
5. Person vomits while passed out and does not wake up during or after.

What to do:

1. This is a medical emergency. Call for help. If you are near a hospital, get him/her to an emergency room, clinic or Cruz Roja.
2. Do not leave the person alone, and watch his/her breathing. If breathing stops, administer CPR.

MEXICO

Nogales