

HHPF Honduras Medical Brigades 2026

Your Safety in Honduras

Your safety is our top priority. While Honduras is a beautiful and welcoming country, it's important to take precautions during your stay. Please follow these essential safety tips:

Personal Safety

- Do not go out alone, especially at night. Always stay in groups of two or more.
- If you leave the hotel or clinic, notify the trip director or a team leader of your destination and expected return.
- Remain in well-lit, familiar areas and avoid isolated streets or neighborhoods.

What to Avoid

- Do not run or walk for exercise off major roads or designated areas, even if with others.
- Avoid wearing jewelry or flashy accessories that could draw unwanted attention.
- Do not eat food from street vendors due to potential food safety concerns.
- Do not pet or approach stray animals (dogs, cats, etc.) — even if they seem friendly, they may carry diseases or behave unpredictably.

Health & Hygiene

- Use hand sanitizer regularly — especially before meals and after patient contact
- Do not drink tap water! Bottled water only
- Brush teeth with bottled water only.
- Avoid ice cubes unless you're certain they are made from purified water.

Phones & Money

- Keep valuables secure and out of sight. Consider a money belt or locked pouch.
- Carry a copy of your passport, not the original, unless required for specific travel.
- Only exchange money at safe, approved locations such as hotel desks or banks.

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In Case of Emergency, illness or injury

- Follow instructions from HHPF staff immediately. They are trained to manage emergencies and navigate local medical care and logistics.
- Report any illness or injury right away — even minor symptoms.
This is especially important in cases of:
 - Gastrointestinal illness or symptoms of dehydration, which can escalate quickly in hot, high-activity environments.
 - Signs of colds, flu or other illnesses
 - Needle stick injuries or any exposure to blood or bodily fluids — these must be reported immediately to initiate appropriate evaluation and response protocols.
- Save emergency contact numbers in your phone, including:
 - Your trip director
 - Your clinic lead
 - HHPF Honduras logistics coordinator
 - Kay Weeden +1-608-658-8523
 - Julie Olson +1-608-345-3875
 - Chet Hermanson +1-608-335-3759
 - Your hotel once you arrive
- Keep a copy of your medical insurance & travel insurance information with you at all times, including your provider's emergency contact and policy number.
- Enroll in the U.S. State Department's STEP program (*Smart Traveler Enrollment Program*) or your country's equivalent. This ensures you receive safety alerts and can be located in an emergency.
- <https://mytravel.state.gov/s/step>

These guidelines are meant to help protect your safety while allowing you to focus on the purpose of your trip: improving health and transforming lives in partnership with the Honduran community.