

## **Your Health and Safety is our Top Priority.**

BTC takes special precautions to make sure our volunteers feel comfortable, stay safe and have a successful trip.

- Staff is with you 24 hours of the day; we pick you up and drop you off at the airport, and stay on-site in the community with the group 24/7
- We use trusted vendors and restaurants that guarantee quality and safe food handling. All food in the community is prepared with purified water
- All staff is first aid and CPR certified
- We have stocked first aid kits at the worksite and while traveling for minor injuries and illnesses
- Purified water is available at all times for volunteers
- Cooks are trained in hygienic practices, proper food handling, and common dietary restrictions
- Your trip fee covers in-country volunteer insurance

### **BTC Safety Guidelines**

- Before you arrive, consult with the Center for Disease Control and your doctor about health information you may need
- On the trip, do not consume food or beverages that have not been OK'd or prepared by BTC staff
- Drink lots of water and use plenty of sunblock
- Use insect repellent
- Follow all instructions given during the safety orientation on the worksite
- Do not touch or play with cats, dogs, or other animals
- Do not walk or run alone