



2022

VOLUNTEER RELEASE AND WAIVER OF LIABILITY

This VOLUNTEER RELEASE AND WAIVER OF LIABILITY (this "**Release**") is executed as of _____, 2022 by _____ ("**I**" or "**me**") in favor of POWER Ministry, a [not-for-profit corporation] organized and existing under the laws of the State of California, and its members, trustees/directors, officers, employees, volunteers, and agents (collectively, the "**Organization**").

I desire to volunteer for the Organization and engage in activities related to being its volunteer during the weeks of March 10-16, 2022 and/or March 17-23, 2022 for outreach, building, and visiting. I understand that the Activities may include, but are not limited to, travel and volunteer work within the United States and outside the United States, travel and volunteer work in areas without easy or quick access to any medical treatment, that are potentially remote, hazardous and unsanitary. I also understand that as a volunteer I will receive no compensation or remuneration for my services and will not be eligible for any employee benefits. I acknowledge that I am not an employee.

In exchange for being allowed to participate in the Activities as a volunteer and for other good and valuable consideration, the receipt and sufficiency of which I acknowledge, **I hereby freely, voluntarily, and without duress execute this Release and agree to the following terms:**

Assumption of Risk. I am aware and understand that the Activities may be inherently dangerous and may expose me to a variety of foreseen and unforeseen hazards and risks, including but not limited to, travel dangers, health and welfare dangers, exposure to COVID-19 and its known and unknown variants, lack of access to medical care, and other generally hazardous and unsanitary conditions. I acknowledge that I am voluntarily participating in the Activities and have considered the risks associated with my participation. I hereby expressly, knowingly and specifically assume all such risks, including any and all risk of injury, harm, loss or death that may incur as a result of my participation in the Activities.

Medical Treatment. I hereby give consent and authority to the Organization to obtain medical treatment on my behalf if I am injured or require medical attention during my participation in the Activities. I understand and agree that I am solely responsible for all costs related to such medical treatment, medical transportation, and/or evacuation. I further expressly acknowledge that there may be no medical treatment available for any injury or illness suffered by me during the Activities or my travel to and from the Activities. I hereby release, forever discharge, and hold harmless the Organization from any claim whatsoever in connection with any such medical treatment, any lack of medical treatment or other attempted medical services.

Release and Waiver. I hereby fully and forever release and discharge the Organization from, and expressly waive, any and all liability, claims, and demands of whatever kind or nature, either in law or in equity, that may arise from my participation in the Activities. I agree not to make or bring any such claim or demand against the Organization, and fully and forever release and discharge the



2022

Organization from liability under such claims or demands. This Release is binding on and inures to the benefit of the Organization and me and our respective heirs, executors, administrators, legal representatives, successors, and permitted assigns.

I UNDERSTAND THAT THIS RELEASE DISCHARGES THE ORGANIZATION FROM ANY LIABILITY OR CLAIM THAT I MAY HAVE AGAINST THE ORGANIZATION WITH RESPECT TO ANY BODILY INJURY, PERSONAL INJURY, ILLNESS, DEATH, PROPERTY DAMAGE, OR PROPERTY LOSS THAT MAY RESULT FROM THE ACTIVITIES, WHETHER CAUSED BY THE NEGLIGENCE OF THE ORGANIZATION OR OTHERWISE.

Insurance. I UNDERSTAND THAT THE ORGANIZATION DOES NOT ASSUME ANY RESPONSIBILITY FOR OR OBLIGATION TO PROVIDE FINANCIAL ASSISTANCE OR OTHER ASSISTANCE, INCLUDING BUT NOT LIMITED TO MEDICAL, HEALTH, OR DISABILITY INSURANCE OF ANY NATURE IN THE EVENT OF MY INJURY, ILLNESS, OR DEATH, OR DAMAGE TO OR LOSS OF MY PROPERTY.

I also understand that workers' compensation insurance is not available to volunteers and that the Organization does not provide workers' compensation insurance for volunteers. I expressly waive any claim for compensation or liability on the part of the Organization in the event of any injury or medical expense.

Indemnification. I hereby agree to indemnify, defend, and hold harmless the Organization from any and all liability, losses, damages, judgments, or expenses, including attorneys' fees, that it may incur or sustain as a result of my negligence, recklessness, or willful misconduct in connection with my participation in the Activities, arising out of any third-party claim.

Photographic Release. I understand and agree that during the Activities, I may be photographed and/or videotaped by the Organization for internal and/or promotional use. I hereby grant and convey to the Organization all right, title, and interest, including but not limited to, any royalties, proceeds, or other benefits, in any and all such photographs or recordings, and consent to the Organization's use of my name, image, likeness, and voice in perpetuity, in any medium or format, for any publicity without further compensation or permission.

Miscellaneous. I hereby agree that this Release represents the full understanding between the Organization and me and supersedes all other prior agreements, understandings, representations, and warranties, both written and oral, between us, with respect to the subject matter hereof. If any term or provision of this Release shall be held to be invalid by any court of competent jurisdiction, that term or provision shall be deemed modified so as to be valid and enforceable to the full extent permitted. The invalidity of any such term or provision shall not otherwise affect the validity or enforceability of the remaining terms and provisions. Section headings are for convenience of reference only and shall not define, modify, expand, or limit any of the terms of this Release.



2022

Governing Law. I hereby agree that this Release is intended to be as broad and inclusive as permitted, and that this Release shall be governed by and interpreted in accordance with the laws of the State of California, without reference to any choice of law doctrine.

BY SIGNING, I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTOOD ALL OF THE TERMS OF THIS RELEASE AND THAT I AM FREELY, VOLUNTARILY, AND WITHOUT DURESS GIVING UP SUBSTANTIAL LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE THE ORGANIZATION.

Signature of Volunteer: _____

Name of Volunteer (please print): _____

Address: _____

Date: _____

If the volunteer is married, the spouse must also sign.

I am the spouse of the volunteer named above. I have read this Release and fully understand that it operates as a full and complete bar of any future lawsuit against the Organization arising out from participation in the Activities by my spouse.

Signature of Volunteer's Spouse: _____

Name of Parent or Legal Guardian (please print): _____

Address: _____

Date: _____

If the volunteer is not married, a witness must sign.

I have witnessed the above individual signing this document. He has read this Release and fully understand that it operates as a full and complete bar of any future lawsuit against the Organization arising out from participation in the Activities by the individual



2022

Signature of Witness: _____

Name of Witness (please print): _____

Relationship, if any: _____

Address: _____

Date: _____

EMERGENCY CONTACT INFORMATION

In case of an emergency, contact:

Name: _____

Relationship: _____

Address: _____

Telephone Number: _____

Email: _____

Any allergies, medications, or other information needed in an emergency:



COVID-19 PROTOCOLS

2022

To continue our 20 years of outreach along the border, Power Ministry will use the following guidelines and protocols to conduct the trip. In order to be eligible to join this trip each participant ("participant" or "volunteer") will be required to: (1) execute the Release and Waiver of Liability; (2) confirm receipt of the CDC guidelines; (3) confirm receipt of the State Department Travel Advisory for Mexico and (4) agree to follow these guidelines to assure the safest environment possible for us as well as others. These guidelines will be strictly followed by all participants and must be agreed to PRIOR to agreeing to participate. These guidelines are in place to protect the individual, others around them, those that we come in contact during our ministry and travel, and our loved ones upon returning home.

PRE-TRIP ACKNOWLEDGMENTS AND RESPONSIBILITIES:

Acknowledgments and Responsibilities:

Prior to participation each individual must (1) execute the Release and Waiver of Liability; (2) confirm receipt of the CDC guidelines; (3) confirm receipt of the State Department Travel Advisory for Mexico and (4) confirm their agreement to follow these guidelines to assure the safest environment possible for us as well as others and deliver signed copies PRIOR to leaving their hometown.

- Receive a negative PCR test within 72 hours of your departure date for the trip.
- Prior to the trip start date be cognizant of your surroundings and exposure to others. Use your best judgment when in large groups, follow CDC guidelines for personal hygiene, etc.
- If you have tested positive for COVID-19 prior to the trip you may not participate until 10 days have passed from the test date AND you have had 48 hours with no fever without the use of fever-reducing medications and other symptoms are improving. Lingering symptoms such as lost of taste or smell will need to have the approval PRIOR to leaving for the trip by the board and officers of Power Ministry.
- If, in the 14 days prior to the trip date, you have been in close contact exposure to anyone that has tested positive for COVID-19 you will not be allowed to participate unless you have previously been vaccinated.
- You will not be allowed to participate if you have any of the following within the 7 days prior to the trip date:
 - Elevated temperature of 100.4 or more
 - Frequent cough and/or sneezing
 - Suffer from continued headaches or other health problems
 - Are having breathing or respiratory difficulty
 - Any flu like symptoms
 - Have lost your sense of taste or smell



COVID-19 PROTOCOLS

2022

TRIP PROTOCOLS, DUTIES, RESPONSIBILITIES:

Daily Health, Best Practices:

1. Each participant will be responsible to self-assess their health on an ongoing basis.
2. If in doubt of your condition, report your concerns to the trip administrator(s) for assessment.
3. Use best hygiene practices per CDC guidelines.
4. Frequently use hand sanitizer, wash hands, wear suitable face coverings (when requested), sanitize your surroundings, etc.
5. Use best practices to protect others first, then yourself.
6. Sharing of drinks, food, etc. is not allowed at any time.

Travel:

1. While in airports, lobbies, on planes, etc.:
 - a. Always wear a suitable face covering other than while eating or drinking as required by the facility or airline.
 - b. Practice good hygiene: Wash hands, use hand sanitizer, wipe down surfaces.
 - c. Make all efforts to minimize close contact with others for periods greater than 15 minutes.
2. Auto travel:
 - a. Each vehicle will be sanitized at the end of each day.
 - b. If able, travel with windows open.
 - c. All efforts will be made to limit Vehicle occupancy to no more than 2 persons per row.
 - d. Wearing of suitable face coverings, unless requested to do so, will be at the discretion of the individual.
 - e. Wear a suitable face covering when asked by our partners or trip administrators.

Rooming Assignments, Sleeping, "Free Time", Best Practices:

1. Only the persons assigned to that room will be allowed to enter that room.
2. Occupants of each room will make the best effort to arrange beds in a manner to maximize distance between occupants.
3. No individual shall leave their toiletries in the restroom while they are not occupying the restroom.
4. Individuals are encouraged to wipe down surfaces (toilets, faucets, etc.) prior to use.
5. Towels, wash cloths, and hand towels should be removed from the restroom after use and stored with the individual's personal belongings.
6. The group administrators will assign rooms/beds to the best of their ability to maximize spacing of individuals. Participants will always honor these assignments. No changing rooms or beds will be allowed without the group administrators permission.
7. Individuals will always practice proper hygiene methods (washing hands, sanitizer use, etc.) as outlined by the CDC.
8. When loading into vans, trucks, etc. all individuals will be required to use hand sanitizer.



COVID-19 PROTOCOLS

2022

Work Sites, Meeting with Others, Eating:

1. Suitable face coverings are at the discretion of the individual unless specifically required at that location or by the trip administrators.
2. Individuals will always practice proper hygiene methods (washing hands, sanitizer use, etc.) as outlined by the CDC.
3. If meals must be served "buffet" style:
 - a. There shall be an individual assigned to plate the food.
 - b. This individual shall wear suitable face coverings and gloves.
 - c. Re-use of plates will not be permitted on additional trips to the buffet.
 - d. No loose utensils may be used at any time. Individually packaged utensils will be provided for all meals.
4. If dining at a restaurant follow the guidelines and procedures set forth by the establishment at a minimum. Use best practices to protect yourself and others.



COVID-19 PROTOCOLS

2022

ACTION PLAN FOR SICK OR COVID-19 POSITIVE CASES

Individual Displaying Symptoms:

NOTE: It will be up to each individual to self-evaluate their health and bring any possible symptoms or concerns to the trip administrators' attention. The trip administrators will have the authority to determine if an individual is showing symptoms and to enact certain protocols.

1. Once symptoms occur the individual will be immediately isolated* from ALL other participants.
2. As soon as practical the individual will get tested for COVID-19. Ideally via rapid test method., but other/further testing may be required as directed by the trip administrators.
3. Until results are known, the individual shall remain in isolation*.
4. Participants who have been assigned to ride, room, or work closely with the individual showing symptoms may be quarantined* from the rest of the group until all test results are returned.
5. The trip administrators will work with the individual and others to determine if any other participants will require quarantine* based on work assignments, etc.
6. The vehicle and room the individual was assigned to shall be thoroughly sanitized prior to being used/occupied by others.

*Isolation/quarantine will mean total separation from others at all times including meals, transportation, rooming, etc. The isolated individual(s) will be permitted outdoors but must remain distanced from others and wear a mask at all times.

Affirmative COVID-19 Test Results:

1. Individual will remain in isolation for the duration of the trip.
2. All individuals who have been in close contact with the individual who has tested positive will be required to wear a mask while indoors, on van/truck rides, etc. for the duration of the trip. At times, they may be requested to wear a mask while outdoors.
3. The trip administrators will determine which individuals will be required to wear a mask based on exposure to the individual who tested positive. In some cases, it might be determined that all participants could be required to wear a mask as outlined in #2 above.
4. The trip administrators will work with all individuals to determine the best course of action for their return home as soon as practical based on overall health of each individual and taking into consideration any restrictions placed on public transportation.
5. It is recommended that any individual in close contact to the individual that has tested positive be tested 5-7 days after exposure.



COVID-19 PROTOCOLS

2022

BY SIGNING BELOW, I CONFIRM RECEIPT OF THE CDC GUIDELINES; CONFIRM RECEIPT OF THE STATE DEPARTMENT TRAVEL ADVISORY FOR MEXICO AND AGREE TO FOLLOW THE ORGANIZATIONS GUIDELINES TO ASSURE THE SAFEST ENVIRONMENT POSSIBLE FOR US AS WELL AS OTHERS. MY FULLY EXECUTED WAIVER AND RELEASE OF LIABILITY IS ATTACHED.

Signature of Volunteer: _____

Name of Volunteer (please print): _____

Address: _____

Date: _____

If the volunteer is married, the spouse must also sign.

I am the spouse of the volunteer named above. I have read this Release and fully understand that it operates as a full and complete bar of any future lawsuit against the Organization arising out from participation in the Activities by my spouse.

Signature of Volunteer's Spouse: _____

Name (please print): _____

Address: _____

Date: _____

If the volunteer is not married, a witness must sign.

I have witnessed the above individual signing this document. He has read this Release and fully understand that it operates as a full and complete bar of any future lawsuit against the Organization arising out from participation in the Activities by the individual

Signature of Witness: _____

Name of Witness (please print): _____

Relationship, if any: _____

Address: _____

Date: _____



COVID-19

We have the tools to
Fight Omicron



Vaccines & Booster



Masks



Testing

How to Protect Yourself & Others

Updated Nov. 29, 2021

CDC has updated [isolation and quarantine](#) recommendations for the public, and is revising the CDC website to reflect these changes. These recommendations do not apply to [healthcare personnel](#) and do not supersede state, local, tribal, or territorial laws, rules, and regulations.

Protect Family Members

Some members in your family may need to continue to take steps to protect themselves from COVID-19, including

- Anyone not fully vaccinated, including children under 5 years who are not eligible for COVID-19 vaccines.
- People with weakened immune systems or underlying medical conditions.



Protect Your Family



Get Vaccinated

- Authorized COVID-19 vaccines can help protect you from COVID-19.
- You should get a [COVID-19 vaccine as soon as you can](#).
- [Once you are fully vaccinated](#), you may be able to start doing some things that you had stopped doing because of the pandemic.



Wear a mask

- Everyone 2 years or older who is not fully vaccinated should [wear a mask](#) in indoor public places.
- In general, you do not need to wear a mask in outdoor settings.
 - In areas with [high numbers of COVID-19 cases](#), consider wearing a mask in crowded outdoor settings and for activities with [close contact](#) with others who are not fully vaccinated.
- People who have a condition or are taking medications that weaken their immune system may not be fully protected even if they are fully vaccinated. They should continue to take all [precautions](#)

[recommended for unvaccinated people, including wearing a well-fitted mask](#), until advised otherwise by their healthcare provider.

- If you are fully vaccinated, to maximize protection and prevent possibly spreading COVID-19 to others, wear a mask indoors in public if you are in an area [of substantial or high transmission](#).

[Wearing a mask over your nose and mouth is required](#) on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus).



Stay 6 feet away from others

- **Inside your home**
 - Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home**
 - Remember that some people without symptoms may be able to spread virus.
 - [Stay at least 6 feet \(about 2 arm lengths\) from other people, especially if you are at higher risk of getting very sick.](#)



Avoid crowds and poorly ventilated spaces

- Being in crowded places like restaurants, bars, fitness centers, or movie theaters puts you at higher risk for COVID-19.
- Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible.
- If indoors, [bring in fresh air](#) by opening windows and doors, if possible.



Test to prevent spread to others

- Testing can give you information about your risk of spreading COVID-19.
- You can choose from many different [types of tests](#).
- Regardless of the test type you select, a [positive test result](#) means that you have an infection and should [isolate](#) and inform your [close contacts](#) to avoid spreading disease to others.
- Over-the-counter [self-tests](#) can be used at home or anywhere, are easy to use, and produce rapid results. Anyone can use self-tests, regardless of vaccination status or whether they have symptoms or not.
- Consider using a self-test before joining indoor gatherings with others who are not in your household.
 - A positive self-test result means that you have an infection and should avoid indoor gatherings to reduce the risk of spreading disease to someone else.
 - A negative self-test result means that you may not have an infection. Repeating the test with at least 24 hours between tests will increase the confidence that you are not infected.
 - Ask your healthcare provider if you need help interpreting your test results.



Wash your hands often

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- It's especially important to wash your hands:
 - Before eating or preparing food

- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After changing a diaper
- After caring for someone sick
- After touching animals or pets
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



Cover coughs and sneezes

- **If you are wearing a mask:** You can cough or sneeze into your mask. Put on a new, clean mask as soon as possible and wash your hands.
- **If you are not wearing a mask:**
 - Always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow and do not spit.
 - Throw used tissues in the trash.
 - Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Clean and disinfect

- Clean high touch surfaces regularly or as needed and after you have visitors in your home. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If someone is sick or has tested positive for COVID-19, disinfect [frequently touched surfaces](#).**
 - Use a household disinfectant product from [EPA's List N: Disinfectants for Coronavirus \(COVID-19\)](#) [↗](#) according to manufacturer's labeled directions.
 - **If surfaces are dirty, clean them** using detergent or soap and water prior to disinfection.



Monitor your health daily

- **Be alert for symptoms:**
 - Watch for fever, cough, shortness of breath, or [other symptoms of COVID-19](#).
 - **Take your temperature** if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
 - Follow [CDC guidance](#) if symptoms develop.
- Monitoring symptoms is especially important if you are running errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.

Additional Resources

Help protect
yourself and

Slow the Spread
of COVID-19

How to Protect
Yourself and

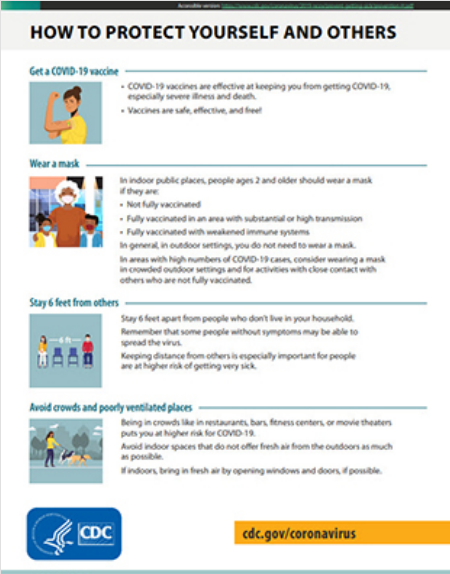
Stop the Spread
of Germs

others



[PDF - 1 page]

Others



English
Spanish



[PDF - 537 KB, 1 page]

Related Pages

- › Prevent Getting Sick
- › Symptoms
- › How COVID-19 Spreads
- › If You Are Sick or Caring for Someone
- › People at Increased Risk
- › Frequently Asked Questions
- › Hand Sanitizer Use
- › Quarantine and Isolation

Last Updated Nov. 29, 2021

Mexico Travel Advisory

Travel Advisory Mexico - Level 3:
December 8, Reconsider Travel
2021



Reconsider travel to Mexico due to **COVID-19**.

See state summaries and advisory levels below for information on your specific travel destination. Some areas of Mexico have increased risk of crime and kidnapping.

Read the Department of State's [COVID-19 page](#) before you plan any international travel.

The Centers for Disease Control and Prevention (CDC) has issued a [Level 3 Travel Health Notice for Mexico](#) due to COVID-19, indicating a high level of COVID-19 in the country. Your risk of contracting COVID-19 and developing severe symptoms may be lower if you are fully vaccinated with an [FDA authorized vaccine](#). Before planning any international travel, please review the CDC's specific recommendations for [vaccinated](#) and [unvaccinated](#) travelers. Visit the Embassy's [COVID-19 page](#) for more information on COVID-19 in Mexico.

Country Summary: Violent crime – such as homicide, kidnapping, carjacking, and robbery – is widespread and common in Mexico. The U.S. government has limited ability to provide emergency services to U.S. citizens in many areas of Mexico, as travel by U.S. government employees to certain areas is prohibited or restricted. In many states, local emergency services are limited outside the state capital or major cities.

Restrictions on U.S. government travel: U.S. government employees may not travel between cities after dark, may not hail taxis on the street, and must rely on dispatched vehicles, including app-based services like Uber, and regulated taxi

app-based services like Uber, and regulated taxi stands. U.S. government employees may not drive from the U.S.-Mexico border to or from the interior parts of Mexico, with the exception of daytime travel within Baja California, between Nogales and Hermosillo on Mexican Federal Highway 15D, and between Nuevo Laredo and Monterrey on Highway 85D. U.S. government employees should avoid traveling alone, especially in remote areas.

Read the [country information page](#).

Do Not Travel To:

- [Colima state](#) due to **crime** and kidnapping.
- [Guerrero state](#) due to **crime** and kidnapping.
- [Michoacan state](#) due to **crime** and kidnapping.
- [Sinaloa state](#) due to **crime** and kidnapping.
- [Tamaulipas state](#) due to **crime** and kidnapping.

Reconsider Travel To:

- [Baja California](#) state due to **crime** and kidnapping.
- [Chihuahua state](#) due to **crime** and kidnapping.
- [Coahuila state](#) due to **crime** and kidnapping.
- [Durango state](#) due to **crime**.
- [Guanajuato state](#) due to **crime**.
- [Jalisco state](#) due to **crime** and kidnapping.
- [Mexico state](#) due to **crime** and kidnapping.
- [Morelos state](#) due to **crime** and kidnapping.
- [Navarrit state](#) due to **crime**

• [Tlaxcala state](#) due to **crime**.

- [Sonora state](#) due to **crime** and kidnapping.
- [Zacatecas state](#) due to **crime** and kidnapping.

Exercise Increased Caution When Traveling To:

- [Aguascalientes state](#) due to **crime**.
- [Baja California Sur state](#) due to **crime**.
- [Chiapas state](#) due to **crime**.
- [Hidalgo state](#) due to **crime**.
- [Mexico City](#) due to **crime** and kidnapping.
- [Nuevo Leon state](#) due to **crime** and kidnapping.
- [Oaxaca state](#) due to **crime**.
- [Puebla state](#) due to **crime** and kidnapping.
- [Queretaro state](#) due to **crime**.
- [Quintana Roo state](#) due to **crime**.
- [San Luis Potosi state](#) due to **crime**.
- [Tabasco state](#) due to **crime**.
- [Tlaxcala state](#) due to **crime**.
- [Veracruz state](#) due to **crime**.

Exercise Normal Precautions When Traveling To:

- [Campeche state](#).
- [Yucatan state](#).

Visit our website for [Travel to High-Risk Areas](#).

If you decide to travel to Mexico:

- Review the [U.S. Embassy's webpage](#) on COVID-19.
- Visit the CDC's web page on [Travel and COVID-19](#).

• Keep traveling companions and family

- Keep traveling companions and family back home informed of your travel plans. If separating from your travel group, send a friend your GPS location. If taking a taxi alone, take a photo of the taxi number and/or license plate and text it to a friend.
- Use toll roads when possible and avoid driving alone or at night. In many states, police presence and emergency services are extremely limited outside the state capital or major cities.
- Exercise increased caution when visiting local bars, nightclubs, and casinos.
- Do not display signs of wealth, such as wearing expensive watches or jewelry.
- Be extra vigilant when visiting banks or ATMs.
- Enroll in the [Smart Traveler Enrollment Program \(STEP\)](#) to receive Alerts and make it easier to locate you in an emergency.
- Follow the Department of State on [Facebook](#) and [Twitter](#).
- Follow the U.S. Embassy on Facebook and Twitter.
- Review the [Crime and Safety Reports](#) for Mexico.
- Mariners planning travel to Mexico should check for U.S. maritime [advisories](#) and [alerts](#), which include instructions on reporting suspicious activities and attacks to Mexican naval authorities.
- Prepare a contingency plan for emergency situations. Review the [Traveler's Checklist](#).

Aguascalientes state – Exercise Increased Caution

Exercise increased caution due to crime

EXERCISE INCREASED CAUTION DUE TO CRIME.

Criminal activity and violence may occur throughout the state.

There are no restrictions on travel for U.S. government employees.

Baja California state – Reconsider Travel

Transnational criminal organizations compete in the border area to establish narco-trafficking and human smuggling routes. Violent crime and gang activity are common. Travelers should remain on main highways and avoid remote locations. Of particular concern is the high number of homicides in the non-tourist areas of Tijuana. Most homicides appeared to be targeted; however, criminal organization assassinations and territorial disputes can result in bystanders being injured or killed. U.S. citizens and LPRs have been victims of kidnapping.

U.S. government employees must adhere to the noted restrictions:

- **Mexicali Valley:** U.S. government employees should avoid the Mexicali Valley due to the heightened possibility of violence between rival cartel factions. The boundaries of the restricted area are: to the east, the Baja California/Arizona and Baja California/Sonora borders; to the south, from La Ventana (on Highway 5) due east to the Colorado River; to the west, Highway 5; and to the north, Boulevard Lazaro Cardenas/Highway 92/Highway 1 to Carretera Aeropuerto, from the intersection of Highway 1 and Carretera Aeropuerto due north to the Baja California/California border, and from that point eastward along the Baja California/California border.
- Travelers may use Highways 2 and 2D to transit between Mexicali, Los Algodones,

and San Luis Rio Colorado during daylight hours. Travelers may also use Highways 1 and 8 to transit to and from the Mexicali Airport during daylight hours. Travel on Highway 5 is permissible during daylight hours.

There are no other travel restrictions for U.S. government employees in the state of Baja California. These include high-traffic tourism areas of border and coastal communities, such as **Tijuana, Ensenada, and Rosarito.**

Baja California Sur state – Exercise Increased Caution

Exercise increased caution due to crime.

Criminal activity and violence may occur throughout the state.

There are no restrictions on travel for U.S. government employees in Baja California Sur, which includes tourist areas in: **Cabo San Lucas, San Jose del Cabo, and La Paz.**

Campeche state – Exercise Normal Precautions

Exercise normal precautions.

Chiapas state – Exercise Increased Caution

Exercise increased caution due to crime.

Criminal activity and violence may occur throughout the state.

There are no restrictions on travel for U.S. government employees in Chiapas state, which includes tourist areas in: **Palenque, San Cristobal de las Casas, and Tuxtla Gutierrez.**

Chihuahua state – Reconsider Travel

Reconsider travel due to crime and kidnapping.

Violent crime and gang activity are common. The majority of homicides are targeted assassinations

against members of criminal organizations.

Battles for territory between criminal groups have resulted in violent crime in areas frequented by U.S. citizens and U.S. government employees, including restaurants and malls during daylight hours. Bystanders have been injured or killed in shooting incidents. U.S. citizens and LPRs have been victims of kidnapping.

U.S. government employee travel is limited to the following areas with the noted restrictions:

- **Ciudad Juarez:** U.S. government employees may travel to the area of Ciudad Juarez bounded to the east by Bulevar Independencia; to the south by De los Montes Urales/Avenida Manuel J Clouthier/Carretera de Juarez; to the west by Via Juan Gabriel/Avenida de los Insurgentes/Calle Miguel Ahumada/Francisco Javier Mina/Melchor Ochampo; and to the north by the U.S.-Mexico border.

Direct travel to the Ciudad Juarez airport (officially called Abraham Gonzalez International Airport) and the factories located along Bulevar Independencia and Las Torres is permitted. Travel to San Jeronimo is permitted only through the United States via the Santa Teresa U.S. Port of Entry; travel via Anapra is prohibited.

U.S. government employees may only travel from Ciudad Juarez to Chihuahua City during daylight hours via Federal Highway 45, with stops permitted only at the Federal Police station, the Umbral del Milenio_ overlook area, the border inspection station at KM 35, and the shops and restaurants on Federal Highway 45 in the town of Villa Ahumada.

- **Chihuahua City:** U.S. government employees may travel at any time to the area of Chihuahua City bounded to the north by Avenida Transformación; to the east by Avenida Tecnológico/Manuel

Gómez Morin; to the west by the city boundary; and to the south by Route 16/Calle Tamborel.

- **Nuevo Casas Grandes Area (including Nuevo Casas Grandes, Casas Grandes, Mata Ortiz, Colonia Juárez, Colonia LeBaron, and Paquime):** U.S. government employees may only travel to the Nuevo Casas Grandes area during daylight hours through the United States, entering Mexico at the Palomas U.S. Port of Entry on New Mexico Route 11 before connecting to Mexico Federal Highway 2, and subsequently Federal Highway 10, to Nuevo Casas Grandes. Employees are permitted to stay overnight in the cities of Nuevo Casas Grandes and Casas Grandes only.
- **Ojinaga:** U.S. government employees must travel to Ojinaga via U.S. Highway 67 and enter through the U.S. Port of Entry in Presidio, Texas.
- **Palomas:** U.S. government employees must travel to Palomas via U.S. highways through the U.S. Port of Entry in Columbus, New Mexico.

U.S. government employees may not travel to other areas of Chihuahua, including **Copper Canyon**.

Coahuila state – Reconsider Travel

Reconsider travel due to crime and kidnapping.

Violent crime and gang activity are common in parts of Coahuila state. U.S. citizens and LPRs have been victims of kidnapping.

U.S. government employee travel is limited to the following areas with the noted restrictions:

- **Piedras Negras and Ciudad Acuña:** U.S. government employees must travel directly from the United States and observe a curfew from midnight to 6:00 a.m. in both cities.
- **Federal Highway 40 and areas south within Coahuila state:** This area includes the metropolitan areas of Saltillo and Torreon.

U.S. government employees may not travel to other areas of Coahuila state.

Colima state – Do Not Travel

Do not travel due to crime and kidnapping.

Violent crime and gang activity are widespread. U.S. citizens and LPRs have been victims of kidnapping.

U.S. government employees must adhere to the following travel restrictions:

- **Tecoman:** U.S. government employees may not travel to Tecoman.
- **Colima/Michoacan border:** U.S. government employees may not travel within 20 km of the Colima/Michoacan border.
- **Highway 110:** U.S. government employees may not travel on Highway 110 from the town of La Tecomaca to the Jalisco border.
- **Manzanillo:** U.S. government employees may visit the tourist and port areas only; all other areas are prohibited. Employees may travel on Federal Toll Road 54D between Guadalajara and Manzanillo.

Durango state – Reconsider Travel

Reconsider travel due to crime.

Violent crime and gang activity are common in parts of Durango state.

U.S. government employees must adhere to the following travel restrictions:

- **West and south of Federal Highway 45:** U.S. government employees may not travel to this region of Durango.

There are no other restrictions on travel for U.S. government employees.

Guanajuato state – Reconsider Travel

Reconsider travel due to crime.

Gang violence, often associated with the theft of petroleum and natural gas from the state oil company and other suppliers, occurs in Guanajuato, primarily in the south and central areas of the state. Of particular concern is the high number of murders in the southern region of the state associated with cartel-related violence.

U.S. government employees must adhere to the following travel restrictions:

- **Areas south of Federal Highway 45D:** U.S. government employees may not travel to the area south of and including Federal Highway 45D, Celaya, Salamanca, and Irapuato.

There are no other restrictions on travel for U.S. government employees, including to **San Miguel de Allende, Guanajuato City, and surrounding areas.**

Guerrero state – Do Not Travel

Do not travel due to crime and kidnapping.

Crime and violence are widespread. Armed groups operate independently of the government in many areas of Guerrero. Members of these groups

frequently maintain roadblocks and may use violence towards travelers. U.S. citizens and LPRs have been victims of kidnapping.

Travel for U.S. government employees is limited to the following area with the noted restrictions:

- **Taxco:** U.S. government employees must utilize Federal Highway 95D that passes through Cuernavaca, Morelos, and stay within downtown tourist areas. Employees may visit Grutas de Cacahuamilpa National Park during the day with a licensed tour operator.

U.S. government employees may not travel to other areas of the state of Guerrero, including **Acapulco, Zihuatanejo, and Ixtapa.**

Hidalgo state – Exercise Increased Caution

Exercise increased caution due to crime.

Criminal activity and violence may occur throughout the state.

There are no restrictions on travel for U.S. government employees.

Jalisco state – Reconsider Travel

Reconsider travel due to crime and kidnapping.

Violent crime and gang activity are common in parts of Jalisco state. In Guadalajara, territorial battles between criminal groups take place in tourist areas. Shooting incidents between criminal groups have injured or killed innocent bystanders. U.S. citizens and LPRs have been victims of kidnapping.

U.S. government employees must adhere to the following travel restrictions:

- **Jalisco-Michoacan border:** U.S. government employees may not travel within 12 miles of the Jalisco-Michoacan border

DO NOT TRAVEL.

- **Federal Highway 80:** U.S. government employees may not travel on Federal Highway 80 south of Cocula.
- **State Highway 544:** U.S. government employees may not travel on State Highway 544 between Mascota and San Sebastian del Oeste.

There are no restrictions on travel for U.S. government employees to: **Guadalajara Metropolitan Area, Puerto Vallarta (including neighboring Riviera Nayarit), Chapala, and Ajijic.**

Mexico City – Exercise Increased Caution

Exercise increased caution due to crime and kidnapping.

Both violent and non-violent crime occur throughout Mexico City. Use additional caution, particularly at night, outside of the frequented tourist areas where police and security patrol more routinely. Petty crime occurs frequently in both tourist and non-tourist areas. U.S. citizens and LPRs have been victims of kidnapping.

There are no restrictions on travel for U.S. government employees.

Mexico state (Estado de Mexico) – Reconsider Travel

Reconsider travel due to crime and kidnapping.

Both violent and non-violent crime are common throughout Mexico state. Use caution in areas outside of the frequented tourist areas, although petty crime occurs frequently in tourist areas as well. U.S. citizens and LPRs have been victims of kidnapping.

There are no restrictions on travel for U.S. government employees.

Michoacan state – Do Not Travel

Do not travel due to crime and kidnapping.

Crime and violence are widespread in Michoacan state. U.S. citizens and LPRs have been victims of kidnapping.

Travel for U.S. government employees is limited to the following areas with the noted restrictions:

- **Federal Highway 15D:** U.S. government employees may travel on Federal Highway 15D to transit the state between Mexico City and Guadalajara.
- **Morelia:** U.S. government employees may travel by air and by land using Federal Highways 43 or 48D from Federal Highway 15D.
- **Lazaro Cardenas:** U.S. government employees must travel by air only and limit activities to the city center or port areas.

U.S. government employees may not travel to other areas of the state of Michoacan, including the portions of the **Monarch Butterfly Reserve** located in Michoacan.

Morelos state – Reconsider Travel

Reconsider travel due to crime and kidnapping.

Violent crime and gang activity are common in parts of Morelos state. U.S. citizens and LPRs have been victims of kidnapping.

There are no restrictions on travel for U.S. government employees.

Nayarit state – Reconsider Travel

Reconsider travel due to crime.

Violent crime and gang activity are common near the border with Sinaloa.

U.S. government employees must adhere to the following travel restrictions:

- **Tepic and San Blas:** U.S. government employees may not travel to Tepic or San Blas.

There are no restrictions on travel for U.S. government employees to other parts of Nayarit, including tourist areas in: **Riviera Nayarit** (including **Nuevo Vallarta, Punta Mita, Sayulita, and Bahia de Banderas**), and **Santa Maria del Oro**.

Nuevo Leon state – Exercise Increased Caution

Exercise increased caution due to crime and kidnapping.

Criminal activity and violence may occur throughout the state. U.S. citizens and LPRs have been victims of kidnapping.

There are no restrictions on travel for U.S. government employees.

Oaxaca state – Exercise Increased Caution

Exercise increased caution due to crime.

Criminal activity and violence occur throughout the state.

U.S. government employees must adhere to the following travel restrictions:

- **Isthmus region:** U.S. government employees may not travel to the area of Oaxaca bounded by Federal Highway 185D to the west, Federal Highway 190 to the north, and the Oaxaca-Chiapas border to the east. This includes the cities of Juchitan de Zaragoza, Salina Cruz, and San Blas Atempa.
- **Federal Highway 200 northwest of Pinotepa:** U.S. government employees may not utilize Federal Highway 200 between Pinotepa and the Oaxaca-

between Tlaxiotepec and the Oaxaca-Guerrero border.

There are no restrictions on travel for U.S. government employees to other parts of Oaxaca state, which include tourist areas in: **Oaxaca City, Monte Alban, Puerto Escondido, and Huatulco.**

Puebla state – Exercise Increased Caution

Exercise increased caution due to crime and kidnapping.

Criminal activity and violence may occur throughout the state. U.S. citizens and LPRs have been victims of kidnapping.

There are no restrictions on travel for U.S. government employees.

Queretaro state – Exercise Increased Caution

Exercise increased caution due to crime.

Criminal activity and violence may occur throughout the state.

There are no restrictions on travel for U.S. government employees.

Quintana Roo state – Exercise Increased Caution

Exercise increased caution due to crime.

Criminal activity and violence may occur throughout the state.

There are no restrictions on travel for U.S. government employees in Quintana Roo state, which include tourist areas in: **Cancun, Cozumel, Isla Mujeres, Playa del Carmen, Tulum, and the Riviera Maya.**

San Luis Potosi state – Exercise Increased Caution

Exercise increased caution due to crime.

Criminal activity and violence may occur throughout the state.

There are no restrictions on travel for U.S. government employees.

Sinaloa state – Do Not Travel

Do not travel due to crime and kidnapping.

Violent crime is widespread. Criminal organizations are based in and operating in Sinaloa. U.S. citizens and LPRs have been victims of kidnapping.

Travel for U.S. government employees is limited to the following areas with the noted restrictions:

- **Mazatlan:** U.S. government employees may travel to Mazatlan by air or sea only, are limited to the Zona Dorada and historic town center, and must travel via direct routes between these destinations and the airport and sea terminal.
- **Los Mochis and Topolobampo:** U.S. government employees may travel to Los Mochis and Topolobampo by air or sea only, are restricted to the city and the port, and must travel via direct routes between these destinations and the airport.

U.S. government employees may not travel to other areas of the state of Sinaloa

Sonora state – Reconsider Travel

Reconsider travel due to crime and kidnapping.

Sonora is a key location used by the international drug trade and human trafficking networks. U.S. citizens and LPRs have been victims of kidnapping.

U.S. government employees must adhere to the following travel restrictions:

- **Travel between Hermosillo and Nogales:** U.S. government employees may travel between the U.S. Ports of Entry in Nogales and Hermosillo during daylight hours via Federal Highway 15 only.
- **Puerto Peñasco:** U.S. government employees may travel between Puerto Peñasco and the Lukeville-Sonoyta U.S. Port of Entry during daylight hours via Federal Highway 8 only.
- **San Luis Rio Colorado, Cananea, and Agua Prieta:** U.S. government employees may travel directly from the nearest U.S. Port of Entry to San Luis Rio Colorado, Cananea, and Agua Prieta, but may not go beyond the city limits.
- **Triangular region near Mariposa U.S. Port of Entry:** U.S. government employees may not travel to the triangular region west of the Mariposa U.S. Port of Entry, east of Sonoyta, and north of Altar municipality.
- **Nogales:** U.S. government employees may not travel to the area north of Avenida Tecnológico, west of Bulevar Luis Donaldo Colosio (Periferico), and east of Federal Highway 15D (Corredor Fiscal) and the residential areas to the east of Plutarco Elias Calles. U.S. government employees may not use taxi services in Nogales.
- **Eastern and southern Sonora (including San Carlos Nuevo Guaymas and Alamos):** U.S. government employees may not travel to areas of Sonora east of Federal Highway 17, the road between Moctezuma and Sahuaripa, and State Highway 20 between Sahuaripa and the intersection with Federal Highway 16.

U.S. government employees may not travel to areas of Sonora south of Federal Highway 16 and

east of Federal Highway 15 (south of Hermosillo), as well as all points south of Guaymas, including Empalme, Guaymas, Obregon, and Navojoa.

U.S. government employees may travel to San Carlos Nuevo Guaymas and Alamos; travel to Alamos is only permitted by air and within city limits.

Tabasco state – Exercise Increased Caution

Exercise increased caution due to crime.

Criminal activity and violence may occur throughout the state.

There are no restrictions on travel for U.S. government employees.

Tamaulipas state – Do Not Travel

Do not travel due to crime and kidnapping.

U.S. citizens and LPRs have been victims of kidnapping.

Organized crime activity – including gun battles, murder, armed robbery, carjacking, kidnapping, forced disappearances, extortion, and sexual assault – is common along the northern border and in Ciudad Victoria. Criminal groups target public and private passenger buses, as well as private automobiles traveling through Tamaulipas, often taking passengers and demanding ransom payments.

Heavily armed members of criminal groups often patrol areas of the state and operate with impunity, particularly along the border region from Reynosa to Nuevo Laredo. In these areas, local law enforcement has limited capacity to respond to incidents of crime. Law enforcement capacity is greater in the tri-city area of Tampico, Ciudad Madero, and Altamira, which has a lower rate of violent criminal activity compared to the rest of the state.

Travel for U.S. government employees is limited to the following areas with the noted restrictions:

- **Nuevo Laredo and Matamoros:** U.S. government employees may only travel within a limited radius around and between the U.S. Consulates in Nuevo Laredo and Matamoros, their homes, the respective U.S. Ports of Entry, and limited downtown sites, subject to an overnight curfew.
- **Overland travel in Tamaulipas:** U.S. government employees may not travel between cities in Tamaulipas using interior Mexican highways. Travel between Nuevo Laredo and Monterrey is limited to Federal Highway 85D during daylight hours with prior authorization.

U.S. government employees may not travel to other areas of the state of Tamaulipas.

Tlaxcala state – Exercise Increased Caution

Exercise increased caution due to crime.

Criminal activity and violence may occur throughout the state.

There are no restrictions on travel for U.S. government employees.

Veracruz state – Exercise Increased Caution

Exercise increased caution due to crime.

Violent crime and gang activity occur with increasing frequency in Veracruz, particularly in the center and south near Cordoba and Coatzacoalcos. While most gang-related violence is targeted, violence perpetrated by criminal organizations can affect bystanders. Impromptu roadblocks requiring payment to pass are common.

There are no restrictions on travel for U.S. government employees.

Yucatan state – Exercise Normal Precautions

Exercise normal precautions.

There are no restrictions on travel for U.S. government employees in Yucatan state, which include tourist areas in: **Chichen Itza, Merida, Uxmal, and Valladolid.**

Zacatecas state – Reconsider Travel

Reconsider travel due to crime and kidnapping.

Violent crime, extortion, and gang activity are common in parts of Zacatecas state. U.S. citizens and LPRs have been victims of kidnapping.

U.S. government employees must adhere to the following travel restrictions:

- **Western Zacatecas:** U.S. government employees may not travel to the area of Zacatecas south of Federal Highway 45 and west of Federal Highway 23.
- **Fresnillo:** U.S. government employees may not travel to the municipality of Fresnillo, although employees may transit Federal Highways 45 and 23 through Fresnillo without stopping.

There are no other restrictions on travel for U.S. government employees.

Last Update: Reissued with updates to U.S. government restrictions on personnel in Tamaulipas state