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- * These self-care messages and map are provided strictly for humanitarian purposes. This information is solely for safety purposes to mitigate the humanitarian risks those who choose to migrate may face. The Red Cross/Red Crescent Movement does not encourage or discourage migration.

Panama

- Defensoría de Pueblo, (507) 6723-7790 (507) 287-0075 (507) 287-0076 / Villa gubernamental en Metetí / Metetí, Darién
- UNICEF, (507) 6779-0514 / Metetí, Darién
- OIM: Organización Internacional para las Migraciones, (507) 6251-9606 / Metetí, Darién
- RET Internacional, (507) 6520-2089 / Metetí, Darién
- NRC: Consejo Noruego para Refugiados, (507) 6020-2772 / Villa gubernamental en Metetí / Metetí, Darién
- ACNUR, (507) 6219-9811 / Villa gubernamental en Metetí / Metetí, Darién
- INAMU Instituto Nacional de la Mujer, (507) 6553-6238 / Villa gubernamental en La Palma / La Palma, Darién
- SENADIS Secretaría Nacional de Discapacidad, (507) 299-5141 / Villa gubernamental en La Palma / La Palma, Darién
- Cruz Roja Panameña oficina de Proyecto Darién, (507) 6374-6220 / Via principal / Punuloso, Darién
- MSF Médicos Sin Fronteras, (507) 6449-4835 / Darién
- Cruz Roja Panameña, (507) 315-0292 / Calle Jorge Bolívar Alemán, Albrook, edificio 453 / Albrook, Panamá
- ONPAR Oficina Nacional para la Atención de Refugiados, (507) 512-7229 / Avenida Rómulo Escobar, Balboa, Edificio 766 / Ancón, Panamá
- Cruz Roja Panameña Punto de Servicios RCF, Zona Fronteriza / Aserrio, Chiriquí
- ERM de Cruz Roja Panameña, Los Planes / Gualaca, Chiriquí

Honduras

- Albergue de Caritas, (504) 9913-3169 / Cd. de Choluteca / Choluteca, Choluteca
- Hogar de la Esperanza, Barrio Corbeta, una cuadra antes del Cementerio General / Choluteca, Choluteca
- Centro de Atención al Migrante Irregular, Barrio La Cruz, frente a repostería El Cisne, una cuadra debajo de la alcaldía / Choluteca, Choluteca
- Fundación Vida Nueva, De la gasolinera Dippsa-Cabañas Tres cuadras al sur, calle al Correti / Choluteca, Choluteca
- Albergue la pastoría, (504) 9910-4408 / centro de la iglesia católica en el municipio de Trojes / Trojes, El Paraíso
- Albergue Iglesia Peniel, (504) 9544-4300 / Iglesia evangélica ubicada en el municipio de Trojes / Trojes, El Paraíso
- Iglesia Católica de Cifuentes en Trojes, (504)9847-6544 / Cifuentes en el municipio de Trojes / Trojes, El Paraíso
- Casa de la Fundación Alivio del Sufrimiento, (504) 8740 8200 / Km 46 carretera C-A 6 Guayabillas / Yuscarán, El Paraíso
- Centro de Atención al Migrante Irregular, Detrás de las oficinas de Honducor, Aeropuerto Internacional de Toncontin / Tegucigalpa MDC, Francisco Morazán
- Consejo Noruego para Refugiados, (504) 31775966, (504) 3290-3971 / Colonia Rubén Darío, Primera calle, casa No 2215 / Tegucigalpa MDC, Francisco Morazán
- Casa del Migrante de Ocotepaque, Col Las Américas, Ocotepaque / Ocotepaque, Ocotepaque
- Centro de Atención al Migrante Retornado en La Lima, Apropuerto Ramón Villeda Morales, a 11 kmde SPS, carretera a El Progreso / La Lima, Cortés
- Centro de Atención al Migrante Irregular, Colonia Troje, 4ta etapa, 21 calle, 24 ave 3 cuadras al sur del Hotel La Cordillera / San Pedro Sula, Cortés
- Fundación Teletón-San Pedro Sula, Col la Gran Vía, 16-17 avenida, 9 calle A-B, sureste / San Pedro Sula, Cortés
- Centro de Atención para la Niñez y Familias Migrantes Belén, Barrio Medina, 13 calle, 8 avenida / San Pedro Sula, Cortés
- Centro de Atención al Migrante Retornado en Omoa, Milta 4, Omoa, Kilómetro 21 CA-13 / Omoa, Cortés

El Salvador

- Instituto Salvadoreño del Migrante INSAMI, 41 Ave Nte No 221 col Fior Blanca, frente a Universidad Andrés Bello / San Salvador, San Salvador
- Alianza de Salvadoreños Retornados ALSARE, Boulevard Los Héroes, Condominio Los Héroes, Séptimo nivel Apt No 7-D, por la zona de Metrocentro / San Salvador, San Salvador
- Asociación COMITÉ de Familiares de Migrantes Fallecidos y Desaparecidos de El Salvador COFAMIDE, Final 4ta calle pte y 25 Ave Sur Edificio Cuscatlán, 3ra planta local No 302 Frente a parque Cuscatlán / San Salvador, San Salvador
- Casa del migrante de los Misioneros Escalabriniños, 6ta Ave Nte No 1430, Col Mugdán / San Salvador, San Salvador
- Iglesia Reformada Calvinista, Universidad Universitario, col El Roble No 2034 Contiguo Cine Reforma / San Salvador, San Salvador
- Unidad de Difusión y Búsqueda de Cruz Roja Salvadoreña, 17 calle Pte AveHenri Dunant Centro de Gobierno / San Salvador, San Salvador

Guatemala

- Casa del Migrante del Vicariato Apostólico de Izabal, Km 283 Carretera a la Frontera Guatemala-Honduras, Aldea Entre Ríos, frente a Parroquia Nuestra Señora de Fátima / Puerto Barrios, Izabal
- Punto de Asistencia, Gasolinera OASIS 243 sobre el kilómetro 243 / Morales Izabal, Izabal
- Oficina de Información y atención a migrantes y refugiados, La Ruidosa, Izabal / La Ruidosa, Izabal
- Casa del Migrante "Jose", Km 2233 Ruta Esquipulas-Frontera Agua Caliente / Esquipulas, Chiquimula
- Punto de Asistencia, Frontera "Agua Caliente" / Esquipulas, Chiquimula
- Casa del Migrante Ciudad de Guatemala, 15 avenida 1-92, Zona 1 / Ciudad de Guatemala, Guatemala
- Oficina de orientación sobre migración, TUMALAL B'E (en idioma Maya Mam: Camino Correcto en español), Carretera Interamericana, a un costado de Puente Rogelio, Colotenango, Huehuetenango / Colotenango, Huehuetenango
- Oficina de orientación sobre Migración K'UL B'E (en idioma popuk: Camino Correcto en Español), Sector Iglesia, cantón central, San Antonio Huista, Huehuetenango / San Antonio Huista, Huehuetenango
- Centro de Atención a las personas migrantes, Parroquia nuestra señora de la Asunción Diócesis de San Marcos / Tacaná, Tacaná
- Centro de Recepción de Deportados, Calle por Cooperativa SN / Tecún Uman, San Marcos
- Casa del Migrante Tecún Uman, Avenida del migrante 0-22, Col Oliguita de León / Tecún Uman, San Marcos
- Punto de Asistencia, 1ª Av 4-38 Zona 1, Tecún Uman, San Marcos / Tecún Uman, San Marcos
- Centro de información y atención ADESI, Playa Grande, Ixcán Quiché / Ixcán, Quiché
- Módulo de Apoyo a migrantes Santa Elena, 6ta avenida entre primera y segunda calle / Flores, Petén
- Casa del Migrante en Petén, 6ta calle entre 3ra avenida A y 4ta avenida Zona 2, barrio Antigua población, Santa Elena / Flores, Petén
- Centro de Atención Parroquial a personas migrantes y refugiadas, El Naranjo / La Libertad, Petén
- Casa para personas migrantes y refugiadas, El Ceibo / El Naranjo, Petén
- Módulo de Apoyo a migrantes La Técnica, Cooperativa La Técnica A un costado de oficina de servicios turísticos / Las Cruces, Petén

South Mexico

- Albergue "Jesús El Buen Pastor", (52) 9621532995 / Entronque a Carretera Raymundo Enriquez/Col Ojo de Agua / Tapachula, Chiapas
- Albergue Diocesano Belén, (52) 9626254812 / Av Hidalgo # 2 Col San Antonio Cahaocan Apartado 67 / Tapachula, Chiapas
- Albergue DIF Municipal Tapachula, Calle 19 Poniente SN Col Centro CP 30700 / Tapachula, Chiapas
- Albergue Temporal DIF Estatal Chiapas, (52) 9626232156 / Carretera Costera Sur SN Col Viva México CP 30820 / Tapachula, Chiapas
- Hospitalidad y Solidaridad A.C., (52) 9331551616 / Carretera a Puerto Madero Km 12-500 / Tapachula, Chiapas

- Casa del Migrante "Jesús Esperanza en el Camino", (52) 9616000402 / 1ª Pionte sur # 1664, esquina 16 sur poniente, Barrio San Francisco / Tuxtla Gutiérrez, Chiapas
- Una Ayuda Para Ti Mujer Migrante, (52) 9614842458 / Libramiento sur poniente 17, Popular Kamaipac, 29060 / Tuxtla Gutiérrez, Chiapas
- Hogar de la Misericordia, (52) 9621743777 / Calle Quinta Sur # 1420, Col Playa Fina / Arriaga, Chiapas
- Comedor para Migrantes y Transesúntes "Papa Francisco", (52) 9630311953 / 2ª Av Poniente entre Centro poniente y 1ª Calle Sur poniente / Frontera Comalapa, Chiapas
- Albergue Comunidad Emiliano Zapata, (52) 9161866721 / Domicilio conocido / Emiliano Zapata, Chiapas
- Casa del Caminante "Jtatic Samuel Ruiz", (52) 9163454297 / Niños Héroes 51, Col Pakalná, Barrio San Francisco / Palenque, Chiapas
- Casa Betania, (52) 9512551000 / Calle San Francisco sn, Salto de Agua, Chiapas, 29900 / Salto de Agua, Chiapas
- Albergue "Hermanos en el Camino", (52) 9717132264 / Av Ferrocarril Pte # 60, Barrio de la Soledad / Ciudad Itepec, Oaxaca
- Casa del Migrante "Ruchagali", (52) 9727220112 / Calle 1ª de Mayo 1110, ColRincón Viejo / Matias Romero Avendano, Oaxaca
- Casa del Buen Samaritano, (52) 9515169004 / Callejón Guadalupe Victoria sn, ColCentro (Atrás de Soriana Madero) / Oaxaca de Juárez, Oaxaca
- Hogar-Refugio para Personas Migrantes "La 72", (52) 9343241111 / Domicilio conocido sn, Col La Estación Nueva / Tenosique, Tabasco
- Punto de Asistencia Cruz Roja Mexicana, Carretera El Ceibo -Tenosique / Tenosique, Tabasco
- Oasis de Paz del Espíritu Santo Amparito AC, Carr Villahermosa-La Isla SN Col Miguel Hidalgo III Etapa CP 86127 / Centro, Tabasco
- Movilidad Humana - La Casa del Migrante Doiscesis de Coatzacoalcos, (52) 9212170245 / Calle General Anaya #205 Esquina Soledad de Doblado, Colonia Constituyentes, 96595 / Coatzacoalcos, Veracruz
- Casa del Migrante Monsenor Guillermo Ranzahuay, (52) 5569037372 / Ignacio Allende 928, Colonia Barrio IV, 98160 / Acayucan, Veracruz
- Albergue "Decanal Guadalupano", (52) 2747436227 / Hermanos Aldama 50, Tierra Blanca del Viejo, 95180 / Tierra Blanca, Veracruz
- Albergue "Las Patronas", (52) 2717104875 / Calle SN, 94957 Guadalupe / Amatlan de los Reyes, Veracruz
- Albergue para migrantes "La Sagrada Familia", (52) 2414172432 / Alvaro Obregón, 3a Priv, Ferrocarrilera, 90342 / Apizaco, Tlaxcala
- Punto de asistencia Cruz Roja Mexicana en Ciudad Serdán, Rancho Nuevo, Ciudad Serdán (a un costado de las vías del tren) / Ciudad Serdán, Puebla
- Casa del migrante de la Parroquia de Nuestra Señora de los Desamparados, (52) 222685218 / Av 36 Poniente # 3308 Col Nueva Aurora atrás de la Central de Autobuses de Puebla / Puebla, Puebla
- Parroquia "Nuestra Señora de la Asunción" Ayuda Humanitaria a Migrantes en Tránsito, (52) 2222491542 / Calle 45 Norte # 206 Col Aquiles Serdán / Puebla, Puebla
- Parroquia "San Juan de los Lagos", (52) 222246931 / Calle Guadalupe 73, Col San Rafael Poniente / Puebla, Puebla

North Mexico

- Casa de la Caridad "Hogar del Migrante", (52) 4448156225 / Juan Álvarez # 210, Col Barrio de Tlaxcala, CP 78038 / San Luis Potosí, San Luis Potosí
- Casa del Forastero Santa Martha, Calle José María Bocanegra Pte No 801, Col Industrial, CP 6440 / Monterrey, Nuevo León
- Casa del Migrante de Nuestra Señora de Guadalupe, Calle Nogal-Aldama 501, Col Aquiles Serdán I, CP88520 435 103 7952 / Reynosa, Tamaulipas
- Casa del Migrante Sañtillo, Frontera con Justicia A.C., 844 111 3273 / Calle Juan De Erbaz 2406, Col Landin, CP 25070 / Saultillo, Coahuila
- Posada del Peregrino de Cártas Diocesana de Torreón, 871 731 1575 / Av La Paz 300, Col Nueva California, CP 27089 / Torreón, Coahuila
- Centro de Día para Migrantes "Jesús Torres", 871 653 9003 / Calle Yucatán # 171 Sur Col Las Julitas, CP 27296 / Torreón, Coahuila
- Casa del Peregrino "Frontera Digna", Número de teléfono será otro / Reforma sin número, Col Morelos, CP 26030, Piedras Negras / Piedras Negras, Coahuila
- Punto de Asistencia Cruz Roja Mexicana, 877 773 0011 / Garita Puente Internacional, Puerta de México Hidalgo No 305, CP 26200, Cd Acuña / Acuña, Coahuila
- Casa del Migrante Sr. Obispo Jesús María Echavarría, Calle Agustina Ramírez #1518; Col Gabriel Leyva / Culiacán, Sinaloa
- Albergue "Un Oasis en el Camino", Avenida Industrial 26 Colonia La Estación, CP 55660 / Apaxco, Mexico
- Casa migrante "San Agustín", Calle Jacarandas 3, Colonia Bojay, CP 42970 / Altatlaquia, Hidalgo
- Casa del Peregrino Migrante, Ejido Maney sn, Junto a Planta Cemex / Huichapan, Hidalgo
- Albergue para Migrantes "Toribio Romo" A.C., (52) 4424107521 / Privada Campesinos # 1 Col San Pedro Peñuelas / Querétaro, Querétaro
- Cruz Roja Mexicana, (52) 4425375447 / Av Balaustradas SN, Centro Sur / Querétaro, Querétaro
- Casa del Migrante "ABBA", Eufemio Zapata # 216 Col Emiliano Zapata, CP 38030 / Celaya, Guanajuato
- Casa de Migrantes "Manos Extendidas", (52) 4612150761 / Calle 16 de Septiembre 428, Col El Zapote, CP 38057 / Celaya, Guanajuato
- Cruz Roja Mexicana, (52) 461643730 / Av Constituyentes sn, Col Rosa Linda, CP 38060 / Celaya, Guanajuato
- Casa del Migrante "San Carlos Borromeo", (52) 4646484203 / Segunda Privada de Morelón, # 107, ColConstelación, CP 36790 / Salamanca, Guanajuato
- Cruz Roja Mexicana, (52) 4646480094 / Calle Tampico sn, ColBellavista, CP 36700 / Salamanca, Guanajuato
- Cruz Roja Mexicana, (52) 4626273333 / Calle Av Casimiro Liceaga 404, Col Las Misiones, CP 36567 / Itapaco, Guanajuato
- Cruz Roja Mexicana, N/A / Morelos y Oxnard 249, Col Centro / Ocotlán, Jalisco
- El Refugio Casa del Migrante, 3336751475 / Constitución #300, Cerro del Cuatro, 45599 / Tlaquepaque, Jalisco
- Casa del Migrante Aldea Arcoritis, 3325928011 / Metalurgia #2878 Col Alamo Industrial CP 45593 / Tlaquepaque, Jalisco
- FMA Paso Libre (Dignidad y Justicia en el Camino A.C.), 3333003006 / Calderón de la Barca # 468-A, Barrera, CP 44150 / Guadalupe, Jalisco
- CAOIPSI Las Palmas, 3347740447 / Calzada Las Palmas número 76, entre Calzada Independencia y R Michel, colonia Rincón de la Agua Azu / Guadalupe, Jalisco
- CAOIPSI Casa Belisario, 3335623572 / Belisario Domínguez 420, entre República y Francisco de Ayza, colonia San Juan de Dios / Guadalupe, Jalisco
- San Vicente de Paul, N/A / Agustín Yañez #122, El Campestre, La Venta del Astillero CP 45221 / Zapopan, Jalisco
- La Casa de la Esperanza "San José", 3112167806 / Padre Enrique Mejía esquina con Vicente Guerrero / Tepic, Nayarit

Guatemala

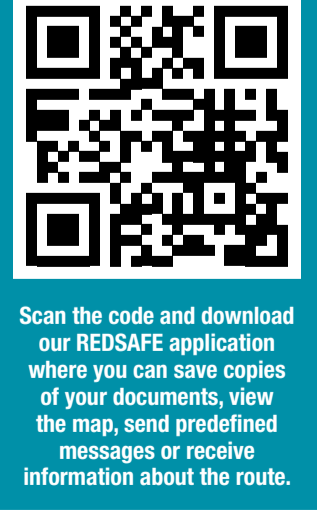
- Casa del Migrante de Caborca, Calle 12, #100 y Av López Collado / Caborca, Sonora
- Comedor "Padre Gonzalez", Calle 11 # 55, Col Centro / Caborca, Sonora
- Luz y Esperanza en el Desierto A.C., Domicilio Conocido / Caborca, Sonora
- Punto de Asistencia Cruz Roja Mexicana, Frente a la Estación de Trenes Calle 11 y Avenida H / Caborca, Sonora
- Casa para Menores Migrantes YMCA, 6333384000 / Calle 1 avenida 12 y 13 Colonia Centro C P 84200 / Agua Prieta, Sonora
- Centro de Atención al Migrante "Exodus" (CAME), 6333382514 / Calle 2 y Entre Av Anáhuac y Jesús García No 26 Col Ferrocarril / Agua Prieta, Sonora
- Centro de Recursos para Migrantes, 6333381529 / Calle Primera, Av 3, sn, CP 26000 / Agua Prieta, Sonora
- Albergue "San Juan Bosco" I.A.P., 6313136833 / Calle Montaña # 1063 / Nogales, Sonora
- Casa "Nazareth" para Mujeres y Niños Deportados, Calle # 1 Edificio 4, Dpto 502 Periférico Luis Donald Colosio 55 Col Del Rosario / Nogales, Sonora
- Comedor CAMDEP, Centro de Atención al migrante deportado, Luis Donald Colosio, # 55 Col Frente a Foviste II / Nogales, Sonora
- Iniciativa Kino para la Frontera, 6313162086 / Línea Internacional garita 2 intersección de Reforma y Periférico Luis Donald Colosio 55 Col Del Rosario / Nogales, Sonora
- Punto de Asistencia Cruz Roja Mexicana, Puerta Internacional, Garita 1 Dennis Deconcini / Nogales, Sonora
- Casa del Migrante "La Divina Providencia" I.A.P. 6535349543 / Av Zaragoza 912 Col Comercial CP 83448 / San Luis Rio Colorado, Sonora
- Albergue Don Chon, 6531129800 / Callejón Obregon No 55, Col Cuauhtemoc CP 83400 / San Luis Rio Colorado, Sonora
- Albergue "El Camino a un Nuevo Amanecer", 52 686 216 3045 / Celaya 650, Col San Isidro, Mexicali, Baja California, México / Mexicali, Baja California
- Albergue Juvenil del Desierto, 6865545364 / Avenida Carpinteros, # 1515 Col Industrial / Mexicali, Baja California
- Comedor "Cobina", 6865808014 / Av Lerdo 472, Col Centro / Mexicali, Baja California
- Hotel Cobina Posada del Migrante, 52 686 234 7444 / Av Pedro Moreno 45, Rio Nuevo, 21120 / Mexicali, Baja California
- Albergue "Casa Puerta de Esperanza" del Ejército de Salvação, 6643781748 / Cañon Emiliano Zapata 12293, Col Libertad, Tijuana, Baja California, México / Tijuana, Baja California
- Albergue Ejército de Salvação Tijuana, 6646832694 / Av Aquiles Serdán, # 11585 Col Libertad parte Baja / Tijuana, Baja California
- Casa de Oración del Migrante Cruz AC, 6646724421 / Carlota Rosa 735 Col Anexa Rio C P 22416 / Tijuana, Baja California

USA

- Ozanan Center , 656 N Minnesota Ave / Brownsville, Texas
- Sacred Heart, 306 S 15th St / McAllen, Texas
- Laredo Office at the Holding Institute, 1102 Santa Maria Ave / Laredo, Texas
- Greyhound estación de autobuses, 500 N Saint Marys St / San Antonio, Texas
- Orthophony Center of El Paso, 8201 Lockhead Dr / El Paso, Texas
- Catholic Charities, 140 W Speedway Blvd St 130 / Tucson, Arizona
- Campamento No más muertes en el desierto, Arivaca, Arizona

KM	Tapachula	Tenosique	Itepec	Oluta	Ciudad de México	Querétaro	Monterrey	Piedras Negras	Acuña	San Antonio (US)	Guadalajara	Agua Prieta	Nogales	Tucson (US)	Phoenix (US)	Mexicali	Tijuana
Tapachula	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tenosique	520	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Itepec	407	632	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Oluta	628	440	205	-	544	-	-	-	-	-	-	-	-	-	-	-	-
Ciudad de México	1,158	971	735	544	-	-	-	-	-	-	-	-	-	-	-	-	-
Querétaro	1,359	1,171	936	761	217	-	-	-	-	-	-	-	-	-	-	-	-
Monterrey	2,051	1,624	1,829	1,453	909	692	-	-	-	-	-	-	-	-	-	-	-
Piedras Negras	2,409	2,211	1,987	1,801	1,257	1,040	348	-	91	-	-	-	-	-	-	-	-
Acuña	2,462	2,274	2,050	1,864	1,320	1,103	411	1,142	1,209	1,268	-	-	-	-	-	-	-
San Antonio (US)	2,531	2,344	2,109	1,917	1,385	1,170	475	235	261	1,268	-	-	-	-	-	-	-
Guadalajara	1,692	1,505	1,269	1,094	550	363	807	1,150	1,209	1,268	-	-	-	-	-	-	-
Agua Prieta	3,424	3,320	3,044	2,809	2,805	2,078	1,324	1,142	1,056	1,251	1,738	-	-	-	-	-	-
Nogales	3,324	3,137	2,901	2,709	2,165	1,978	151	1,334	1,248	1,442	1,637	180	-	-	-	-	-
Tucson (US)	3,331	3,143	2,908	2,845	2,302	2,099	1,523	1,294	1,206	1,402	1,590	199	138	-	-	-	-
Phoenix (US)	3,508	3,320	3,085	3,022	2,478	2,276	1,700	1,471	1,383	1,578	1,750	208	180	-	-	-	-
Mexicali	3,741	3,554	3,318	3,126	2,582	2,356	2,151	1,760	1,674	1,872	2,054	867	581	474	393	-	-
Tijuana	3,915	3,728	3,493	3,300	2,756	2,569	2,149	1,961	1,875	2,068	2,229	867	604	670	589	181	-
Los Angeles (US)	4,106	3,919	3,683	3,494	2,981	2,779	2,456	2,068	1,982	2,153	2,430	1,028	942	779	640	376	221

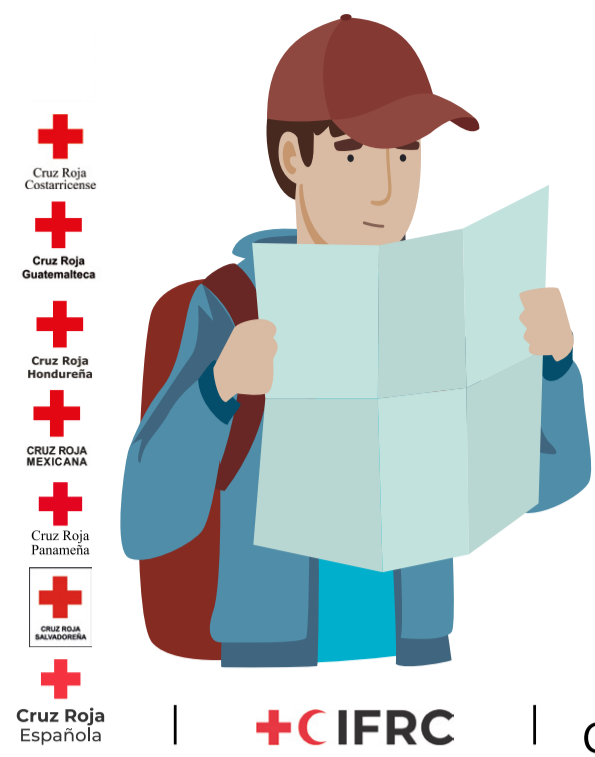
The distances are approximate and illustrative, they will depend on the routes and means of transport. / In Mexico the average speeds are: Car 80 km/h, bus 65 km/h, walking 6 km/h.



Scan the code and download our REDSAFE application where you can save copies of your documents, view the map, send predefined messages or receive information about the route.



Useful information



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- Before setting off, be sure to have checked routes and distances, transport options, safe shelters and weather conditions along the route.** Note down the contact details of your country's embassies and other useful organizations in case you need their help.
Remember that you will encounter a range of weather conditions during your journey, which may be extreme. Take appropriate clothing and be prepared for any eventuality, including poisonous or dangerous animals.
- For your own safety, don't share any information about your journey or your family with strangers.** Don't say anything about having friends or relatives in the United States and don't say if someone is providing you with financial support. **Someone could use this information to extort money from you.**

- If you have a mobile phone, do not lend it to strangers or to anyone you do not fully trust.** If they access your list of contacts, this could put you in danger.
- It is generally safer to travel during the day and in a group, especially for women. Try to stay with your group.**
- Find safe places to spend the night.** It is usually extremely dangerous to sleep outdoors. Make sure you pack a torch.
- Your journey will be dangerous.** Extortion and robbery are common, even when travelling by train or other modes of transport. **Never leave your belongings unattended.**
- If the authorities detain you, keep calm and listen to their instructions.**
- Leave a copy or photograph of your official identification document with a recent photograph of yourself and/or your fingerprint with someone you trust in your country of origin.** Do the same for any children who are travelling with you.
- If you want to return voluntarily to your own country, contact or visit the International Organization for Migration (IOM) (+52 55 1910 5599 / +52 55 2690 4314).** They offer a free-of-charge assisted voluntary return programme.

Keeping in contact with your family

- If you are the victim of a crime in Mexico, or you witness one, you have the right to begin the process of regularization for humanitarian reasons, the right to receive legal advice and the right to receive medical attention.** Important: You must report the crime in order to be able to access these rights. If you find yourself in this situation, contact the Executive Commission for Victim Care (Comisión Ejecutiva de Atención a Víctimas or CEAV) on **+52 55 1000 2000**
- In Mexico, only the National Migration Institute (Instituto Nacional de Migración) may ask to check your immigration status.** No other authority may demand to see your documents or detain you if the immigration authorities are not present. If you are concerned about how you have been treated by the authorities, you can call the CNDH (National Human Rights Commission) on **+52 55 5681 8125**
- Mexican law prohibits the detention of children and adolescents in immigration detention centres. They must be sent, together with their family members, to institutions designated for children.**

- During your journey, keep in touch with your family and let them know the following:**
 - your precise current location
 - with whom you are travelling
 - your next destination point
 - when you will next contact them.
- Remember that some shelters and Red Cross stations provide an internet connection, free phone calls and battery charging points.** Try to make use of these services to contact your friends and family, especially before crossing a border.

- If you are travelling with a trusted group of people, agree on what to do if you lose contact with each other during the journey.** Also agree on what to do in dangerous situations, including if someone is detained, disappears, has an accident or dies. Remember that you can seek help at a shelter or from the Red Cross. You can help a person's family know what has happened to their loved one.
- Switch off your mobile phone or put it in airplane mode to save battery as you will go for long periods without being able to recharge it.** Consider taking a portable battery pack. Only use your mobile phone to make essential calls and keep it in a plastic bag when not in use.
- Only use a mobile phone of someone you trust where possible. If you do use a stranger's phone, delete your call from their call history when you finish.**
- If you are travelling with a child or adolescent, make sure they memorize your personal details and phone number.** Make a plan of what to do if you lose contact. If they are too young to memorize these details, give them a card with your information and put it somewhere safe. This will help you to be reunited if you become separated.



Memorize at least three telephone numbers of people you trust, including the international dialling codes.

Looking after your health

- If you have a chronic health condition such as diabetes, high blood pressure or HIV, make sure you take your medication and prescriptions with you.** Memorize the name of each medication and remember to keep taking it. If you are using contraception, make sure you take it with you.
- In hospitals and health-care centres, you have the right to free emergency health care.** At the end of your check-up, ask for information about your state of health and for a copy of your medical records. In case of emergency in Mexico and the United States, dial 911. You can also seek assistance from the Red Cross.
- Make sure you know your blood group and carry this information with you.**
- If you are detained, let the authorities know if you have a health condition or illness or if you need medication.** As a detainee, you have the right to medical treatment. It will help if you can clearly explain what medication you are taking and show them your prescriptions.
- To prevent dehydration, drink water regularly or take rehydration drinks.** This is especially important if you are pregnant. **Do not drink stagnant water or tap water. Protect yourself from the sun with a hat and appropriate clothing.**



- Pack a plastic drinking bottle that you can reuse. You can refill it at Red Cross stations and at drinking water points.**
- If you are experiencing symptoms such as a fever, cough, body aches, vomiting or diarrhoea, go immediately to a health-care centre where you will be seen free of charge.**
- Always remember to take the following three steps to prevent infectious disease: wash your hands frequently, wear a face mask, use mosquito repellent and/or wear long-sleeved tops.**

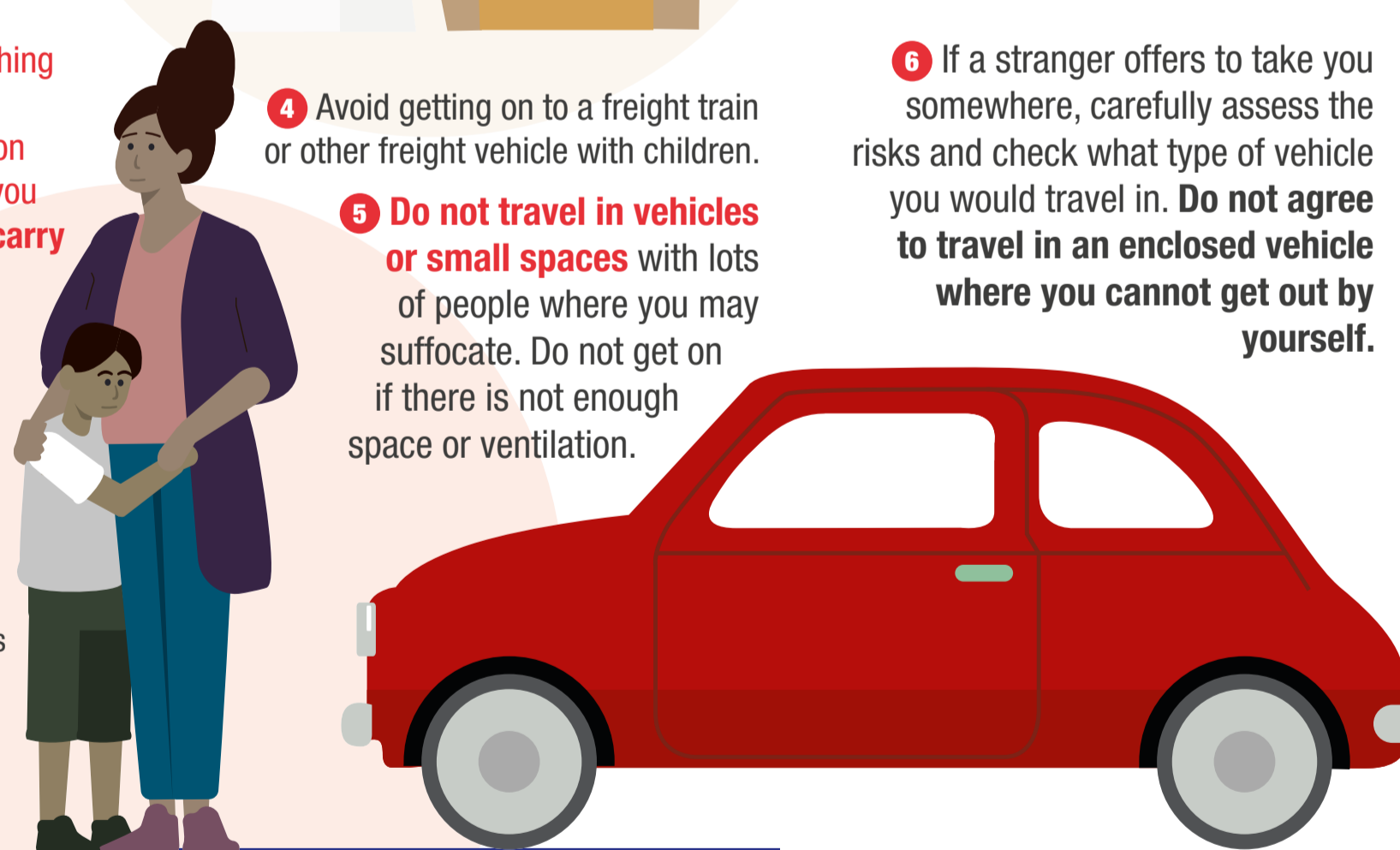
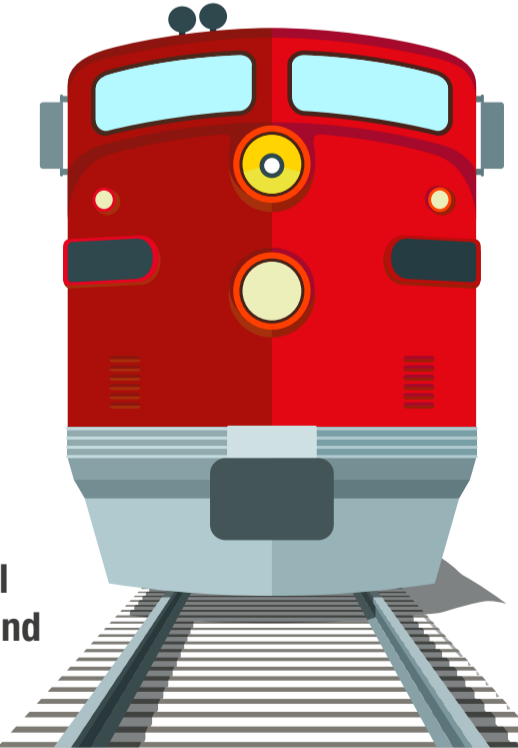


- Carry your vaccination booklet with you to show your vaccination status for COVID-19 and other illnesses.**
- Do not wear damp shoes or socks as they can cause blisters and skin infections. Make sure you pack an extra pair of socks and a pair of light plastic shoes.** Cotton socks and talcum powder can also help prevent blisters.
- Sexual violence is a medical emergency that requires immediate attention. Visiting a health-care centre within 72 hours after the incident could save your life.** The Red Cross can help you with transport and psychological support. In case of emergency in Mexico and the United States, dial 911.



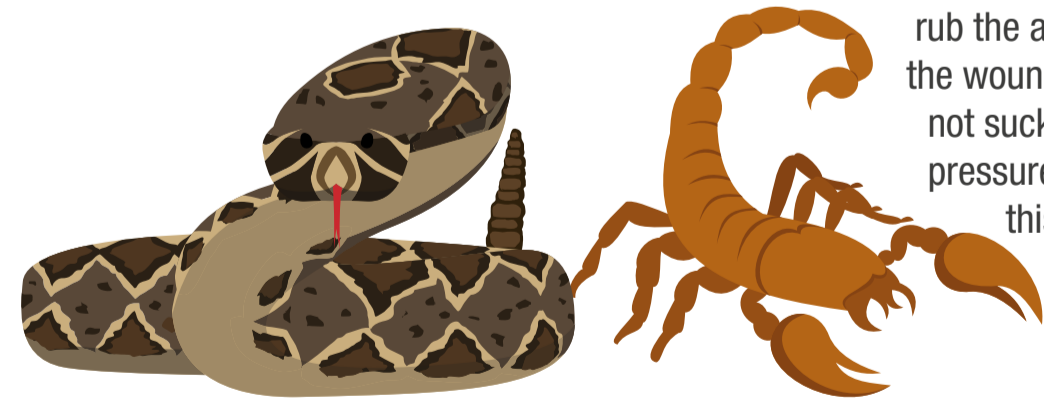
Travelling by train or other vehicle

- Avoid getting on to a freight train or vehicle if you have not eaten or rested, or if you are under the influence of alcohol, drugs or medication that can make you drowsy. If you go to sleep, you could fall. Take it in turns with your travel companions to rest and watch each other.**
- Do not tie items of clothing around your waist, as they could get caught on something and cause you serious injury. Do not carry a bag or any other items in your hands.**
- While onboard a freight train or any other freight vehicle, it is recommended that you remain seated. Be careful and look out for any branches, electrical cables or tunnels that could hit you or cause you to fall. Sit where you can hold on to something.**
- Avoid getting on to a freight train or other freight vehicle with children.**
- Do not travel in vehicles or small spaces with lots of people where you may suffocate. Do not get on if there is not enough space or ventilation.**
- If a stranger offers to take you somewhere, carefully assess the risks and check what type of vehicle you would travel in. Do not agree to travel in an enclosed vehicle where you cannot get out by yourself.**

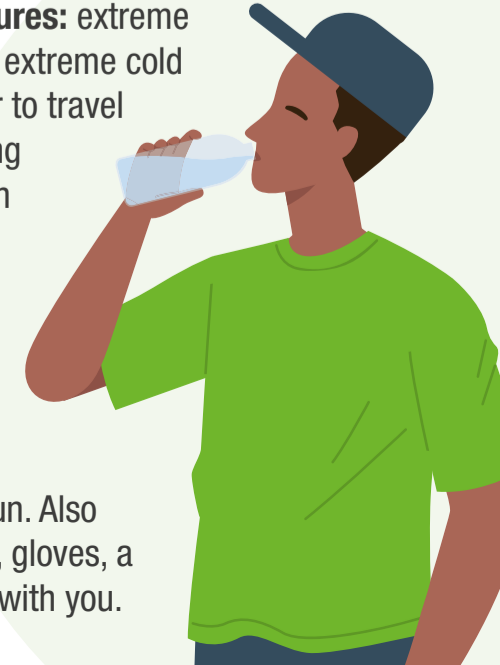


Walking through woodland, a forest or a desert

- In places with hot climates, you may encounter poisonous animals, such as scorpions, spiders and snakes. Bites or stings from these animals can kill you.**
- Shake out your clothes, shoes and rucksack before using them and check the area where you will sit or sleep to avoid bites and stings.** Use insect repellent to help prevent being stung or bitten.
- If an animal bites or stings you, seek immediate medical attention. Do not rub the affected area and rinse the wound with clean water. Do not suck out the venom or put pressure on the affected area: this will only cause more harm and increase the risk of infection.**



- Put all of your documents in a plastic bag that is attached to your clothes to prevent them from getting lost or wet.**
- Rivers are much deeper than they seem.** Crossing them while wearing lots of clothes or with a rucksack can reduce your mobility. You can easily drown in currents and whirlpools.
- In the desert, you will encounter extreme temperatures: extreme heat in the day and extreme cold at night. Remember to travel with enough drinking water or rehydration drinks to avoid getting dehydrated. Wear trousers, long-sleeved tops and a head covering to protect yourself from the sun. Also take warm clothing, gloves, a torch and matches with you.**

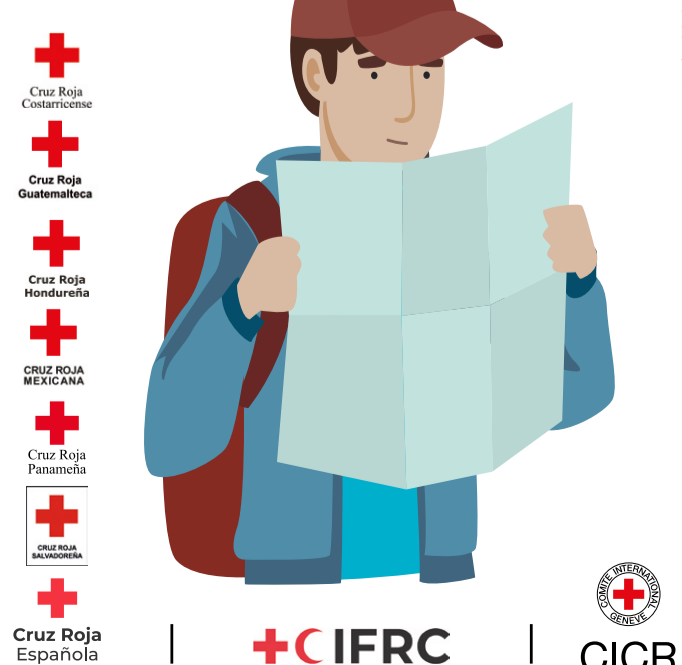


Calling family and friend and emergency contact numbers

- To call someone in Mexico from another country:** For mobile and landline numbers: dial 00 + 52 + 10-digit number.
- To call someone in another country from Mexico:** dial 00 + country code + city code + the number you want to call.
- Guatemala: 00 + 502 + 8-digit number
 - Honduras: 00 + 504 + 8-digit number
 - El Salvador: 00 + 503 + 8-digit number
 - Venezuela: 00 + 58 + 10-digit number
 - Haiti: 00 + 509 + 8-digit number.
 - Nicaragua: +505 + 8 dígitos
- In case of emergency in Mexico and the United States, dial 911**
- Mexican Commission for Refugee Assistance (COMAR) in Mexico City:** 55 5209 8800 ext. 30147 and in Tapachula, Chiapas: 55 8055 9382 / 962 64 25 31 18 / 962 64 25 31 19.
- Embassy of Honduras in Mexico City: 55 5211 5747.**
- Embassy of El Salvador in Mexico City:** 55 5281 5723 ext. 206 / 55 5281 5725.
- If you are a Salvadorean citizen, you can call your family for free from Mexico by calling this number from any phone: 800 74 76 117.**
- Embassy of Guatemala in Mexico City:** 55 5540 7520 ext. 111 and 112. / Their emergency number is: 55 3699 2052.
- Embassy of Nicaragua in Mexico: 55 5540 5625.**
- Embassy of Venezuela in Mexico: 55 5203 4233.**
- Embassy of Haiti in Mexico: 55 5557 2065 / 55 5580 2487.**
- National Human Rights Commission (CNDH) in Mexico: 800 715 2000.**
- National Institute of Migration (INM) in Mexico: 800 00 46 264.**
- United Nations Refugee Agency (UNHCR) in Mexico: 800 226 8769 / 800 283 2718.**
- Use the ICRC's RedSafe app or website for more information and contact details.



Scan this code with your cell phone camera and download the messages to your phone.



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