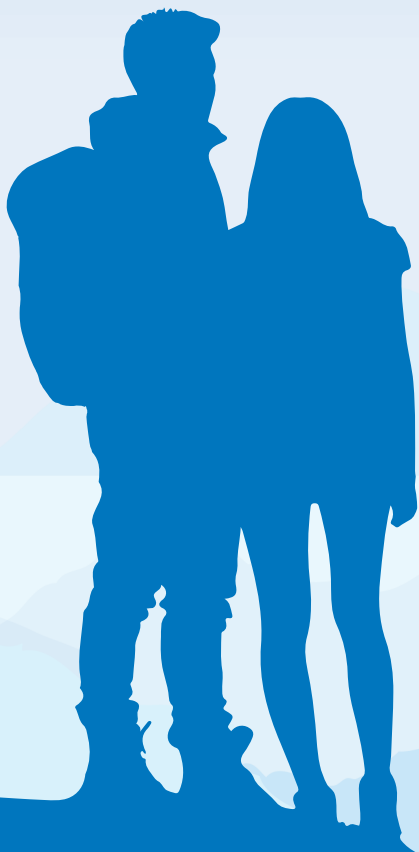


*Quito
renace.*



Quito
ALCALDÍA METROPOLITANA



Health Guide for Traveling in the DMQ

Quito, the most
amazing city in
the world

Key numbers



Psychological assistance
(Secretary of Health):

Marca 101,
opción 9

Download the app: access to police,
traffic, health, and fire services.



Mariscal Sucre
Airport:

(02) 395 4200

General Directorate
of Migration:

(02) 439 408
(022) 955 666

Airport
Immigration:

(02) 3954 300
Ext. 2329, 2332

Metropolitan Public Company
for Tourist Destination
Management (Bicentennial Park):

(022) 993 300
(022) 2993 330

For more information, access:

Enjoy your trip!





Quito
ALCALDÍA METROPOLITANA

The Metropolitan District of Quito (DMQ) is located at the equator.

The urban area is located at 2.800 MASL, while the rural areas range from 428 to almost 5.000 MASL.



As a result, solar radiation is more intense and direct throughout the year. The UV index can reach extreme levels (>11), even on cloudy days.



The weather depends on the altitude.



In low areas, like the Andean Chocó, it's subtropical (20-26°C), sunny, humid, and rainy.

In mid-altitude areas, like Guayllabamba, it's dry (18°C).

In the city, it is mild (9°C to 19°C), with sudden changes in temperature (sun, rain, or hail on the same day).

In high places, such as the "Teleférico", it can drop to -4°C, and on peaks such as "Guagua Pichincha", to 0°C.

Before traveling



Attend your doctor 4 to 6 weeks before your trip to assess your adaptation to altitude (2,800 m), especially if you have heart or lung conditions or diabetes, and to check for any conditions that may require special attention or may be a risk to public health.



Update your vaccination card, especially for measles, tetanus, and influenza.

Prepare a kit



✓ With a hat, sunglasses, lip balm, sunscreen (SPF > 30), umbrella, and insect repellent (DEET 20–30% or Picaridin 20%).

✓ Include a first aid kit with bandages, antiseptic, thermometer, oral rehydration salts, anti-diarrhea medication, and pain relievers. Pack any medications you take regularly and transport them properly.

✓ Bring drinking water, either bottled or boiled.



Check out the weather, altitude, and conditions of the place.



Pack appropriate clothing and accessories; bring sandals or water shoes for rivers.



If you are walking, cross with caution and stay alert.



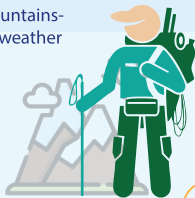
If you are driving, check your vehicle, wear your seatbelt, obey the rules, and avoid alcohol.



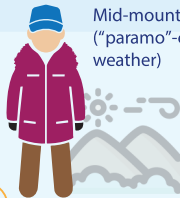
As a passenger, wear your seatbelt, avoid unsafe vehicles, and choose licensed taxis.

Clothing:

High mountains-
freezing weather



Mid-mountains
("paramo"-cold
weather)



Urban Quito



Dry or
subtropical
zone



During the trip



Check the weather and road conditions.



Wear a cap or hat, long-sleeved clothing, and sunscreen.



Drink potable water, either bottled or boiled.



Wash your hands frequently.



Eat washed and cooked foods. Avoid ice, raw salads, unpasteurized dairy products, foods containing raw eggs (boil it, cook it, peel it, or forget it), and street food.



Do not walk barefoot.



Take your usual medications.



If you get sick, consult your doctor or go to a health center.



Quito
ALCALDÍA METROPOLITANA



Emergencies

call 911



Mental health care:
(Secretary of Health)

dial 101, option 9

After traveling



If you have a fever, rash, discomfort when urinating, diarrhea, or vomiting, consult your doctor.



If you have symptoms such as high fever ($>39^{\circ}\text{C}$), dizziness, sudden weakness, or difficulty breathing, go to the emergency room.



Report any travel you have taken in the last three months to your doctor.



Continue taking your usual medications.



Try to take naps when you get home and resume your normal routine.

Remember



Dispose of trash in its proper place or keep it with you until you find a trash can.



Do not burn trash or dry grass.



Travel only on established trails.



Do not touch animals or pick plants.



If you are traveling with pets, keep them on a leash and collar, and carry their vaccination card (laminated copy).

Quito combines nature, culture, and adventure in landscapes ranging from subtropical and dry forests to the city and mountains.

Make your trip healthy, safe, and responsible.

Follow these recommendations based on the identified health risks.

Wear a hat, sunglasses (with UV 400 filter), clothing that covers your skin, sunscreen (SPF 30), and mosquito (DEET) repellent. Reapply every 3 hours.



Do not feed or pet unfamiliar dogs. If bitten, wash the wound with soap and water, and seek immediate medical attention.

18 UV

16 UV

15 UV

14 UV

13 UV

12 UV

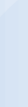


Use repellent, wear light-colored clothing that covers your arms and legs, avoid areas with standing water, and sleep under a mosquito net if necessary.

Wear boots, do not touch or disturb these animals. In case of a bite, DO NOT apply a tourniquet, DO NOT cut the wound, and DO NOT attempt to suck out the venom. Seek immediate medical attention.

Do not handle wild animals. Wear clothing that covers your arms and legs. If you are attacked by insects, move away or run. Seek medical attention if you experience discomfort.

Hydrate frequently (especially if you are hiking). Seek shade, wear a hat, and avoid prolonged exposure to the sun.



High altitude sickness

4000 MASL

3500 MASL

3000 MASL

2500 MASL

2000 MASL

1500 MASL

1000 MASL

500 MASL

To prevent it: Avoid intense physical activity and heavy meals for 24 to 48 hours after arriving in Quito. Rest and hydrate frequently (adolescents and adults: 8 glasses; children: 4 glasses of water). If you feel discomfort, descend and rest. If you experience symptoms such as dizziness or shortness of breath, seek immediate medical attention. For mild symptoms, you can drink hot water with brown sugar or eat candy/chocolate.

FROZEN

COLD

COLD

MILD

MILD

HOT/
SUBTROPICAL

Rucu Pichincha
4698 MASL

Broadcunt
3322 MASL

Panamallo
3096 MASL

Guagua Pichincha
4784 MASL

Ilaló

Vailes

Dry forest

Ruta esmeralda

Cloud forest

Montane forest

Subtropical forest

Chocó Andino

Mosquito Bites

Snake Bites