

SXM PRACTICAL GUIDE



HEALTH

MEDICAL FACILITIES

- The best care on St. Maarten/St. Martin, with good clinics on Anguilla and St. Barts
- Emergency airlift to Puerto Rico is available from all three destinations
- On the Dutch side, there is the St. Maarten Medical Center on Welegen Road, Cay Hill: tel: 599-543-1111; www.sintmaartenmedicalcenter.com
- On the French side, Hospital Louis-Constant Fleming is the local hospital, near Marigot in Concordia: tel. 590-52-25-25

OVER-THE-COUNTER-MEDICATION

- You can easily obtain over-the-counter medication in drugstores.
- None are open 24 hours.
- Many North American brands are available as well as brands manufactured in Europe.
- Prescription drugs for common ailments such as allergies, asthma, and acid reflux are also available over the counter.

IF YOU ARE SICK

- If you suffer from a chronic illness, consult your doctor before your departure.
- You can easily find good English-speaking doctors.

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- You might have to pay medical costs up front and be reimbursed later.
- It is always better to buy a medical travel insurance if you worry to get sick away from home.

MOSQUITO BITS

- We should carry insect repellent with you especially early in the evening.
- Be aware that there is a risk to contract the Zika virus on St Maarten. While St Maarten is pretty clean and mosquitos are less frequent than on some other Caribbean island, the risk is still there. If you are pregnant the authorities advise not to come on any Caribbean islands.

SUN EXPOSURE

- Always bring sunglasses, a hat, and sunscreen with you because the sun in St Maarten can be brutal.
- If your skin is sensitive to the sun, it is a good idea to Increase your time on the beach gradually.
- You have fever, chills, dizziness, nausea, or headaches the follow sun overexposure, consult a doctor immediately.