



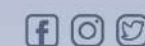
SARDEGNA

SANTA TERESA GALLURA

SAFE DESTINATION



RESPONSIBLE HOLIDAYING
EVERYTHING YOU NEED TO KNOW ABOUT YOUR
DESTINATION



#SardegnaAperta

SARDINIA IS OPEN.
ALWAYS.

You've known us for centuries for being welcoming people. A hospitable land for its people and for the tourists who love it. A safe place to spend the holidays. We have always been like that, but even more so today.

We are looking forward to welcoming you to Sardinia.



Ufficio Turismo e Spettacolo
Piazza Vittorio Emanuele I, 24
07028 Santa Teresa Gallura (SS)
+39 0789 740986 – ufficioturisticsantateresa@gmail.com
www.santateresagalluraturismo.com



HEALTH

GP CLINICS

EPIDEMIOLOGICAL EMERGENCY OF COVID-19

Patients are required to obtain telephonic evaluation from their doctor before accessing the clinics.

DR.SSA RIZZOLI MOENA

Via Lamarmora, 8 - +39 0789 755334 - +39 333 9469497

LUN	MAR	MER	GIO	VEN
16-19	16-19	9-12	9-12	16-19

DR.SSA SANNA ANNA LUISA

Via Berlinguer, 5 STG -
Viale A. Moro, Loc. P. Pozzo - Via Toselli, Loc. S. Pasquale - +39 336 814139

	LUN	MAR	MER	GIO	VEN
STG	8.30-11.00	8.30-13	11.30-13	15-19	8.30-11
P. P.	11.30-13		9-11		16-18
S.P.		17-19.00			11.30-13

DR.SSA SCANO LILIANA

Via Valle D'Aosta, 2 - +39 335 8009364

LUN	MAR	MER	GIO	VEN
9.30-13	9.30-13	16-19	16-19	9.30-13

HEALTH



DR. SCANO PIER MARIO **

Via Valle D'Aosta, 9 - +39 324 6653494

LUN	MAR	MER	GIO	VEN
10-12	16-17	16-18	16-17	10-12

DR.SSA PISCIOTTU MARIA (PEDIATRICIAN)

Via Berlinguer, 5 - +39 0789 706746 - +39 336 608341

LUN	MAR	MER	GIO	VEN
16.30-19		9-11	9.30-11.30	11.30-13

DR. REZA BAKHTAFROUZ **

Via Carlo Felice, 77 - +39 340 6013782

LUN	MAR	MER	GIO	VEN
16-17	10-11	16-17	16-17	10-11

**** Available on saturday from 8am to 10 am**

OUT-OF-HOURS MEDICAL SERVICES FOR TOURISTS

Via Carlo Felice, 12 - +39 0789 552021

Operative 24h from 15th July to September

**At other times you can refer to the resident out-of-hours services
(+39 0789 552867) or general practitioners**

EPIDEMIOLOGICAL EMERGENCY OF COVID-19

In order to access out-of-hours services, patients are required to be evaluated by a doctor, via telephonic triage (0789 552867). Patients presenting flu-like symptoms (high temperature, sore throat, difficulties breathing, muscle pain and headache) are required to call the emergency numbers and not contact the out-of-hours services.

REGIONAL EMERGENCY NUMBER 800311377 EMERGENCY NUMBER 118



HEALTH

SANTA TERESA GALLURA BLOOD ANALYSIS

Clinic - via Berlinguer - +39 0789 754301
MONDAY AND WEDNESDAY from 8am to 9am
(from 7am is possible to take the number to stand in line)

TEMPIO PAUSANIA BLOOD ANALYSIS

Paolo Dettori Hospital - Via Grazia Deledda - +39 079 678228
from monday to friday from 7,30am to 10,30am - saturday from 8 to 9.30am

ASSL OLBIA HOSPITAL

**Santa Teresa Gallura health services operate under the
ASSL of Olbia which guarantees a right to healthcare through health services.
Below you can find the contact information of the nearest hospitals:**

PAOLO DETTORI (55 km)

Via Grazia Deledda - Tempio Pausania
+39 079 678200

GIOVANNI PAOLO II (64 km)

Via Bazzoni-Sircana - Località Tannaule, Olbia
+39 0789 552200

PAOLO MERLO (by ferry from Palau)

via Ammiraglio Magnaghi - La Maddalena
+39 0789 791200



HEALTH



VOLUNTARY AND FIRST AID ASSOCIATIONS

PROTEZIONE CIVILE LUNGONI (118)

Strada Muzzeddu - +39 0789 755665 +39 366 9906632

N° 2 ambulances for emergency;

N° 1 ambulance for scheduled transports for visits to bedridden patients

N°1 car also equipped for disabled;

N. 3 forest fire fighting vehicles.

PROTEZIONE CIVILE SANTU PASCALI

Piazza della Chiesa +39 338 3948176

N° 2 forest fire fighting vehicles.

MISERICORDIA (118)

Via Cairoli 3 - +39 0789 754724

N. 2 N° 2 ambulances for emergency;

N. 2 for scheduled transports for visits

N. 1 minibus equipped for disabled;

N. 3 forest fire fighting vehicles.

**As well as for health emergencies (through the 118
phone number), transport can also be required for travel to/from
hospitals for discharge and admissions and for visits/exams. Please book
your transport at: +39 350 5777642
All services are upon payment apart from emergencies (118).**





HEALTH



VOLUNTEER HOLIDAYS

Volunteers can take advantage of the opportunity of staying at Santa Teresa Gallura; room and board in exchange for a day shift in the emergency services.



DEFIBRILLATORS

For quick intervention in the event of heart attack, the Civil Protection Office, run by the Local Police service, has set up – together with local volunteer associations – a certain number of external semi-automatic defibrillators located in popular and touristic meeting places throughout the town.

Below you can find the location of these devices:

- Piazza Villamarina;
- Piazza Vittorio Emanuele I;
- Stazione Marittima;
- Poliambulatorio via Berlinguer;
- Palazzetto dello Sport;
- Uffici della Polizia Municipale;
- Spiaggia Rena Bianca (di prossima installazione);
- Loc. Ruoni in Piazza Scano;
- Loc. Porto Pozzo in via Aldo Moro;
- Loc. San Pasquale in piazza della Chiesa;



HEALTH

PHARMACIES , PARAPHARMACIES AND HERBALS

As well as medicines, sanitary products and paramedic treatments, local chemists and parapharmacies offer a wide range of homeopathic and veterinary products, cosmetics and wellbeing products and non-allergy foods.

FARMACIA COMUNALE BULCIOLU

Piazza San Vittorio, 2 - +39 0789 754365

FARMACIA COMUNALE PORTO POZZO

Viale Aldo Moro, 60 - +39 0789 752111

PARAFARMACIA SOPHARMA

Via Nazionale, 14 - +39 0789 755184

ELICRISO BOTTEGA DELLA NATURA ERBORISTERIA

Via Carlo Alberto, 66 - +39 0789 741118

During the high season, the Bulciolu Town Chemist, the Porto Pozzo Town Chemist and the Sopharma Parapharmacy also offer services on Sundays

At other times, chemists work on a rota on Sundays, between Santa Teresa, Porto Pozzo, Palau and Arzachena.

For opening times please contact:

FARMACIA NICOLAI PALAU

Via delle Ginestre, 19 - +39 0789 704516

FARMACIA SATTA ARZACHENA

Viale Costa Smeralda, 59 - +39 0789 82151

FARMACIA DEL CENTRO ARZACHENA

Via S. Ruzittu, 45 - +39 0789 604514





HEALTH

MEDICAL PRACTICES

CARDIOLOGIST DR.SSA SANDRA CAREDDU

Via Nazionale, 39 - +39 333 4996894

PSYCHOLOGIST PSYCHOTHERAPIST DR.SSA TIZIANA TORE

+39 347 9623184

EYE DOCTOR DR. GIACOMO LORIA

Via Carlo Felice, 77 - +39 340 2496096

OTOLARYNGOLOGIST DR. PAOLO VINCENTELLI

Via Lamarmora, 8 - +39 339 3185763 - +39 347 2685252

PHYSIOTHERAPIST DR.SSA SAMANTHA COPPI

Via Nazionale, 19/C - +39 333 5345012

MASSOTERAPISTA IGOR COLOMBO

Via Nazionale, 39 - +39 349 1200404

OSTEOPATH D.O. FRANCESCA ABBURA'

Via L'Aquila, 16 - +39 328 6209438



HEALTH

DENTAL PRACTICES

DR.SSA CHIRRI EUGENIA

Via Veneto, snc - +39 348 6011018

DR. COSSI ROBERTO

Via M. Teresa, 8 +39 0789 755675

DR.SSA PIATSIARY ALENA

Piazza Villamarina, 21 - +39 0789 754420 +39 339 6444588

DR. PORCU PIETRO

Via del Porto, 43 - +39 0789 755277

DR. USCIDDA BASTIANINO

Via Nazionale, 51 - +39 0789 754487 - +39 347 5466772

DR. VISICALE TOMASO

Piazza V. Emanuele I, 1 - +39 349 8825810





LAW ENFORCEMENTS

The authorities collaborate to guarantee the safety of citizens, maintain public order and protect the environment.

CARABINIERI

Via Monte Bandera, 2 - 0789 754122

CITY POLICE

Via Pertini, 11 - +39 0789 740910

COASTAL GUARD

Via del Porto, 45 - +39 0789 754602

PORT AUTHORITY - COASTAL GUARD

Loc. Punta Chiara, La Maddalena - +39 0789 730632

CUSTOMS

Via del Porto - +39 0789 754184

BORDER POLICE

Stazione Marittima - +39 0789 754170

FOREST RANGERS

Palau - +39 0789 708778

Tempio Pausania - +39 079 678721

FINANCIAL POLICE

Via Nazionale a Palau - +39 0789 709510

FIRE BRIGADE

Tempio Pausania - +39 079 631283

Santa Teresa Gallura (giugno-settembre) 0789 755466

EMERGENCY NUMBERS



CARABINIERI

112



FINANCIAL POLICE

117



COASTAL GUARD

1530



FOREST RANGERS

1515



FIRE BRIGADE

115



SAFE BEACHES

On beaches throughout the territory, swimmers' safety is guaranteed by the private life-guarding service managed by the owners of the resorts. On the free areas of the four Blue Flag Beach awarded beaches (Rena Bianca, Capo Testa Levante, Capo Testa Ponente and Santa Reparata) the Council ensures the supervision and assistance to swimmers through seasonal calls for bids for the service. These sandy areas are equipped with points of easy access for persons with mobility difficulties and beach wheelchairs can be found in the lifeguards' tower.

MUNICIPAL RESCUE STATIONS:

RENA BIANCA BEACH

RENA DI PONENTE BEACH

RENA DI LEVANTE BEACH

SANTA REPARATA BEACH

PRIVATE RESCUE STATIONS:

LO SQUALO BIANCO Rena Bianca and Conca Verde
Tel. + 39 347 6259041 - + 39 338 6506631

RENA DI PONENTE Rena di Ponente (Capo Testa)
Tel. +39 347 3215214 - +39 339 7165048

MURRU CLAUDIO Rena di Levante (Capo Testa)
Tel. +39 0789 754187 - +39 348 7924010

NORD EST BEACH Rena di Levante (Capo Testa)
Tel. +39 347 2965186

LA BAIA Santa Reparata
Tel. +39 339 3740288

TARTARUGA DI MARE Porto Quadro e La Marmorata
Tel. +39 340 0096896 - +39 333 8623326



SAFE BEACHES

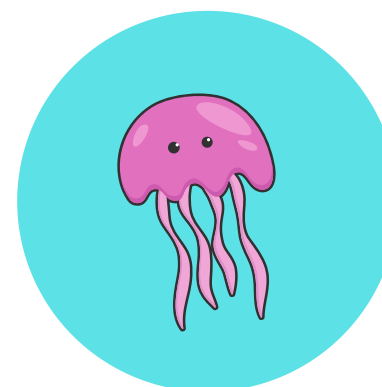
LIDO 4 MORI La Marmorata
Tel. + 39 347 8720582

IL CHIOSCO DI CALIFFO Valle dell'Erica
Tel. +39 339 6371482

MAESTRALE Porto Liscia
Tel. +39 338 9254381 - +39 339 8276156

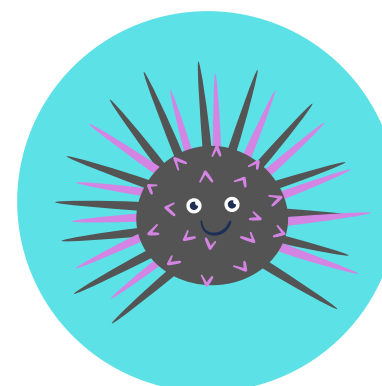
LITTLE DANGERS OF THE SEA

The beaches we frequent can sometimes hide small dangers which is good to know



JELLYFISH

In the event of jellyfish sting, one useful remedy is to apply ammonia or cortisone cream to the interested area. In fact, the tentacles contain stinging substances which can cause symptoms such as burning sensation, irritation, redness, and swelling all the way to burns and, in certain cases, even dangerous anaphylactic shock.

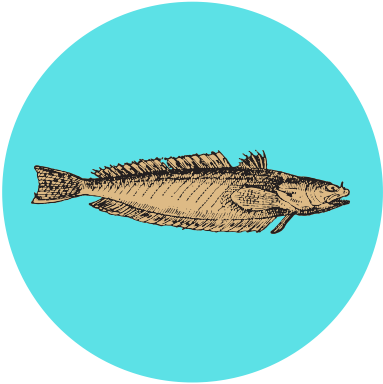


SEA URCHINS

In the event of contact with sea urchins it is important to keep calm and remove the spikes carefully – if possible with tweezers – to avoid them breaking and getting stuck under the skin.

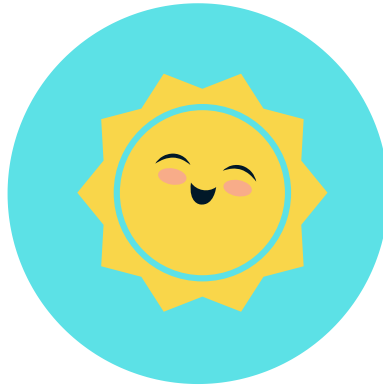


SAFE BEACHES



WEEVERS

Weever stings are extremely painful but harmless. If stung, wash the area with sea water, apply ammonia or cortisone cream and wait until the area has healed before exposing it directly to sunlight.



SUNSTROKE

Avoid sun exposure during the hottest times of the day and always protect your skin with suitable sunscreen and try to keep hydrated. After prolonged sun exposure, it is recommended to enter the water slowly.



ROUGH SEA

If the red flag is flying, do not bathe in the sea as the conditions are dangerous for swimmers. More generally, it is advisable to avoid swimming if the sea is rough or in the presence of strong currents. Moreover, non-proficient swimmers are advised to bathe in shallow water.



BLUE FLAGS

The international Blue Flag Beach award was established in 1987 and is awarded in 49 countries with the support and participation of the two UN agencies: UNEP (United Nations Environment Programme) and UNWTO (United Nations World Tourism Organisation) with which the FEE has signed a Protocol of Global Partnership recognised by UNESCO as world leader in the field of environmental education and education in sustainable development. This award is assigned to tourist beach resorts that fulfil certain criteria regarding the sustainable management of the territory.

The Council of Santa Teresa Gallura boasts four Blue Flag Beaches

RENA BIANCA (from 1987)

RENA DI PONENTE Capo Testa

RENA DI LEVANTE Capo Testa

LA TALTANA SANTA REPARATA

The Port of Longosardo was also assigned Blue Flag Beach status.

BATHING WATERS

Good bathing water quality is vital from both the health and nature viewpoints. The Sardinian region, in collaboration with councils, aims to supervise this constantly. This monitoring, undertaken by **ARPAS** in compliance with the current laws in force, generally speaking requires monthly sampling between April and September.

In the **MONITORING** section of the website www.sardegnaambiente.it/balneazione/ you can view the results of the analyses. The calendar of monitoring and the results of the analyses of Blue Flag Beaches are published on the institutional website of the council of Santa Teresa Gallura in the specific section.



TOILETS



In the territory, some areas are equipped with public bathing resorts with showers that are also accessible to persons with mobility complications, others with chemical toilets. In areas lacking said services you can find a bar or restaurant.

PUBLIC TOILETS WITH SHOWER

- 1) RENA BIANCA BEACH
- 2) PIAZZA BRUNO MODESTO (BUS STATION)
- 3) LEVANTE ISTHMUS IN CAPO TESTA
- 4) RENA DI PONENTE BEACH IN CAPO TESTA
- 5) ZIA COLOMBA BEACH IN CAPO TESTA
- 6) LA MARMORATA BEACH
- 7) CONCA VERDE PARKING AREA

PUBLIC TOILETS WITHOUT SHOWER

- 1) VIA BERLINGUER IN FRONT OF THE KIDS AREA
- 2) MARITIME STATION
- 3) PORTO POZZO BEACH PARKING AREA

CHEMICAL TOILETS

- 1) AFTER LEVANTE ISTHMUS IN CAPO TESTA
- 2) SANTA REPARATA BEACH
- 3) VALLE DELL'ERICA BEACH PARKING AREA
- 4) LA SCIUMARA BEACH (2 STATIONS)

WASTE COLLECTION



In respect of the environment, hygiene, public decency and health, as well as the work of waste collectors, the council of Santa Teresa Gallura set up a door-to-door recycling collection service in 2012 and thanks to the civic responsibility of its citizens and visitors the volume of unrecycled waste has been greatly reduced

In respect of the environment, hygiene, public decency and health, as well as the work of waste collectors, the council of Santa Teresa Gallura set up a door-to-door recycling collection service in 2012 and thanks to the civic responsibility of its citizens and visitors the volume of unrecycled waste has been greatly reduced

IN SANTA TERESA GALLURA:

VIA PERTINI (theater area) - VIA CAPO TESTA (in front of the Cinema) - VIA DON TEDDE

IN SANTA REPARATA:

VIA ALDEBARAN - VIA DELLE COSTELLAZIONI

IN RUONI: VIA JAMES COOK

IN PORTO POZZO: TOURIST PORT

IN CONCA VERDE: VIA ULISSE

IN VALLE DELL'ERICA: STRADA LISCIA DI SCOPA

IN PORTO QUADRO: S.P. 161

IN SAN PASQUALE: VIA DON GAVINO PES

The door-to-door recycling collection service timetable can be viewed on the council's institutional website www.comunestg.it or the tourist website www.santateresagalluraturismo.com

SORTED WASTE COLLECTION CALENDAR



COMUNE DI
SANTA TERESA
GALLURA

TOWN,

DISTRICTS OF CAPO TESTA, LA FILETTA, LA FICACCIA, MARAZZINO, RUONI, CAPIZZA
DI VACCA, PORTO POZZO, SAN PASQUALE

Monday	FOOD WASTE
Tuesday	PAPER AND CARDBOARD
Wednesday	NON-RECYCLABLE WASTE
Thursday	FOOD WASTE GLASS OR TINS AND CANS
Friday	PLASTICS
Saturday	FOOD WASTE

GLASS 1st 3th 5th thursday of the month 1/15	January	February	March	April	May	June
	2-16-30	6-20	5-19	2-16-30	7-21	4-18
TINS AND CANS 2nd 4th thursday of the month	July	August	September	October	November	December
	2-16-30	6-20	3-17	1-15-19	5-19	3-17-31
	January	February	March	April	May	June
	9-23	13-27	12-26	9-23	14-28	11-25
	July	August	September	October	November	December
	9-23	13-27	10-24	8-22	12-26	10-24

HOLIDAYS SORTED WASTE COLLECTION

Tuesday 31st 2019 DECEMBER: PAPER + NON-RECYCLABLE WASTE

Wednesday 1st JANUARY 2020: do not expose waste

Friday 1st MAY 2020: do not expose waste

Saturday 2nd MAY2020 : FOOD WASTE + PLASTIC

Friday 25th DECEMBER 2020: do not expose waste

Saturday 26th DECEMBER 2020: FOOD WASTE + PLASTIC

Friday 1st JANUARY 2021: do not expose waste

Saturday 2nd JANUARY 2021: FOOD WASTE + PLASTIC



SORTED WASTE COLLECTION CALENDAR



COMUNE DI
SANTA TERESA
GALLURA

LU PULTIDDOLU

BAIA SANTA REPARATA, TERRAVECCHIA, PORTO QUADRO, LA MARMORATA,
VALLE DELL'ERICA, CONCA VERDE

	From 1/10 to 31/05			From 1/6 to 30/9	
Monday	FOOD WASTE	GLASS	OR TINS AND CANS	FOOD WASTE	GLASS
Tuesday	PAPER AND CARDBOARD			PAPER	PLASTICS
Wednesday	NON-RECYCLABLE WASTE			NON-RECYCLABLE WASTE	
Thursday	FOOD WASTE			FOOD WASTE	GLASS
Friday	PLASTICS			PLASTICS	
Saturday	FOOD WASTE			FOOD WASTE	TINS AND CANS

GLASS 1st 3th 5th thursday of the month 1/15	January	February	March	April	May	June
	6-20	3-17	2-16-30	6-20	4-18	
TINS AND CANS 2nd 4th thursday of the month	July	August	September	October	November	December
				5-19	2-16-30	7-21
	January	February	March	April	May	June
	13-27	10-24	9-23	13-27	11-25	
	July	August	September	October	November	December
				12-26	9-23	14-28

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BORDER POLICE



TERRITORIO COMUNALE MUNICIPAL AREA



LEGENDA



DEFIBRILLATORS



WASTE COLLECTION



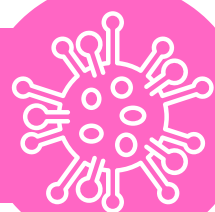
MUNICIPAL
WASTE COLLECTION
CENTRE



PUBLIC TOILETS

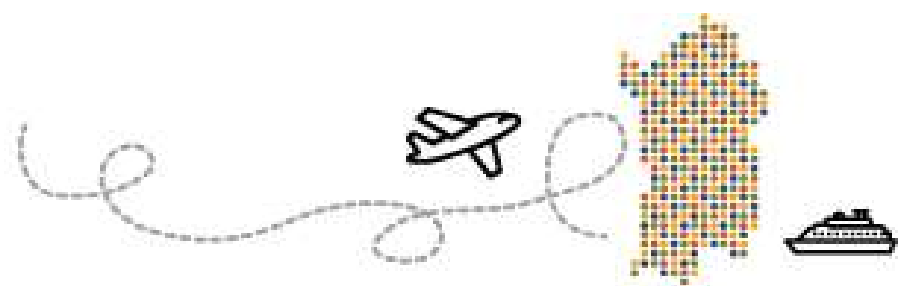


PHARMACY



COVID-19

REGISTER YOUR ARRIVAL



Based on President of the Region Ordinance nr. 27 of 2nd June 2020 all passengers - adults and children - arriving in Sardinia by air or sea are obliged to register before embarking on the special online form at

<https://sus.regione.sardegna.it/sus/covid19/regimbarco/init>

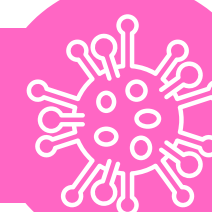
or through the **SARDEGNA SICURA** application available for ANDROID and IOS systems

**SARDEGNA
SICURA** #BENIBENIUS



**The Island
is waiting for you!**
www.regione.sardegna.it

- 1. SIGN ON LINE**
If you wish to come to Sardinia you will need to register in the official regional website or with the App Sardegna Sicura and give some general information about you and your stay on the island
- 2. REGISTRATION RECEIPT**
Once registered, you will be notified with the confirmation ID and the link to the health status form to fill in
- 3. HEALTH STATE**
48 hours before boarding you can fill in the form and, take part in the epidemiological survey. You will receive an email from Beni Benius in Sardinia with a QR code to show
- 4. TEMPERATURE CONTROL**
Your body temperature will be checked and if it is equal to or higher than 37.5 degrees you cannot board
- 5. PROCESSING OF PERSONAL DATA**
Your data will be processed in compliance with Reg. n. 2016/679 / EU and saved for 14 days for the purpose of the monitoring actions as established by article 5 of ordinance n° 27



COVID-19

USEFUL NUMBERS

IN ORDER TO COMBAT THE CORONAVIRUS EMERGENCY,
the collaboration of citizens is vital.

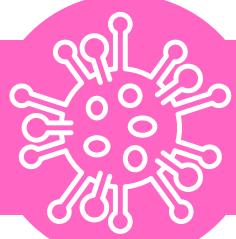
IN THE EVENT OF DOUBT REGARDING SYMPTOMS PLEASE
CONSULT YOUR DOCTOR OR PAEDIATRICIAN.

For further information please call
freephone number ATS 800311377.
The emergency number is 118.

DO NOT GO TO THE EMERGENCY ROOM IN PERSON.

For general information contact
the Regional Civil Protection office at 800894 530
or write to urp.emergenza@regione.sardegna.it

PHYSOCOLOGICAL SUPPORT 800 630 622



COVID-19

MUNICIPALITY OF
SANTA TERESA
GALLURA

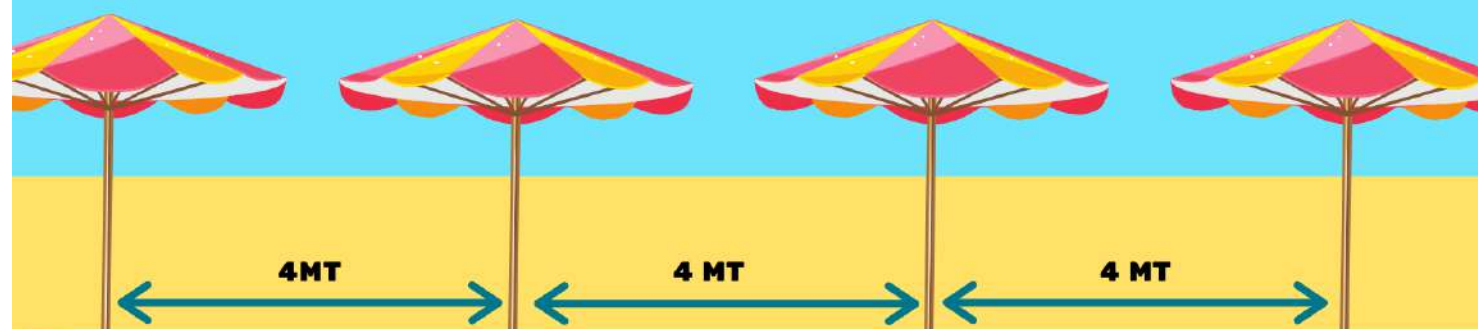
Dear Residents and welcome Guests

IT'S GOING TO BE AN EXTRAORDINARY SUMMER

WE TRUST IN YOUR SENSE OF RESPONSIBILITY AND DEPEND ON YOUR COOPERATION
so that we can all use our beaches and enjoy a swim in total safety

REMEMBER THESE FEW RULES

- 1 Keep at least a metre away from other people (except from members of your own household);
- 2 Make sure there is at least 10 m² of surface area between your beach umbrella and others (or any other beach furnishings providing shade) and keep your beach umbrella's pole approximately 4 metres away from others;



- 3 Make sure your sunloungers, towels or deckchairs are at least 1.5 metres away from others when they aren't under, or around, your beach umbrella spot;

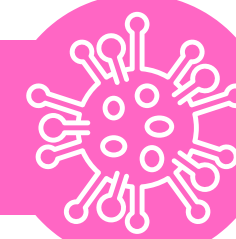


- 4 Wear a mask whenever it isn't possible to keep at least a metre away from other people.

IT IS STRICTLY FORBIDDEN TO

play ball or any other team sports or games that could create gatherings of people and leave beach umbrellas, sunloungers or games unattended on the beach.

Thanks for cooperation



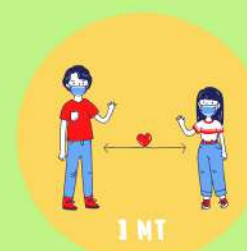
COVID-19

PLAYGROUND
ENJOY YOURSELF
RESPONSIBLY



If you are over 6 years old always wear a mask

The playground games can be used by 1 child at a time



Keep always 1 mt away from the others

Don't visit the playground if you have flu-like symptoms



Children can be accompanied by an adult at a time

Wash and often sanitize your hands

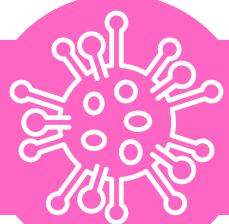


Avoid gatherings

Adults should set a good example by following the rules



Thanks for cooperation

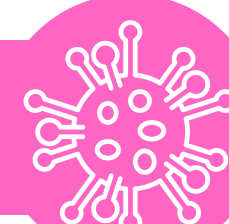


COVID-19



App  **immuni**
Toll free **800 91 24 91**

Download the app



COVID-19



App  **immuni**
Toll free **800 91 24 91**

Download the app