

**Embassy of India
Panama**

18 March 2020

Updates on COVID-19 related travel restrictions

Ministry of External Affairs, India has created a link for COVID-19 updates. The Indian nationals stuck in Panama, Costa Rica and Nicaragua may kindly update themselves at the link given below and follow the advisory issued from time to time:

<https://mea.gov.in/covid-19-updates.htm>

In case of emergency they may always contact the Embassy at 00-507-62213065.