



INSTRUCTIONS FOR SELECTED PUBLIC ACTIVITIES/WORK SETTINGS FOR THE PREVENTION AND CONTROL OF COVID- 19

The instruction notes are given for a range of public activities and work settings. Some sectors such as tourism, large shopping malls, event management, etc. would require reference to several instruction notes.

The Instructions are subject to overall permission given by the Ministry of Health to resume functions (totally/selected).

Each instruction note is issued by the Director General of Health Services, Ministry of Health and Indigenous Medical Services and are for the establishment/owner/ responsible authority to follow in prevention of transmission of COVID-19.



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முதிய வாழ்க்கை முறையை நோக்கி
TOWARDS A NEW NORMAL



MINISTRY OF HEALTH
AND INDIGENOUS
MEDICAL SERVICES



World Health
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GOVERNMENT MEDICAL
OFFICERS ASSOCIATION



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3. Riding a Bicycle

During this COVID-19 pandemic, bicycles can be recommended as a very suitable transport method, if facilities permit. No pillion riding is encouraged unless from the same family/group

Specific message/s Instruction/s

Rider

- The bicycle rider should wear a face mask if they are encountering meeting with others.
- It's always better to use the bicycle lane if available
- The rider should wash his/her hands after finishing the ride
- If possible, the rider should carry a pocket hand sanitizer with him/her.
- Refrain from travel if not feeling well (fever, cough and cold)
- If an official ID is available, wear it around your neck, so that the police can visualize

Method/s of instruction

Should be informed through mass media/social media

- Must wear a face mask
- Wash hands after coming




Director General of Health Services

28/05/2020

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