



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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TOWARDS A NEW NORMAL



MINISTRY OF HEALTH
AND INDIGENOUS
MEDICAL SERVICES



World Health
Organization



GOVERNMENT MEDICAL
OFFICERS ASSOCIATION



SRI JAYAWARDENEPURA
KOTTE MUNICIPAL
COUNCIL



Instructions for selected public activities/work settings for the prevention and control of COVID - 19

21. Visiting family and friends

As Sri Lankans, we have strong connections to family and friends. Social bonding with physical distancing is possible provided each party understands their own risks. Please weigh the risks and benefits and postpone any non-essential visits in this current situation.

Specific message/ Instruction/s

- Do use methods such as phone calls, messages and videoconferencing to keep in touch with your family and friends. While doing so be cautious to maintain your personal privacy and take precautions to minimize personal cyber threats
- Avoid any non-essential travel out of your home. Postpone visits to family and friends for the time being
- Avoid visiting households with vulnerable groups such as pregnant women, elders (persons over 65 years), persons with chronic illnesses
- Be cautious to inquire before visiting, and do not visit households where any member of the household is unwell or having any symptoms such as fever, cough, sore throat, etc.
- Do not visit households that have been quarantined or having persons who have been asked to self-isolate during the period of quarantine/self-isolation, but if essential you may do so after the period of quarantine/self-isolation has been completed
- Do not leave home if you are unwell or have symptoms such as fever, cough, sore throat, etc. Seek medical advice if required
- If such a visit is deemed essential, the following should be followed
 - Minimise the duration of the visit
 - Maintain physical distancing of at least 1 meter
 - Observe respiratory etiquette and hand hygiene
 - Do not shake hands, hug, kiss or greet others with any form of physical contact
 - Do not touch frequently touched surfaces such as door handles
 - Avoid offering/accepting food/beverages. If offering a food/beverage, make sure the cutlery/glass is washed well with soap and water before and after
 - Ensure good ventilation by opening doors and windows. If possible, limit the time spent indoors and utilize outdoor spaces (gardens, porches)
 - Masks may be worn if physical distancing cannot be guaranteed, or if health status of other party is unknown

Method/s of instruction

- Mass media, social media




Director General of Health Services

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