



OPERATIONAL GUIDELINES ON PREPAREDNESS AND RESPONSE FOR COVID-19 OUTBREAK FOR WORK SETTINGS

Interim Guidance

17th April 2020



Directorate of Environmental Health, Occupational Health and Food Safety
MINISTRY OF HEALTH AND INDIGENOUS MEDICAL SERVICES



Ministry of Health and Indigenous Medical Services

**OPERATIONAL GUIDELINES ON
PREPAREDNESS AND RESPONSE FOR
COVID-19 OUTBREAK FOR
WORK SETTINGS**

Interim Guidance

17th April 2020

Directorate of Environmental Health, Occupational Health and Food Safety

EDITORIAL BOARD



EDITOR IN CHIEF

Dr Anil Jasinghe Director General of Health Services

EDITORS

Dr. L. T Gamlath Deputy Director General, (Environment and Occupational Health and Food Safety), Ministry of Health

Dr V T S K Siriwardana Director, (Environmental and Occupational Health and Food Safety), Ministry of Health.

Dr Inoka Suraweera Consultant Community Physician, Directorate of Environmental and Occupational Health, Ministry of Health

Dr Deepika Herath Registrar, Directorate of E&OH, Ministry of Health

Dr Niroshini Adikaram Registrar, Directorate of E&OH, Ministry of Health

Dr Kumudu Weerakoon Registrar, Directorate of E&OH, Ministry of Health

CONTRIBUTIONS

Dr. Manjula Danansuriya National professional officer, World Health organization

Prof. Jagath Pemachandra Department of chemical and process Engineering, University of Moratuwa.

Dr. A.G.T. Sugathapala Senior Lecturer, Department of Mechanical Engineering, University of Moratuwa.

Mr. Ruwan Kumara Representative from Food Industry.



Printing of this document was sponsored by Sri Lanka accountants' service Association

PREFACE



At present the entire world is affected by the pandemic caused by the novel coronavirus, commonly known as COVID-19. As the name implies the virus is new to the world and what is known about it is based on current research and experience. However, it is known to be highly contagious with a mortality rate of about 3%, which has led to the closure or complete lockdown of not only entire cities but also entire countries.

Sri Lanka too, is currently experiencing a similar situation with island-wide curfew having been imposed since mid-March. However, due to extremely stern and rigorous actions taken in a timely manner by the authorities in the country, for nearly a month, the case load of COVID-19 infected patients appear to be within the limits of control.

It is evident that the COVID-19 pandemic would create a significant economic impact globally and Sri Lanka is no exception. This will certainly create health, social and economic adverse outcomes not only in the short term but in the medium and long term as well.

However, we need to attempt to strengthen the economy in order to fight the COVID outbreak situation as well as to mitigate long and medium term social and economic

adverse effects in Sri Lanka. In such a situation, there is hope for closed workplaces, to start functioning once again, in a phased out manner with caution.

Sri Lanka is well known globally for its strong, efficient and effective health system which has eliminated many communicable diseases in the past. Therefore, I am confident that we can successfully face this challenge of COVID 19- and ensure health and safety of our people.

In the present context, workplaces need to modify work practices and the work environments to prevent any possible transmission of COVID-19 infection at workplaces with the commencement of the operations. Therefore, with the experience of the health sector together with all other experts and stakeholders, Ministry of health has developed these guidelines to be adopted in all workplaces.

Therefore, I request all concerned organizations to strictly adhere to these guidelines in order to achieve our objective of eliminating this disease from our country.

Dr. Anil Jasinghe
Director General of Health services.

CONTENTS

Chapter		Page No.
1.	Introduction	05
2.	Possible methods of transmission	06
3.	General guidelines	07
4.	Specific guidelines	12
	4.1 Manufacturing Industry	12
	4.2 Government and private offices	12
	4.3 Hospitality Industry	13
	4.4 Restaurants and Eateries	15
	4.5 Supermarkets	16
	4.6 Public transport	17
	4.7 Hosting events	18
	4.8 Economic centers	18
	4.9 Universities	19
5.	Public activities temporarily banned	20
Annexes	Annexes 01 - How to prepare hand sanitizer solution	21
	Annexes 02 - List of Medical officers of health with their respective District and provincial level supervising officers.	22

1. INTRODUCTION



COVID-19 is a respiratory disease which has been declared as a pandemic by the World Health Organization.

Although, initially only a few cases were reported in Sri Lanka, over the past month more than 200 cases have been reported. The situation is well under control now and the authorities are planning an exit strategy. Hence there is hope for reopening of workplaces, in the near future. In the background, reopening workplaces and other public facilities require special precautions.

This document provides guidelines to be followed at workplaces and other public and private entities to prevent/control the spread of possible COVID-19 infection. Further, it provides additional precautions to be adhered to considering the different categories of workplaces and settings. The measures are simple to follow and can be adopted easily. However, it must be noted that the current scientific evidence on COVID-19 infection is limited as it is novel to the world. This document was prepared considering the current known evidence and is subject to change when new knowledge is made available.

As workplaces are frequented by a large number of people, it is a collective responsibility of all to keep workplaces safe.

The responsibility of implementation of this guide is with the management of each organization and technical guidance will be provided by the DDG (Env. Occupational Health & food safety) unit of the Ministry

of Health at the center and all the Medical officers of health at peripheral level. Contact details of all these officers are provided at the end of this document.

The authors have made every effort to include all common work settings in this document but it is not possible to include every work setting and every activity in selected settings. Hence readers are advised to grasp the cardinal messages in this document and apply them accordingly to suit their work settings.

As the transmission of COVID-19 occurs only in 3 ways as described in the next paragraph individual workplaces could adopt best practices to avoid such transmissions through the concepts described herein. Individual behavior is also important in arresting transmission of this disease. Two simple measures adopted in public namely wearing face masks and not touching the face could protect any individual from getting this disease.

2. POSSIBLE METHODS OF TRANSMISSION AT WORK SETTINGS



The transmission of the disease could happen by the following 3 ways.

Droplets – The virus can be transmitted by breathing infected droplets. Droplets can be produced during coughing or sneezing or even by exhales from infected persons. These droplets can travel up to a distance of 1m.

Direct – Person to person transmission by direct contact with an infected person. (Eg: hugging, shaking hands). The virus can enter the body through nose, mouth or eyes.

Indirect – When an infected person coughs, sneezes or exhales, droplets of infected fluid may get released and contaminate nearby surfaces and objects, such as desks, tables, telephones, computers etc. An uninfected person may come in contact the virus by touching these surfaces and then touching their eyes, nose or mouth.

3. GENERAL PREVENTIVE MEASURES

Measures in this section apply to most work settings. All workers and employers need to adhere to these recommendations in order to arrest any possible transmission of COVID-19 infection

3.1 Workplace COVID-19 preparedness and response plan

All employers are advised to develop a COVID-19 Preparedness plan; considering the occupational exposure level of employees, the individual risk factors and other recommended good practices mentioned in this guideline. This will not only enable the prevention/ control of the spread of infection but will also prevent panic situations in the event of detecting a suspected case.

Plan should consider and address the level of risk associated with the worksites and job tasks workers perform at those sites. Such considerations may include:

- Where, how, and to what sources of COVID-19 might workers be exposed including,
 - The general public, customers, and coworkers; and
 - Sick individuals or those at particularly high risk of infection (e.g., international travellers who have visited locations with widespread sustained (ongoing) COVID-19 transmission

- Non-occupational risk factors at home and in community settings
- Workers' individual risk factors (e.g., older age, presence of chronic medical conditions, immune compromised conditions, pregnancy, smokers)
- Controls necessary to address those risks.

All workplaces should identify a suitable focal point (a nursing officer, a safety officer, Human Resource Manager or any officer found to be suitable and responsible for the position) to monitor the control activities implemented against COVID-19 infection and to provide necessary guidance in case of queries.

A specific isolation room preferably with an attached bathroom/toilet has to be identified in the workplace in advance, to transfer workers suspected of having COVID-19 infection. It should be one that can be disinfected when necessary.

3.2 Following categories of workers should not report for work.

- Those having fever, with or without acute onset respiratory symptoms such as cough, runny nose, sore throat and/or shortness of breath.
- Those who have had contact with suspected or confirmed case of COVID-19 for the last 14 days.
- Those who are quarantined for COVID-19.

The employer should ensure that if a sick person reports for work, he/she is sent back home immediately. Follow the steps mentioned in section 3.6 below if that individual is suspected of having COVID-19 infection.

Anyone entering the premises (both visitors and staff) should wash their hands with soap and water before entering. (Foot operated tap is the best for the wash basin). Alternatively hand rubbing with alcohol based hand rub (minimum 70% v/v Alcohol) can be adopted. Disinfecting chambers are not recommended. Use the hand sanitizer after using the finger print scanner. Finger print scanner shall be disinfected before and after each shift.

Additional optional measures are to **have a foot bath (with 0.1% Sodium hypochlorite solution) at the entrance or remove shoes at the entrance and provide a separate set of shoes to be used inside the premises.**

Check temperatures of all the staff at the time of entrance to the workplace and any person recording a temperature above 98.4 0 F or 37 0 C should be re-checked after 10-15minutes of rest and if positive for second time sent him/her back. Thermal scanner has to be of Medical grade.

Keep a distance of one meter between workers at all times (while working, meetings, canteens etc.)

All workers shall wear masks properly while on duty. They should refrain from touching the mask or their faces, while wearing it. After removing the mask, it has to be discarded into a pedal operated closed bin and hands should be washed subsequently. There should be minimal handling of the mask when removing. Avoid touching the face at all times.

Encourage respiratory etiquette, including covering coughs and sneezes. Coughs and sneezes have to be covered by the inner side

of elbow or sleeve. In a situation where this is not possible a tissue can be used to cover the nose/ mouth, provided the tissue is discarded into a closed bin and hands washed thereafter.

Discourage workers from using other workers' mobile phones, pens and other common telephones, fax machines, desks, or other work tools and equipment, whenever possible. If any object has been shared it must be cleaned with soap and water or with minimum 70% v/v alcohol based sanitizer.

Advise staff to minimize direct verbal communication between co-workers and use alternative methods (Public address system, intercom etc.) to provide instructions to workers and staff members.

Doors should be kept open between sections to reduce unnecessary handling by the workers.

Discourage workers from shaking hands/ hugging and adopt other non-touch techniques of greeting.

Encourage workers to maintain good personal health and hygiene by practicing the following.

- A balanced diet
- Drinking adequate amounts of clean water
- Regular physical exercise
- Abstain from unhealthy habits such as smoking and consuming alcohol

3.3 Cleaning and disinfecting surfaces

Maintain regular housekeeping practices, including routine wiping/cleaning and disinfecting of surfaces, equipment, and other items in the work environment.

After cleaning by damp dusting/wet mopping or washing with soap and water or a general-purpose detergent,

- All metal surfaces shall be disinfected with minimum of 70% v/v alcohol solution.
- All non-metal surfaces be disinfected with 0.1% sodium hypochlorite solution.

The door knobs/handles shall be cleaned and disinfected before every shift and every three hours. Floors, office equipment and furniture shall be cleaned with disinfectant a minimum of twice a day. (Or after every shift in places where there are shift duties.)

Strip door curtains should be avoided and if they are absolutely necessary they should be cleaned and disinfected 3 times a day as described above.

3.4 Instructions for the staff at any service counter

Always wear a mask. (Mask should be worn securely and properly and should not be touched thereafter until it is removed)

Keep a minimum distance of one meter from the customer or alternatively have a blind/glass/plastic shield in front of the counter leaving a space at the bottom to carry out transactions.

There shall be minimum handling of cash. (Ask for a credit/debit card). When using the credit/debit card ask the customer to insert it and also to remove it from the machine.

The officer in the counter should not share the pen used to sign the documents (The customer should use his/her own pen). In case the customer does not carry a pen he may use the pen of the cashier but it should be disinfected immediately afterwards (Please refer section 3.3).

Keep an alcohol rub/hand sanitizer by the side (one per each person in the counter) and use it as frequently as possible or alternatively wear gloves (Gloves should never be re-used

and must be disposed into a closed bin when the duty shift is over).

3.5 Guide for meal rooms and canteens

Lunch breaks and tea breaks to be given in batch-wise manner to prevent crowding the canteen.

The minimum distance of one meter is to be maintained among persons in the canteen and the furniture should be arranged to encourage this.

Avoid sharing glasses, plates and other utensils during meals.

Meals/food/ beverages served in buffet style must be served by dedicated person(s). Customers should not be allowed to serve themselves as it leads to cross contamination.

3.6 Transport of workers

If workers are provided with transport the following special precautions are to be taken.

Vehicles should be cleaned and disinfected (the seats, all handles, Interior door panel, windows, locks, exterior door handles, poles, etc.) before transport of passengers to prevent possible cross contamination.

Arrange a vehicle with an appropriate seating capacity according to the number of workers to enable them to maintain the at least 1 meter distance inside the vehicle, once seated.

A designated officer must be present to open and close doors of the vehicle for passengers. The passengers must refrain from handling the doors.

All workers must wear masks while being transported.

3.7 Special advice in case of detecting a suspected case at the workplace

In the event of detecting a suspected case in the workplace, seek assistance from hotline 1390 and follow the instructions given or alternatively transfer the worker to the nearest government hospital, by ambulance. *Suwasariya* ambulance service can be contacted by dialing 1990.

The suspected worker should continue to wear a mask and kept in isolation and all relevant precautions should be taken to limit the spread of the disease, until transfer to hospital. If this person tests as positive the health authorities will visit the facility and will instruct on further preventive measures.

3.8 What needs to be done on returning home from workplace.

Upon returning home before entering the house,

- Wash your hands thoroughly with soap and water.
- Remove the clothing and shoes/slippers and leave them outside, and wash them before taking inside or wearing them again.
- Leave all your belongings outside. If any item is taken inside the house, either wash it with soap and water or disinfect with alcohol sanitizer. (This applies to your mobile phone, spectacles, wrist-watch etc.)
- Enter the house only after a bath.

3.9 Hostels, Barracks, dormitory and lodges

Take all possible measures to avoid overcrowding in these accommodation facilities.

Everyone entering the premises shall wash hands with soap and water or use a hand sanitizer.

Slippers/shoes shall be kept outside the entrance or at least outside the rooms.

Meal times be allocated for different sections at different times so as to avoid overcrowding in meal rooms or canteens.

Ensure one meter distance among persons at all common places including meal rooms.

Anyone having fever with or without respiratory symptoms shall inform the management. Take appropriate measures in case of detecting any person being detected with fever (Please refer section 3.7).

There shall be a dedicated vacant room and any person with such symptoms be isolated in this room as soon as the symptoms are notified and seek medical attention promptly.

Display COVID-19 control measures adopted in the facility in notice boards and other relevant places and request all residents to adhere to them.

Visitors shall be restricted.

3.10 Safety of cleaning staff

While on cleaning duty all staff shall wear the appropriate protective gear. (Face masks, impermeable aprons, gloves etc.)

They should wash or sanitize their hands thoroughly after each encounter (after cleaning each room, wash room, front desk, sales counter etc.)

Those who handle waste of suspected or confirmed case of COVID-19 should wear the full protective gear.

They also should maintain one meter distance with each other at all times and the management need to look into this as

the resting places of this category of staff are usually congested.

After each cleaning session all cleaning utensils and cloths shall be thoroughly washed and disinfected as per section 3.3 above and dried in the dryer or under hot sun for about 30minutes.

Washing and bathing facilities shall be provided to the cleaning staff.

They should be regularly educated and updated of the importance of their duty, the new guides and protocols and their safety as well.

3.11 Responsibilities of the Management

Depending on the requirement, personal protective equipment (PPE) such as gloves, goggles, face masks, gowns or aprons (when appropriate), must be provided to the employees and they should be encouraged to wear them, according to recommendations.

All workers in the facility have to be permanent or traceable staff of the factory. Their names and addresses must be documented in a register. Refrain from employing temporary workers during this period.

Improve ventilation in workplaces and where feasible install air filters. Where air conditioners are not used leave the doors open.

Restrict large gatherings. Avoid in-person meetings as much as possible. Alternative methods of communications like video conferencing are recommended.

If an in-person meeting is essential, minimize the number of attendees. Pre-order sufficient supplies and materials, including tissues and hand sanitizer for all participants.

Different modes of working (through e-mails, teleconferencing etc) to be employed to minimize physical contacts.

Ensure that all masks, gloves head covers etc. shall not be re-used and shall be securely disposed.

Disposal of waste shall be carried out as per the guidelines routinely followed except for the waste of suspected persons which has to be managed in accordance with the guidelines on waste management (Interim guideline for management of solid waste generated by households and places under self quarantine due to COVID-19 outbreak), issued by the Ministry of Health. All cleaning staff should be given training on the correct procedure of waste management. They should be provided with suitable PPE, including industrial gloves and provided with adequate facilities for hand washing with soap and water.

All toilets have to be maintained in a hygienic manner. Where feasible the main entrance to the toilet unit can be kept open. Hand washing facilities with soap and water is to be provided outside the toilets, to wash hands after leaving the toilet. It must be noted that the door handles of toilets are to be cleaned and disinfected as mentioned in section 3.3.

Educate and train all workers on COVID-19 infection, risk factors and protective behaviours (e.g., cough etiquette and care of PPE and to follow the instructions in section 3.2 of this document).

Posters and health education messages to be displayed to encourage workers to comply with given instructions.

4. GUIDELINES FOR SPECIFIC SETTINGS

4.1 Manufacturing Industries

Following measures are to be adopted in addition to the general measures described in section 3 above.

This part of the document outlines the measures to be followed at factories, to prevent/ control the spread of COVID-19 infection and to promote the health of the public.

Restructuring the workplace

1. Management should review policies and practices, such as limiting operations to essential processes and flexible work hours and office arrangements to maintain the required physical distance at the factory.
2. Establish alternate days or extra shifts that reduce the total number of employees in a work place at a given time, allowing them to maintain distance from one another.
3. Work settings should be arranged in such a way to keep a distance of one meter between workers.

4.2 Government and Private Offices

Following measures are to be adopted in addition to the general measures described in section 3 above.

Restructuring the workplace

Employers should establish policies and practices, such as limiting operations to essential processes and flexible work hours (e.g., staggered shifts) to increase the physical distance as social distancing strategy.

Establish alternate days or extra shifts that reduce the total number of employees in a work place at a given time, allowing them to maintain distance from one another.

Work stations should be arranged in such a way to keep a distance of one meter between workers.

At the entrance of the workplace

Anyone entering the premises (both visitors and staff) should wear a facemask and wash their hands with soap and water before entering.

Check the temperature of all the staff at the time of entrance to the workplace and any person recording a temperature above 98.4 0F or 37 0C should be re checked in 10-15minutes and if positive for second time the person be sent back.

Maintain one meter distance between workers when queuing up at the entrance.

Inside the workplace

All workers shall wear masks while on duty and should maintain a distance of at least 1m between persons, staff and customers.

Discourage workers from using other workers desks / work stations, common telephones, fax machines or other work tools and equipment, whenever possible.

Advise staff to minimize verbal and written communication between co-workers and use alternative methods (Public address system, intercom etc.) for internal communication

Doors should be kept open between sections to reduce unnecessary handling by the workers.

Maintain regular housekeeping practices, including routine wiping/ cleaning and disinfecting of surfaces, equipment, and other items in the work environment (Refer to section 3.2 above)

Lunch breaks and tea breaks should be given in batch-wise to prevent crowding the meal room (Please refer the general guideline for the recommended practices to be followed at the dining room/canteen).

Instructions for Customers/Visitors

All customers visiting government or private offices should wear face masks and maintain a distance of 1m from other customers/ staff. Staff shall use soap and water for hand washing or an alcohol rub for disinfection of hands after completion of work with each visitor. These facilities for hand disinfection are to be provided by the employer.

The customers shall be made aware of the control measures in place within the office through print, digital or video messages.

4.3 Hospitality Industry

Following measures are to be adopted in addition to the general measures described in section 3 above.

4.3.1. General measures

Use the traditional greeting of Sri Lanka, “Ayubowan” at all times in place of shaking hands.

All staff shall wear face masks while on duty.

Disinfect all furniture in all service areas after each encounter with guests. Eg, tables chairs service counter tops etc. in addition to the routine cleaning. (Please refer section 3.3)

Disinfect all contact points of guests in all service areas as frequently as possible (At least 4times a day). Eg. Door handles and knobs, telephone receivers, elevator key pad etc. in addition to the routine cleaning. (Please refer to section 3.3)

4.3.2. Guest services

Check the temperature of all the guests at the time of check-in. If the temperature is above 37 0 C or 98.4 0 (Please refer section 3.2)

Obtain additional information in a form filled with the registration card with information such as country of origin, which flight, seat number, date of arrival in SL, whether they have visited any of the infected countries over the past 3 weeks and next destination.

Advice guests to report to the front desk if they develop fever (with or without respiratory symptoms) and the front desk shall follow the instructions in section 3.7 above.

All specific instructions/information with regards to Covid-19 control measures shall be made available in each room in the form of a leaflet or a special information sheet.

Hand contact points in public areas in the hotel shall be disinfected every 4-hour. i.e: Guests elevator buttons, public toilet door knobs, faucets, soap dispensers etc. (Please refer section 3.3).

4.3.3. Guest rooms

TV remote controls in all guest rooms should be covered with a polythene covers so that they could easily be disinfected.

Disinfect tables chairs and other contact points like door knobs, telephone receivers, faucets etc in addition to the routine cleaning. (Please refer section 3.3)

All guest key cards shall be disinfected before issuing.

4.3.4. Offices within the hotel (Please refer section 3)

4.3.5. Kitchen and food service

All chefs and other supportive staff should wash their hands before handling foods

Thoroughly wash all raw fruits and vegetables before preparing

Use gloves, or tongs when handling ready to eat foods.

Disinfect all direct food contact surfaces such as preparation tables, cutting boards, knives, tongs etc. before each encounter (Please refer section 3.3)

Cover & seal all foods during storage, temporary storage & transport.

All foods in the buffet shall be closed to avoid contaminations by guests.

Allocate adequate persons to serve food in the buffet and do not allow for the same utensils to be used by all guests (Spoons, forks, etc) as this will lead to cross contamination. Alternatively ensure that all the guests either wash or sanitize

hands before serving themselves at the buffet and intermittently change the serving utensils in the buffet. All cutlery need to be inserted in the napkin cutlery pocket.

Ensure strict implementation of using face masks, gloves and other personal protective equipment specially by the cleaning staff and housekeeping attendants.

4.3.6. For the Management

Promote hand hygiene awareness among staff through daily briefing, posters and digital displays.

Arrange daily briefing on the importance of food safety & hygiene practices to minimize cross contaminations during food preparation. Hand washing facilities or sanitizers to be available in all areas for staff use.

Arrange print and video messages on special COVID-19 prevention measures adopted in your organization in all relevant places to ensure cooperation and compliance from guests.

Disposal of Waste from a person suspected of COVID-19 infection

All general and other waste from a suspected or confirmed case shall be incinerated or follow please follow the guidelines for waste management issued by the Ministry of Health (Interim guideline for management of solid waste generated by households and places under self quarantine due to COVID-19 outbreak),.

Treatment of linen from a person suspected of COVID-19 infection

All linen used by of suspected person as Covid-19 shall be collected separately and kept in a sealed bag and keep for 72 hour and if the test result of the person is negative sent the linen for washing in the normal line. If

the case is positive for COVID-19 all linen should be incinerated. All persons handling these materials should wear N95 masks, eye shields, overall and gloves which should also be incinerated after use.

4.3.7. Service counters Refer to section 3.4

4.3.8. Staff dormitory Refer to section 3.9

4.3.9. Others

Concierge team shall sanitize their hands immediately after handling guest luggage. Swimming pools and spa services are not recommended as it is not possible to implement control measures in these settings. Gym may be kept open adhering to the basic guidelines above but all equipment need to be disinfected between users.

Note: Any area which is not listed here should adhere to the general guideline described in section 3.

4.4 Restaurants and Eateries

Following measures are to be adopted in addition to the general measures described in section 3 above.

Should disinfect all the surfaces of chairs and tables after each use (Please refer section 3.3).

All workers and customers should maintain at least 1 meter distance inside the restaurants and eateries. Furniture should be arranged accordingly.

All workers should wear face masks. .

Display the menu either by TV screen, display board or under the glass pad of the table.

Places where buffets are available, there should be dedicated staff member(s) to serve the food for to avoid many customers handling spoons and other utensils in the buffet.

Customers shall not share crockery and culinary equipment.

All cleaning staff should wear gloves and masks.

Waiters shall wash their hands frequently to prevent any cross contamination.

Culinary equipment and crockery should be thoroughly washed with soap and water.

For Payment counter guide please refer section 3.4 above.

4.5 Supermarkets

Following measures are to be adopted in addition to the general measures described in section 3 above.

- Provide hand washing facilities at the entrance preferably with a foot or elbow operated tap and make sure that each customer washes hands before entering.
- Before opening the supermarket, clean and disinfect the floor, counter tops and all common contact surfaces. (Please refer to section 3.3)
- Keep the entrance and exit doors open or keep dedicated persons to open and close the doors.
- Take only a designated number of customers inside in order to maintain 1 meter distance between two persons including the queue.
- Customers without masks shall not be allowed in.
- Advise the staff not to wear nonessential accessories/ornaments (such as wrist watch, bracelets, jewelries, etc) during working hours.
- The handles of the carts and baskets should be disinfected after each use.
- Operating of weighing machines should only be done by the dedicated staff members.
- Avoid selling unpacked common retail items (Rice dhal etc) and prepack them and keep ready.
- Cashier be advised to sanitize hands with each encounter with customers.
- Please follow the counter guide described in section 3.4.
- Customers be given the option whether to issue a paper invoice or arrange the invoice to be sent electronically to the mobile phone.
- Maintain express counters (less than 5 items).
- Utility bill payments through supermarket counters shall be suspended during this disease transmission period.
- Remove all customer operated devices (E.g. touch screens at the cashier).
- Make customers aware of the measures and health messages through print, digital and audio media.
- It is recommended to arrange separate small stalls outside the main market for commonly sold items such as rice, coconut, potatoes onions etc. This measure could reduce the overcrowding inside the main hall.

4.6 Public transport

Following measures are to be adopted in addition to the general measures described in section 3 above.

These measures apply to all public transports including trains.

Before commencement of the trip

- Vehicle interior including entry points should be disinfected before starting each trip (Please refer section 3.3)
- Driver, conductor/helper/ all train station staff and all the passengers should wear face masks.
- Keep one meter distance between the passengers and limit the number of passengers to 50% of the seating capacity. Taxi service motor cars and three-wheelers should carry maximum of 2 passengers.
- Minimize the handling of cash and encourage passengers to bring the exact amount for the fare.
- Hand sanitizer/alcohol rub can be fixed at the entry point of the vehicle /bus stand /railway station to sanitize the hands of passengers during the entry to the transport.
- All passenger contact points in train stations should be disinfected daily.
- Instructions in chapter 3 shall apply to office environment and section on service counters to ticket counters.

During Travel

- Provide adequate time to get in to the vehicle and get down from it in order to practice non touch technique inside the vehicle/during the travel.

- One identified door should be used for loading passengers.
- Health promotional messages and recommended behavior should be transmitted through the public address system inside the vehicle.

4.7 Hosting Events (Weddings, funerals and parties)

Following measures are to be adopted in addition to the general measures described in section 3 above. Whenever possible all planned events and gatherings must be avoided during this period.

Before the event the reception hall/parlor including all furniture has to be cleaned and disinfected (Please refer section 3.3).

Provide hand washing facilities at the entrance preferably with a foot or elbow operated tap and make sure that each customer washes hands before entering.

It is recommended to check the temperature of all guests entering the reception hall/parlor.

Visitors shall maintain a minimum distance of 1m at all times.

Ensure adequate ventilation in the hall/parlor. Open venue is preferred.

COVID control messages and the expected etiquette of guests, while inside the reception hall/ parlor must be displayed, at the entrance.

Hugging and handshaking must be discouraged and non-touch greetings must be adopted

All guests/ visitors are encouraged to wear a face mask, in the correct method as described in the general guidelines.

Guest must refrain from sharing glasses, plates, spoons etc. In buffet style servings or self-service a designated staff member must be appointed to serve food, to avoid guests handling common utensils.

Taking group photos are discouraged.

At the end of the event the reception hall/ parlor must be cleaned and disinfected (Please refer section 3.3)

Visitors after returning home should follow the instructions in section 3.8.

4.8 Economic Centers

Following measures are to be adopted in addition to the general measures described in section 3 above.

- Arrange the floor plan in order to limit the cross movements of people and vehicles.
- Dedicate a separate parking area for vehicles.
- Establish facilities for hand washing at the entrance and other appropriate locations of the economic center.
- Hand washing shall be made mandatory for customers and workers on arriving at the center.
- Arrange the area in such a way to keep the required distance between vendors.
- Restrict the number of customers for a given time in order to maintain 1 meter distance. Ask customers to wait in a queue until their turn.
- All vendors, staff and visitors shall wear face masks.
- Advise staff to avoid wearing nonessential accessories such as wrist-watches, bracelets, jewelry.
- Wear gloves when handling, loading and unloading of goods.
- Minimize verbal communication with customers by displaying price tags.
- Advise all individuals to avoid spitting, betel chewing and smoking at the premises.
- Use public address system/audio recording to provide instructions on site plan, health messages and recommended practices at the facility.

4.9 Universities

Following measures are to be adopted in addition to the general measures described in section 3 above.

- Consider distance/online teaching methods to ensure physical distancing.
- Anyone entering the premises (students, staff members and visitors) should wash their hands with soap and water before entering the premises or alternatively use the hand sanitizer.
- Check the temperature of all persons at the entrance to the university and any person recording a temperature above 98.4 0F or 37 0C should not be allowed inside.
- All students, staff members and visitors should wear face masks inside the university.
- Maintain 1 meter distance between students as well as academic and non-academic staff members inside the university at all times in all settings .(Lecture halls, practical sessions, assignments, cafeterias, etc.). Avoid any teaching/learning/ group activity requiring close proximity.
- All students and staff should be made aware of correct methods of using and discarding face masks and respiratory etiquettes. (Please refer section 3.2)
- Avoid sharing belongings such as books, stationery items, laboratory equipment, by students as well as staff.
- Maintain regular housekeeping practices. Disinfect all the surfaces of tables/chairs after use. (Please refer to section 3.3)
- All students and staff should wash hands with soap and water before meals and should use separate water bottles, glasses, cutlery and food items or drinks.
- Adequate hand washing facilities/hand sanitizers should be made available at the entrance and inside hostel premises.
- Avoid giving lunch break to all students at the same time so that overcrowding can be avoided in canteens.
- Prompt action should be taken when any medical condition or symptom is noted among the university community to isolate the person and safeguard the others. (Please refer section 3.7)

5. PUBLIC ACTIVITIES TEMPORARILY BANNED

Please note that the following places or situations are prohibited till COVID-19 outbreak is fully controlled as gathering of people/ children in close proximity to each other would promote spread of COVID -19 virus.

1. Large gatherings in enclosed spaces
Eg: cinema, private tuition classes
conventions etc.
2. Adventure parks for children.
3. Night clubs, casinos and betting centers
4. Gatherings in religious places

For further information

For further information on this guideline please contact Dr. Lakshman Gamlath Dy. Director General (E,OH &FS) on 071-7723232 or ltgamlath@gmail.com.

For information regarding COVID-19 infection please contact;

- The Ministry of Health hotline, available 24 hours - 94 113 071 073
- Website Ministry of health- health.gov.lk
- The Government media unit hotline – 117
- Suwa Sariya Health line – 94 710 107 107
- Medical Officer of Health of the area (List attached)
- Epidemiology unit, Ministry of Health
<http://www.epid.gov.lk>

ANNEX 01



How to prepare hand sanitizer solution

Raw Materials required

1. Ethyl Alcohol >90% or Isopropyl Alcohol >90%
2. Hydrogen peroxide 3%
3. Glycerol 98%
4. Food coloring (blue or green)
5. Water (Properly boiled and cooled up to room temperature)

Method of preparation

In order to prepare 100 milliliters of the hand sanitizer,

1. 85 milliliters of Ethyl Alcohol or Isopropyl Alcohol,
2. 4 milliliters of Hydrogen peroxide,
3. Few drops of food coloring and
4. 1.5 milliliters of Glycerol, is required.

Add any one kind of alcohol mentioned above into an adequately large bottle (150 milliliters or more). Then add Hydrogen peroxide to the bottle. Mix it and add Glycerol to the mixture. Then add water to the mixture until total volume of the mixture becomes 100 milliliters. Finally, the bottle with the mixture should be closed and mix thoroughly. The solution made can be used as an alcohol based hand rub.

ANNEX 02

List of Medical officers of health with their respective District and provincial level supervising officers.

Provincial Director		Regional Director		MOH			
				Area	Tel. No.	E-Mail	
Central PDHS Dr. H.M. Arjuna Thilakarathna 081 2224336 071 4427094 arjunatilak@yahoo.com pdhscentral@health.gov.lk	Kandy RDHS Dr. P. Nithershini 081 2233061 071 4474071 nithershini2791@gmail.com rdhskandynew@gmail.com rdhskandy@health.gov.lk	MOH - Akurana	0662244054	akurana66@gmail.com	MOH - Bambaradeniya	0812315751	mohbambaradeniya@yahoo.com
		MOH - Doluwa	0812415220	mohdoluwa@gmail.com	MOH - Galagedara	0812461368	mohgalagedara@gmail.com
		MOH - Galaha (Delthota)	0812467601	mohgalaha@gmail.com	MOH - Gampola (Udupalatha)	0812352278	mohudapalatha@gmail.com
		MOH - Ganga Ihala (Kurunduwatta)	0812352803	mohgangaiahala@gmail.com	MOH - Gangawatakorele	0812240047	mohgangawata@yahoo.com
		MOH - Hasalaka	0552257078	mohhasalaka@gmail.com	MOH - Hatharaliyadda	0812464181	mohhatharaliyadda@gmail.com
		MOH - Kandy MC	0812500340	smooffice15@yahoo.com	MOH - Kundasale	0812374012	mohkundasale@gmail.com
		MOH - Medadumbara (Medamaha)	0812402457	medadumbara@gmail.com	MOH - Menikhinna	0812376860	menikmoh@gmail.com
		MOH - Panvila	0812472031	mohofficepanwila@gmail.com	MOH - Pasbage (Nawalapitiya)	0542222278	mohnvp@gmail.com
		MOH - Poojapitiya	0812307018	mohpoojapitiya@gmail.com	MOH - Thalathuoya (Pathahewahe)	0812404278	mohthalathuoya@yahoo.com

Provincial Director	Regional Director	MOH		
		Area	Tel. No.	E-Mail
<p>Matale RDHS Dr. M.S.K. Wickramathilaka (DRD) 066 2222483 0715348796 sepaliccp@yahoo.com rdhsmatale@health.gov.lk</p> <p>NuwaraEliya RDHS Dr. S. Talagala 052 2223413 0703722177 thalagalassenaka@gmail.com rdhsnuwaraeliya@health.gov.lk</p>	MOH - Udadumbara	0812402381	mohudadumbara@gmail.com	
	MOH - Udunuwara	0812315732	mohudunuwara@yahoo.com	
	MOH - Wartegama (Pathadumbara)	0812476262	mohwartegam@gmail.com	
	MOH - Werellagama (Harispattuwa)	0812499317	haarismoh@gmail.com	
	MOH - Yatunuwara (Kudagannawa)	0812571252	mohrhtckadu@yahoo.com	
	MOH - Ambanganga Korale	0662255278	mohrtamb@gmail.com	
	MOH - Dambulla	0662284778	mohdambulla@gmail.com	
	MOH - Dambulla MC	0663062174	dambullamunicipal@gmail.com	
	MOH - Galewela	0662289264	mohgalewela@gmail.com	
	MOH - Laggala-pallegama	0662275025	laggalamoh@gmail.com	
	MOH - Matale	0662231520	matalemoh@gmail.com	
	MOH - Matale MC	0662224927	matalemhealth@gmail.com	
	MOH - Naula	0662246102	mohnaula@gmail.com	
	MOH - Pallepola	0662247341	mohpallepola24@gmail.com	
	MOH - Rattota	0662255278	mohrtamb@yahoo.com	
	MOH - Ukuwela	0662222278	cpmtmohukuwela@gmail.com	
	MOH - Wilgamuwa	0662250060	mohwilgamuwa@gmail.com	
	MOH - Yatawatta	0662221068	yatawattamoh@gmail.com	
	MOH - Ambagamuwa	0512242278	ambagamuwamoh@gmail.com	
	MOH - Bogawanthalawa	0522267634	ddhsbogawanthalawa@gmail.com	
MOH - Hanguranketha	0812365292	moh.hangu.@gmail.com		
MOH - Kotagala	0512244439	kotagalamoh123@gmail.com		
MOH - Kothmale	0522259627	mohkothmale01@gmail.com		
MOH - Lindula	0522258829	lindulamoh@gmail.com		
MOH - Maskeliya	0522277586	maskeliyamoh@hotmail.com		
MOH - Mathurata	0523527830	mathurataa@gmail.com		
MOH - Nawathispane	0542050045	mohnawathispane@gmail.com		

Interim Operational Guidelines on Preparedness and Response for Covid-19 Outbreak for Work Settings

Provincial Director	Regional Director	MOH		
		Area	Tel. No.	E-Mail
<p>Eastern PDHS Dr. Alavndeen 026 2221017 0763925155 pdhsplanningep@gmail.com pdhs east@health.gov.lk</p>	<p>Ampara RDHS Dr. S.T.A.P. Serasinghe 063 2222989 0718200070 serasingheprasanga@gmail.com rdhsampara@health.gov.lk</p>	MOH - NuwaraEliya	0522222278	nuwaraeliyamoh@gmail.com
		MOH - NuwaraEliya MC	0522235042	mohnuwaraeliyamc@gmail.com
		MOH - Ragala	0522265416	ragalamoh123@gmail.com
		MOH - Walapane	0522279136	mwalapane@gmail.com
		MOH - Ampara	0632222279	mohampara@gmail.com
		MOH - Damana	06322240420	mohdamana420@gmail.com
		MOH - Dehiyathakandiya	0272250145	mohdehiattakandiya@gmail.com
		MOH - Lahugala	0632051855	moh2015Lahugala@gmail.com
		MOH - Mahaoya	0632244098	mohmahaoya@gmail.com
		MOH - Padiyathalawa	0632246012	padiyathalawamoh@gmail.com
		MOH - Uhana	0632250049	mohuhana@gmail.com
		MOH - Arayampathy	0652248335	arayampathymoh@gmail.com
		MOH - Batticaloa	0652222278	mohbatticaloa@gmail.com
		MOH - Chenkalady	0652240526	chenkaladyamoh@gmail.com
		MOH - Eravur	0652241225	evrmohoffice@gmail.com
MOH - Kaluwanchikudy	0652250065	mohoffkwd.ep@gmail.com		
MOH - Kattankudy	0652246161	kkymoh@gmail.com		
MOH - Kiran	0653657518	mohkiranpk@gmail.com		
MOH - Koralaipattu Central	0652258184	kpcpmoh@gmail.com		
MOH - Oddamavadi	0652258104	oddmoh@gmail.com		
MOH - Paddipalai	0652056960	moh.paddipalai@gmail.com		
MOH - Vakarai	0653656352	mohvakaraipk@gmail.com		
MOH - Valaichenai	0652257260	valaichenaimohoffice@gmail.com		
MOH - Vavunathivu	0652059354	moh.vavunathevul@gmail.com		
MOH - Vellaveli	0652056107	mohvellavely@gmail.com		

Provincial Director	Regional Director	MOH		
		Area	Tel. No.	E-Mail
	<p>Kalmunai RDHS Dr. A. L. Alaavudeen 067 2222710 0718225155 aldeen0327@gmail.com rdhskalm.planning@gmail.com, rdhskalmunai2@gmail.com rdhskalmunai@health.gov.lk</p>	MOH - Addachchenai	0672278613	info.moh.addalaichenai@gmail.com
		MOH - Akkaraipattu	0672277431	mohakp@gmail.com
		MOH - Alayadivembu	0672277528	MohAlayadivembu@gmail.com
		MOH - Irakkamam	0632050147	info.moh.Irakkamam@gmai.com
		MOH - Kalmunai South (Muslim Div)	0672223266	mohkalsouth@gmail.com
		MOH - Kalnumai North (Tamil Div)	0672229278	info.moh.drganesh62@yahoo.com
		MOH - Karaithivu	0672221981	info.moh.karaitivu@gmail.com
		MOH - Navithanveli	0672226091	info.moh.navithanveli@gmail.com
		MOH - Ninthavur	0672250834	info.moh.nintavur@gmail.com
		MOH - Pottuvil	0632248502	info.moh.pottuvil@gmail.com
		MOH - Sainthamaruthu	0672224365	info.moh.sainthamaruthu@gmail.com
		MOH - Sammanthurai	0672260808	info.moh.sammathu@gmail.com
		MOH - Thirukkovil	0672265054	info.moh.thirukkovil@gmail.com
		MOH - Eachchilampatru (Verugal)	0263268756	nisarnimsath9@gmail.com
		MOH - Gomarankadawela	0262255071	mohgomarankaduwala@gmail.com
		MOH - Kanthale	0262234265	kantalemoh@gmail.com
		MOH - Kinniya	0262236263	MOHKinniya@gmail.com
		MOH - Kuchchaveli	0262232464	sgaja24@gmail.com
		MOH - Kurinchakkerny	0772071404	mohkurinchakkerny@gmail.com
		MOH - Muthur	0262238262	mohofficemuthur@gmail.com
MOH - Padavi Sri Pura	0252255083	mohpadavisripura1@gmail.com		
MOH - Seruvila	0262251500	mihirisaumya1200@gmail.com		
MOH - Thampalakamam	0262248063	mohthampalakamam@gmail.com		
MOH - Trincomalee	0262222278	moh.trinco@gmail.com		
MOH - Uppuveli	0262050429	uppuvelimoh@gmail.com		

Interim Operational Guidelines on Preparedness and Response for Covid-19 Outbreak for Work Settings

Provincial Director	Regional Director	MOH		
		Area	Tel. No.	E-Mail
North Central PDHS Dr. W.M. Palitha Bandara 025 2222700 0714834912 palithabandara120@yahoo.com phupdhs@gmail.com pdhsncp@health.gov.lk	Anuradhapura RDHS Dr. N.C.D. Ariyaratne 025 2222260 0717913556 ncdnimal@gmail.com rdhsanuradhapura@health.gov.lk	MOH - Galenbidunuwawe	0252258384	mohgalenbidunuwewa@yahoo.com
		MOH - Galnewa	0252269526	mohgalnewa@gmail.com
		MOH - Horowpothana	0252278061	horowpothanamoh@gmail.com
		MOH - Ipalogama	0252264156	mohofficeipalogama@gmail.com
		MOH - Kahatagasdigiliya	0252247478	mohkahara@gmail.com
		MOH - Kebithigollewa	0252298530	thumiduwa@gmail.com
		MOH - Kekirawa	0252264278	mohkekirawa@gmail.com
		MOH - Medawachchiya	0252245717	mohmedawachchiya@gmail.com
		MOH - Mihintale	0252266562	mohmihinthale@gmail.com
		MOH - Nachchaduwa	0252222278	
		MOH - Nochchiyagama	0252257856	mohnochchiyagama@gmail.com
		MOH - Nuwaragam Palatha Centra	0252223400	manupamoh@gmail.com
		MOH - Nuwaragam Palatha East	0252222278	mohofficecenpe@gmail.com
		MOH - Padaviya	0252253103	padaviyamoh123@gmail.com
		MOH - Palagala	0252052748	mohpalagala@gmail.com
		MOH - Rajanganaya	0252054299	mohrajanaganaya@gmail.com
		MOH - Rambewa	0252056924	mohrabewa@gmail.com
		MOH - Thalawa	0252276133	mohofficethalawa@gmail.com
		MOH - Thambuttegama	0252276932	mohthambuttegama@gmail.com
		MOH - Thirappane	0252050210	thirappane.moh@gmail.com
Municipal council Anuradhapura	0710554224	chanmira77@gmail.com		

Provincial Director	Regional Director	MOH		
		Area	Tel. No.	E-Mail
<p>North Western PDHS Dr. N. Fareed 037 2223479 037 2228727 0714455337 drfareed9@gmail.com info@healthdept.nw.gov.lk pdhsnwp@health.gov.lk</p>	<p>Polonnaruwa RDHS Dr. D.S.A. Jayasinghe 027 2227660 0718290070 dsajaya@gmail.com rdhsponnaruwa@gmail.com rdhsponnaruwa@health.gov.lk</p>	MOH - Dimbulagala	0272223239	mohdambulagala@gmail.com
		MOH - Elahera	0662256624	mohelaherapln@gmail.com
		MOH - Hingurakgoda	0272246230	mohhingurakgoda@gmail.com
		MOH - Lankapura	0272055770	mohlankapura@gmail.com
		MOH - Medirigiriya	0272248265	mohmedirigiriya@gmail.com
		MOH - Thamankaduwa	0272222209	mohthamankaduwa@gmail.com
		MOH - Welikanda	0272259082	mohwelikanda@gmail.com
		MOH - Alawwa	0372278810	mohalawwa@gmail.com
		MOH - Ambanpola	0373615304	chadanahearath.ph@gmail.com
		MOH - Bamunakotuwa	0372057701	mohbamu@gmail.com
		MOH - Bingiriya	0322246163	mohbingiriya@gmail.com
		MOH - Galgamuwa	0372253329	mohgalgamuwa@gmail.com
		MOH - Ganewatta	0372264022	mohganewatta@gmail.com
		MOH - Giribawa	0372053663	mohgiribawa@gmail.com
		MOH - Ibbagamuwa	0372250578	mohibbagamuwa@gmail.com
		MOH - Katupotha	0372247378	mohkatupotha@gmail.com
		MOH - Kobeigane	0373616738	mohkobaiganne@gmail.com
MOH - Kotawehera	0373971464	mohkotawehera@gmail.com		
MOH - Kuliypitiya	0372281278	mohkuliypitiya@hgmail.com		
MOH - Kurunegala	0372222194	mohkurunegala@gmail.com		
MOH - Kurunegala MC	0372222275	mohmck@gmail.com		
MOH - Maho	0372275262	mohofficemahoh@gmail.com		
MOH - Mallawapitiya	0372056298	mallawapitiyamoh@gmail.com		
MOH - Mawathagama	0372299223	lankalsk@gmail.com		
MOH - Narammala	0372249278	mohnarammala@gmail.com		
MOH - Nikaweratiya	0372260303	mohnikaweratiya@gmail.com		
MOH - Panduwasnuwara East	0372291114	mohpandu@gmail.com		

Interim Operational Guidelines on Preparedness and Response for Covid-19 Outbreak for Work Settings

Provincial Director	Regional Director	MOH		
		Area	Tel. No.	E-Mail
		MOH - Panduwasnuwara West	0372291114	mohpandu@gmail.com
		MOH - Pannala	0372246063	pannalamoh@gmail.com
		MOH - Polgahawela	0372243278	mohpolgahawela@gmail.com
		MOH - Polpithigama	0372273258	mohpolpithigama@gmail.com
		MOH - Rideegama	0372252321	mohrideegama@gmail.com
		MOH - Udubaddawa	0322242256	mohudubaddawaku@gmail.com
		MOH - Wariyapola	0372267279	mohwariyapola@gmail.com
		MOH - Weerambugedara	0372265680	mohweerambugedara@gmail.com
		MOH - Anamaduwa	0322263447	moh.anamaduwapu@gmail.com
		MOH - Arachchikattuwa	0322259350	moh.arachchikattuwapu@gmail.com
		MOH - Chilaw	0322222278	moh.chilawpu@gmail.com
		MOH - Dankotuwa	0312258178	moh.dankotuwapu@gmail.com
		MOH - Kalpitiya	0322260840	moh.kalpitiyapu@gmail.com
		MOH - Karuwalagaswewa	0323323634	mohkaruwalagaswewa@gmail.com
		MOH - Madampe	0322249500	madampemoh@gmail.com
		MOH - Mahawewa	0322250767	moh.mahawewapu@gmail.com
		MOH - Mundalama	0322052278	mohmundel.pu@gmail.com
		MOH - Nattandiya	0322254278	moh.nattandiyapu@gmail.com
		MOH - Pallama	0322051551	moh.pallamapu@gmail.com
		MOH - Puttalam	0322265201	moh.puttalampu@gmail.com
		MOH - Wennappuwa	0312254877	moh.wennappuwapu@gmail.com
		MOH - Chankanai	0212250732	mohchankanai@gmail.com
		MOH - Chavakachcheri	0212270014	mohchava@gmail.com
		MOH - Jaffna	0212222645	mcjaffnamail@yahoo.com
		MOH - Karainagar	0212251944	mohkarainagar@gmail.com
		MOH - Karaveddy	0212261006	mohkvd@gmail.com
MOH - Kayts	0212211660	mohkayts18@yahoo.com		
Northern PDHS Dr. A. Ketheswaran 021 2220811 / 0776043848 drakethes64@gmail.com pdhsnp@gmail.com pdhsnorth@health.gov.lk	Jaffna RDHS Dr. K. Nanthankumaran 021 2223725 / 0714474071 rdhsjaffna15@gmail.com rdhsjaffna@health.gov.lk	Puttalam RDHS Dr. Dinusha Fernando 032 2247266 0718285256 dpdhsputtalam@yahoo.com rdhsputtalam@health.gov.lk		

Provincial Director	Regional Director	MOH		
		Area	Tel. No.	E-Mail
		MOH - Kopya	0212231060	kopmoh2012@gmail.com
		MOH - Maruthankerny	0212265578	mohmaruthankerny@gmail.com
		MOH - Nallur	0212053702	mohnallur@gmail.com
		MOH - Point Pedro	0212264482	mohpointpedro@yahoo.com
		MOH - Sandilipay	0212255248	mohsandilipay@gmail.com
		MOH - Tellipalai	0212241182	mohstelle@gmail.com
		MOH - Uduvil	0212241183	mohuduvil@gmail.com
		MOH - Velanai	0212211555	mohvelanai@gmail.com
		SMO Office	0212224930	smojaffna@gmail.com
		MOH - Kandawalai	0212060415	mohofficekandawalai@gmail.com
		MOH - Kilinochchi	0212283823	mohkaraichchi@gmail.com
		MOH - Palai	0212050024	mohpallai@gmail.com
		MOH - Poonakary	0212060822	mohofficepoonakary@gmail.com
		MOH - Madhu	0232051567	mohmadhu92@gmail.com
		MOH - Mannar Town	0232222278	mohmannar@gmail.com
		MOH - Manthai West	0232050868	mohadampan@yahoo.com
		MOH - Musalai	0232328281	mohmusali@gmail.com
		MOH - Nanattan	0232050389	mohnanattan@gmail.com
		MOH - Mallavi	0212060760	mallavimoh@gmail.com
		MOH - Manthai East	0212060760	
		MOH - Mullaitivu	0212061005	mohmtv@gmail.com
		MOH - Oddusuddan	0212061705	mohoddusuddan@gmail.com
		MOH - Puthukkudiyiruppu	0212061588	mohptkmtv@gmail.com
		MOH - Welioya	0718290388	
	Kilinochchi RDHS Dr. S. Kumaravel 021 2285719 / 0776508517 rdhskoc@gmail.com rdhskilinochchi@health.gov.lk			
	Mannar RDHS Dr. D. Venoden 023 2222753 rdhsmnr@gmail.com healthplanningmnr@gmail.com rdhsmannar@health.gov.lk			
	Mullaitivu RDHS Dr. J.M. Nilakshan 021 2290100 / 0767022013 nilakshann@yahoo.com rdhsmtv@gmail.com rdhsmullaitivu@health.gov.lk			

Interim Operational Guidelines on Preparedness and Response for Covid-19 Outbreak for Work Settings

Provincial Director	Regional Director	MOH		
		Area	Tel. No.	E-Mail
<p>Sabaragamuwa PDHS Dr. Kapila Kannangara 045 2223322 / 045 2223377 0777272870 pdhssab@sltnet.lk pdhspimusabaragamuwa@gmail.com pdhssabara@health.gov.lk</p>	<p>Vavuniya RDHS Dr. B. Pasupathirajah 024 2222323 / 0718619603 rdhsvavuniya@gmail.com rdhsvavuniya@health.gov.lk</p> <p>Kegalle RDHS Dr. Kumara Wickramasinghe 035 2231325 0773279960 doctorgkumara@gmail.com rdhskg549@gmail.com rdhskgalle@health.gov.lk</p> <p>Ratnapura RDHS Dr. N.G.S. Panditharathne 045 2222496 045 2222284 0714214793 rdhstratnapura@gmail.com rdhstratnapura@health.gov.lk</p>	MOH - Cheddikulam	0242260968	vckmohoffice@gmail.com ssutharjan@yahoo.com
		MOH - Vavuniya	0242222278	mohv02478@gmail.com
		MOH - Vavuniya North	0242051920	vmohoffice@gmail.com
		MOH - Vavuniya South	0775432968	Moh_vavuniyasouth@yahoo.com
		MOH - Aranayaka	0352258161	moharanayaka@gmail.com
		MOH - Bulathkohupitiya	0362247082	mohbulathkohupitiya@gmail.com
		MOH - Dehiovita	0362267415	pdehiowita@yahoo.com
		MOH - Deraniyagala	0362249372	mohderaniyagala@gmail.com
		MOH - Galigamuwa	0352283390	mohgaligamuwa@yahoo.com
		MOH - Kegalle	0352222278	mohofficekegalle@gmail.com
		MOH - Mawanella	0352246335	moh.mawanella@gmail.com
		MOH - Rambukkana	0352265278	rambukkanamoh@gmail.com
		MOH - Ruwanwella	0362266278	mohruwanwella@yahoo.com
		MOH - Warakapola	0352267278	mohwarakapola@gmail.com
		MOH - Yatiyanthota	0352271682	mohyatiyanthota@gmail.com
		MOH - Ayagama	0452250160	ayagamamoh@gmail.com
		MOH - Balangoda	0452287278	balangodamoh@gmail.com
MOH - Eheliyagoda	0362258278	moheliheliyagoda1@gmail.com		
MOH - Elapatha	0452222516	elapathamoh@gmail.com		
MOH - Embilipitiya	0472230116	embilipitiyamoh@gmail.com		
MOH - Godakawela	0452240278	godakawelamohoffice@gmail.com		
MOH - Imbulpe	0452287046	imbulpemoh@gmail.com		
MOH - Kahawaththa	0452270161	kahawattamoh@mail.com		
MOH - Kalawana	0452255260	mohkalawana1@gmail.com		
MOH - Kiriella	0452266081	kiriellamoh@gmail.com		
MOH - Kolonna	0452260262	mohkolonna@gmail.com		

Provincial Director		Regional Director		MOH	
		Area	Tel. No.	E-Mail	
Southern PDHS Dr. Chandima Sirithunga 091 2234980 776503356 csiritunga@yahoo.com pdhhsp@yahoo.com pdhssouth@health.gov.lk	Galle RDHS Dr. Priyantha Jeevarathna 091 2234170 0760509189 rdofficegalle@yahoo.com rdhsgalle@health.gov.lk	MOH - Kuruwita	0452262174	mohkuruwita@gmail.com	
		MOH - Nivithigala	0452279844	nivitigalamoh@gmail.com	
		MOH - Opanayaka	0452270924	opanyakemoh@gmail.com	
		MOH - Pelmadulla	0452274574	mohofficepelmadulla@gmail.com	
		MOH - Ratnapura MC	0452222275	mcratnapuramoh@gmail.com	
		MOH - Ratnapura PS	0452222278	mohratnapura@gmail.com	
		MOH - Weligepola	0452227060	weligepolamoh@gmail.com	
		MOH - Udawalawe	0472232622		
		MOH - Akmeemana	0913922261	mohofficeakmeemana@gmail.com	
		MOH - Ambalangoda	0912258278	mohofficeambalangoda@gmail.com	
		MOH - Baddegama	0912292278	mohbaddegama@gmail.com	
		MOH - Balapitiya	0912264485	mohbalapitiya@gmail.com	
		MOH - Bope-poddala	0912222442	moh.bopepoddala@gmail.com	
		MOH - Elpitiya	0912291102	mohofficeelpitiya@gmail.com	
		MOH - Galle MC		mohmgalle@gmail.com	
		MOH - Gonapinuwala	0912276079	mohofficegonapinuwala@gmail.com	
		MOH - Habaraduwa	0912283850	mohofficehabaraduwa@gmail.com	
MOH - Hikkaduwa	0912277508	mohhikkaduwa@gmail.com			
MOH - Imaduwa	0912286534	mohofficeimaduwa@gmail.com			
MOH - Induruwa (Bentota)	0342274292	mohinduruwa@gmail.com			
MOH - Karadeniya	0912290544	mohkaradeniya@gmail.com			
MOH - Nagoda	0912285170	mohofficeudugama@gmail.com			
MOH - Neluwa	0718330939	mohofficeneluwa@gmail.com			
MOH - Niyagama	0912296526	mohniyagama@gmail.com			
MOH - Rathgama	0912267030	mohrathgama@gmail.com			
MOH - Thawalama	0913783761	mohofficehawalama@gmail.com			
MOH - Welivitiya-Divithura	0912261904	mohofficewelivitiya@gmail.com			

Interim Operational Guidelines on Preparedness and Response for Covid-19 Outbreak for Work Settings

Provincial Director	Regional Director	MOH		
		Area	Tel. No.	E-Mail
		MOH - Yakkalamulla	0912286969	mohyakkalamulla@gmail.com
	Hambantota RDHS Dr. A.T.N.D. Patabendige 047 2258381 0777264301 deepikapatabendige@gmail.com rdshambantota@health.gov.lk	MOH - Ambalantota	0472225053	ambalantotamoh@gmail.com
		MOH - Angunukolapelassa	0472228261	mohofficeap@gmail.com
		MOH - Beliatta	0472243718	mohbeliatta@gmail.com
		MOH - Hambantota	0472256561	mohhambantota@gmail.com
		MOH - Katuwana	0472247361	mohkatuwanasp@gmail.com
		MOH - Lunugamvehera	0472238014	mohlunugamwehera@gmail.com
		MOH - Okewela	0472254176	mohokawela@gmail.com
		MOH - Sooriyawewa	0472289062	mohsooriyawewa2017@gmail.com
		MOH - Tangalle	0472240278	mohofficeetangalle@gmail.com
		MOH - Tissamaharama	0472237184	mohthissamaharama@gmail.com
		MOH - Walasmulla	0472245278	mohwalasmulla@gmail.com
		MOH - Weeraketiya	0472246130	mohweer11@gmail.com
		MOH - Akuressa	0412284412	mohakuressa@gmail.com
		MOH - Athuraliya	0412284048	athuraliyam@yahoo.com
		MOH - Devinuwara	0412226763	mohdevinuwara763@gmail.com
		MOH - Dickwella	0912255100	dickwellamoh@gmail.com
		MOH - Hakmana	0714486750	lakmalranasinghe1@gmail.com
	Matara RDHS Dr. A.D.U. Karunaratne 041 2222378 077 7372822 071 8570143 adukarunaratna@gmail.com matarardhs@yahoo.com rdhsmatara@health.gov.lk	MOH - Kamburupitiya	0412292559	mkamburipitiya@yahoo.com
		MOH - Kirinda Puhulwella	0412288261	mohkirinda.ms@gmail.com
		MOH - Kotapola	0412273169	mohkotapola@gmail.com
		MOH - Malimbada	0412240428	malimboda.moh@gmail.com
		MOH - Matara MC	0412222278	mohmcmatara@gmail.com
		MOH - Matara PS	0412265278	mohpsmatara@gmail.com
		MOH - Morawaka	0412282376	morawakamoh@gmail.com
		MOH - Mulatiyana	0412268387	mohmulatiyana.mr@mail.com
		MOH - Pasgoda	0412272332	moh.pasgoda@yahoo.com

Provincial Director		Regional Director		MOH		
				Area	Tel. No.	E-Mail
Uva PDHS Dr. J.M.C. Tennakoon 055 2222823 055 4938040 0714479509 janithatennakoon@yahoo.com pdhsuva@health.gov.lk	Badulla RDHS Dr. J.C.M. Tennakoon 055 2222823 055 4938040 0714479509 janithatennakoon@yahoo.com rdhsbadulla@health.gov.lk	MOH - Thihagoda	0712245755	mohthihagoda@gmail.com		
		MOH - Weligama	0412250278	moheweligama@gmail.com		
		MOH - Welipitiya	0412254154	mohwelipitiya@gmail.com		
		MOH - Badulla	0552222278	badullamoh@gmail.com		
		MOH - Bandarawela	0572222278	mohbandarawela@gmail.com		
		MOH - Ella	0572228853	Ellamoh5@gmail.com		
		MOH - Girandurukotte	0572254141	mohgiradurukotte@gmail.com		
		MOH - Haldummulla	0572268106	mohhaldummulla@gmail.com		
		MOH - Haliela	0552294378	Mohhaliela07@gmail.com		
		MOH - Haputhale	0572268720	mohhaputale@gmail.com		
		MOH - Kandaketiya	0552245672	mohkandaketiya@gmail.com		
		MOH - Lunugala	0552051566	mohlunugala1566@gmail.com		
		MOH - Mahiyanganaya	0552257262	mohmahiyanganaya@gmail.com		
		MOH - Meegahakivula	0552245778	mohmeegahakivula@gmail.com		
		MOH - Passara	0552288178	mohps@slt.net.lk		
		MOH - Rideemaliyadda	0553564839	Rideemaliyaddamoh@gmail.com		
		MOH - Soranathota	0552225369	mohsoranathota189@gmail.com		
		MOH - Uva Paranagama	0572246342	mohuvaparanagama17@gmail.com		
		MOH - Welimada	0572245178	mohofficewelimada@gmail.com		
		Moneragala RDHS Dr. P.D.K. Adikari 055 2276262 077 3758269 / 071 4766911 0773233227 pdkadikari@gmail.com rdhsmonaragala@health.gov.lk	MOH - Badalkumbura	0552250120	mohbadalkumbura@gmail.com	
MOH - Bibila	0552265478		mohbibila@gmail.com			
MOH - Buttala	0552273775		mohbuttala@gmail.com			
MOH - Kataragama	0472236080		mohkataragama@gmail.com			
MOH - Madagama	0553561032		mohmedagama@gmail.com			
MOH - Madulla	0552275061		mohmadulla@gmail.com			
MOH - Monaragala	0552276178		mohmonaragala@gmail.com			
MOH - Sevanagala	0553595050		mohsevanagala@gmail.com			

Interim Operational Guidelines on Preparedness and Response for Covid-19 Outbreak for Work Settings

Provincial Director	Regional Director	MOH		
		Area	Tel. No.	E-Mail
<p>Western PDHS Dr. Dhammika Jayalath 011 2437154 071 4397939 dammikajayalath@gmail.com pd@healthdept.wv.gov.lk pdhswest@health.gov.lk</p>	<p>Chief MOH Dr. R.L.De S. Wijayamuni 0112691922 cmoh@colombo.mc.gov.lk</p>	MOH - Siyambalanduwa	0552279031	mohsiyambalanduwa123@gmail.com
		MOH - Thanamalwila	0472234089	thanamalwilamoh@gmail.com
		MOH - Wellawaya	0552274961	mohwellawaya@gmail.com
		MCH - CMC	0112692830	jayampathiwvc@gmail.com
		Section - Bandaranayaka Mawatha	0112320256	bandaranayakamw@gmail.com
		Section - Borella	0112695943	borellamh@gmail.com
		Section - Forbes Road	0112694903	forbesrdmh@gmail.com
		Section - Kirula	0112586822	kirulamh@gmail.com
		Section - Kirulapona	0112512045	kirulapanemh@gmail.com
		Section - Kuppiyawatta	0112695754	kuppiywattamh@gmail.com
		Section - Maligawatta	0112687280	maligawattamh@gmail.com
		Section - Modara	0112523695	modaramh@gmail.com
		Section - Mohideen Musjid	0112434558	mohidhinmh@gmail.com
		Section - New Bazaar	0112421454	newbazaarmh@gmail.com
		Section - Slave Island	0112324693	slislandcwc@gmail.com
Section - St Pauls	0112433826	stpaulsmh@gmail.com		
Section - Wasala Road	0112432494	wasalamh@gmail.com		
Section - Wellawatta	0112362495	wallawattamh@gmail.com		
<p>Colombo RDHS Dr. A.I. Jagoda 011 2327893 0777316121 ajjagoda@yahoo.com rdhscol@health.gov.lk</p>	MOH - Battaramulla	0112886532	moh.battaramulla@healthdept.wv.gov.lk	
	MOH - Boralesgamuwa	0112519374	moh.boralesgamuwa@healthdept.wv.gov.lk	
	MOH - Dehiwala	0112126373	moh.dehiwala@healthdept.wv.gov.lk	
	MOH - Egoda Uyana	0112645483	moh.moratuwa@healthdept.wv.gov.lk	
	MOH - Gothatuwa	0112411281	moh.gothatuwa@gmail.com	
	MOH - Hanwella	0362253502		
	MOH - Homagama	0112855244	moh.homagama@healthdept.wv.gov.lk	
	MOH - Kaduwela	0112571463		
	MOH - Kahathuduwa	0112818525	moh.dehiwala@healthdept.wv.gov.lk	

Provincial Director	Regional Director	MOH		
		Area	Tel. No.	E-Mail
		MOH - Kesbewa	0112600448	moh.kesbewa@healthdept.wp.gov.lk
		MOH - Kolonnawa	0112411281	moh.kolonnawadehiwala@healthdept.wp.gov
		MOH - Maharagama	0112843588	moh.maharagama@healthdept.wp.gov.lk
		MOH - Moratuwa	0112645483	moh.dehiwala@healthdept.wp.gov.lk
		MOH - Nugegoda	0112645483	moh.moratuwa@healthdept.wp.gov.lk
		MOH - Padukka	0112859097	moh.padukka@healthdept.wp.gov.lk
		MOH - Piliyandala	0112614489	
		MOH - Pitakotte	0112862973	moh.pitakotte@healthdept.wp.gov.lk
		MOH - Rathmalana	0112723371	moh.rathmalana@healthdept.wp.gov.lk
		MOH - Attanagalla	0332287279	attanagallamoh@yahoo.com
		MOH - Biyagama	0774099908	biyagamamoh@yahoo.com
		MOH - Divulapitiya	0312246007	divulapitiyamoh@yahoo.com
		MOH - Dompe	0112404769	DOMPEMOH@yahoo.com
		MOH - Gampaha	0332222278	gampahamoh@yahoo.com
		MOH - Ja-ela	0112237525	mohjaela@gmail.com
		MOH - Katana	0312238490	katanamoh@yahoo.com
		MOH - Kelaniya	0112914782	kelaniyamoh@yahoo.com
		MOH - Mahara	0112973506	maharamoh@yahoo.com
		MOH - Minuwangoda	0112295278	minuwangodamoh@yahoo.com
		MOH - Mirigama	0719854613	mirigamamoh@yahoo.com
		MOH - Negambo	0312224467	Negombomoh@yahoo.com
		MOH - Ragama	0112958035	mohragama@yahoo.com
		MOH - Seeduwa	0112252660	mohseduwa@yahoo.com
		MOH - Wattala	0112933212	
	<p>Gampaha RDHS Dr. R.M.C Senarathna 033 2223783 rdhsgampaha@yahoo.com rdhsgampaha@health.gov.lk</p>			

Interim Operational Guidelines on Preparedness and Response for Covid-19 Outbreak for Work Settings

Provincial Director	Regional Director	MOH		
		Area	Tel. No.	E-Mail
	Kalutara RDHS Dr. U.L. Rathnayake 034 2222610 071 8147181 santhushitha007@gmail.com isaacuster@gmail.com isaacuster@gmail.com rdhskalutara@health.gov.lk	MOH - Agalawatta	0342249016	mohagalawatta@gmail.com
		MOH - Bandaragama	0382290154	mohbandaragama@gmail.com
		MOH - Bulathsinhala	0342283158	moh.bulathsinhala@gmail.com
		MOH - Dodangoda	0342285941	dodangodamoh@gmail.com
		MOH - Horana	0342261278	mohhorana1@gmail.com
		MOH - Ingiriya	0342268177	mohingiriya@gmail.com
		MOH - Madurawala	0342251527	mohmadurawala13@gmail.com
		MOH - Mathugama	0342247278	mohmathugama@gmail.com
		MOH - Millaniya	0342207155	mohmillaniya@gmail.com
		MOH - Palindanuwara	0342244478	mohpalindanuwara@yahoo.com
		MOH - Panadura	0382232278	mohpanadura@gmail.com
		MOH - Wadduwa	0382283667	mohwadduwa@gmail.com
		MOH - Walallawita	0342284456	mohwallalwita@gmail.com
		MOH - Beruwala	0342270276	beruwalamoh@gmail.com
		MOH - Kalutara	0342229445	moh.kaluthara@gmail.com
			NIHS Dr. T. Kalubowila kalubowilatamara@yahoo.com 0342226319 / 0718270470	



MINISTRY OF HEALTH AND INDIGENOUS MEDICAL SERVICES

17th April 2020

Directorate of Environmental Health, Occupational Health and Food Safety