

If you develop symptoms

- Wash your hands thoroughly and wear a mask. (Make other family members follow the same)
- Follow same steps given for self / home quarantine

If you have returned from a foreign country or had close contact with an infected person within the last 14 days, be vigilant about symptoms.

- Immediately -

- Contact and inform: Medical officer of Health (MOH), the Regional Epidemiologist (RE) or the Public Health Inspector (PHI) of your area.
- Call the following number to get an ambulance to the closest Government hospital or designated hospital.

Suwaseriya Ambulance Service - 1990

- Never use public transport to go to the hospital
- Don't go to public places
- Continue following steps given under home quarantine section including wearing a face mask.
- Give correct information on your travel history and close contacts to the doctor

Follow update of instructions given by the Government and the Ministry of Health



For further information

Suwaseriya 24 hour hotline 1999
Special operation control room, disaster control unit 117
National Operation Center for Prevention of COVID19

For more information



www.fb.com/hpbsrilanka

Protect our Motherland Defeat Corona

COVID19 is a rapidly spreading viral respiratory infection.

Avoid close contact
maintain at least
1-meter distance

Avoid crowded
places

Your dedication is critical
to prevent the spread!

Wash hands
frequently with
soap

Self-quarantine
according to
instructions



Health Promotion Bureau
Ministry of Health

