

Advices for Sri Lankan Students/Nationals and other foreign nationals returning from high risk area of on-going Corona virus transmission

- Corona virus disease (2019-nCoV) is an acute respiratory tract infection.
- It is spread through respiratory secretions (sputum, respiratory droplets) and contaminated fomites (objects or materials which are likely to carry infective agents such as clothes, utensils and furniture)
- Symptoms of Corona virus disease are fever, runny nose, sore throat, cough and difficulty in breathing.
- Some people are at high risk of developing complications. [elderly people and people with chronic diseases (lung, heart, metabolic, renal, liver or neurological diseases)]
- Symptoms develop from 2 days to 10 days after entry of virus into the human body.
- Persons infected with virus but yet are asymptomatic (not showing any symptoms) can spread the disease for a few days prior to appearance of symptoms.

In view of possible **importation** of Corona virus disease (2019-nCoV into the country), **it is essential** to adhere to the following practices for a **period of 14 days from the time of arrival in Sri Lanka**.

If you do not have symptoms at the time of arrival:

- Avoid public places as much as possible (festive celebrations, parties, temples, churches, markets and all other places of public gatherings).
- Wear a face mask (it is a social responsibility of the individual to minimize transmission of infection to other people).
- Keep away from high risk groups as much as possible
- Stay in a separate room if there are provisions available
- Practise frequent hand washing with soap and water or suitable alcohol-based hand rub
- Do not share utensils with family members or other people
- Keep windows open to provide good ventilation to rooms
- Follow good hygienic practices
- Cover your nose and mouth when coughing/sneezing with paper tissue/or cloth and proper disposal
- **It is not indicated for family members or co-workers to wear surgical face masks**

If you develop symptoms within 14 days of arrival in Sri Lanka:

- Wear a surgical face mask to prevent spread of disease to others.
- Inform area Public Health Inspector (PHI), Medical officer of Health (MOH) or Regional Epidemiologist (RE).
- Go to the nearest recommended government hospital immediately for assessment of the health situation and further management.
- It is advised to wear a surgical face masks by family members or co-workers as there is high risk of getting the disease from a symptomatic patient.

