

To All students and staff of the University of Sri Jayewardenepura

IF YOU THINK YOU ARE SICK?

These are the most common symptoms of COVID-19. Some people become infected but don't develop any symptoms and don't feel unwell.



Fever



Cough



Sore throat



Difficulty in breathing

Having these symptoms doesn't mean you have COVID-19. However, since these are common symptoms of the COVID-19 infection, for the sake of those close to you, please follow the measures mentioned below. Understand that this is part of your national responsibility.

1. **DO NOT** leave home/hostel or the boarding place for any reason other than seeking medical advice.
2. If possible, use a **SEPARATE** room for yourself.
3. Always keep a distance of at **least one meter between yourself and others at home/hostel or the boarding place.**
4. If possible, use a separate washroom. If this is not possible, always wash the taps, doorknobs etc. after use with soap and water.
5. Do not encourage visitors to the house /hostel or the boarding place.
6. Frequently wash your hands for at least 20 seconds with soap and water. Ask your family members/roommates to do the same.
7. Use separate cups, plates, towels, bedspreads etc. Wash them separately with soap and water.
8. Cover your mouth and nose with a disposable tissue or the inside of your elbow when coughing and sneezing. Safely dispose of the used tissues.
9. Do not reuse face masks and gloves etc. Dispose them in a garbage bin with a lid.
10. If you have returned from abroad or associated someone who has COVID-19 or someone suspected of being infected within the past 14 days, **immediately report to the Public Health Inspector (PHI) or the Medical Officer of Health (MOH) of your area.**

11. If you have any of the above symptoms

OR

having close-contact with a confirmed or suspected COVID-19 patient during the last 14 days prior to onset of symptoms inform the following persons:

- The Dean of your respective Faculty
 - Prof. Shirantha Heenkenda, Dean, Faculty of Humanities and Social Sciences: 0777125101
 - Prof. Laleen Karunanayake, Dean, Faculty of Applied Science: 0718064044
 - Prof. P.D. Nimal, Dean, Faculty of Management Studies and Commerce: 0717006713
 - Prof. Surangi Yasawardene, Dean, Faculty of Medical Science: 0776522822
 - Prof. M. Pathmalal, Dean, Faculty of Graduate Studies: 0714463908
 - Dr. A.H.L.R. Nilmini, Dean, Faculty of Technology: 0718676298
 - Dr. Chaminda Konthesinghe, Dean Faculty of Engineering: 0702704888
 - Prof. Sharaine Fernando, Dean, Faculty of Allied Health Sciences: 0714968219

- Mr. A.R.P. Chanaka Udayakumara, Proctor, University of Sri Jayewardenepura: 0773143330
- Sr. Prof. Hemantha Kottawatta, Director, Student Welfare: 0718165646
- Dr. Gamini Ranasinghe, Warden: 0716163555
- Dr. P.N.S. Anuradha, Warden: 0714414068

OR CALL the relevant Faculty COVID-19 team

- Faculty of Humanities and Social Sciences
 - Ven. Prof. Elamaldeniye Sarananda, Deputy Proctor: 0715440203

- Faculty of Applied Sciences
 - Dr. Ravindra De Silva, Deputy Proctor: 0777464000

- Faculty of Management Studies and Commerce
 - Dr. Ranil Peiris, Deputy Proctor: 0714277466
 - Prof. S.M. Amarasinghe, Deputy Proctor: 0777216953

- Faculty of Medical Sciences

- Prof. Surangi Yasawardene, Dean, Faculty of Medical Science: 0776522822
- Dr. Rasika Perera, Deputy Proctor: 0714402928
- Prof. Shamini Prathapan - 071 4852269
- Dr. Thushari Dissanayake - 077 2988221

- Faculty of Graduate Studies
 - Prof. M. Pathmalal, Dean, Faculty of Graduate Studies: 0714463908

- Faculty of Technology
 - Dr. Rajitha Gunaratne, Deputy Proctor: 0722396963

- Faculty of Engineering
 - Dr. Chamitha De Alwis, Deputy Proctor: 0770116789

- Faculty of Allied Health Science
 - Prof. Sharaine Fernando, Dean, Faculty of Allied Health Sciences: 0714968219

OR

- The University Medical Officer
 - Dr. S. De Silva
Chief Medical Officer
Medical Health Centre
University of Sri Jayewardenepura
Telephone: 0112803199 or 0718184208

OR

- Dr. Darshani Abeysekera (Consultant Community Physician) - 0718477153

12. Call 1999 hotline for medical and other advice regarding Covid-19.
13. Call 1990 for ambulance facilities in case of an emergency.

If you are with severe acute pneumonia regardless of travel or contact history as decided by the treating Consultant

are advised to seek medical advice from the nearest Government Hospital immediately.

FAQ

HOME QUARANTINING / SELF QUARANTINING



1. **What is Home quarantining / Self quarantining?**

“Home quarantining” refers to keeping visibly healthy, possible high-risk contacts separately at non-health care settings.

2. **Who should be Home quarantined / Self quarantined?**

A person who had maintained close contact with a suspected or diagnosed case of COVID-19 with in last 14 days

3. **Measures to be taken in Home quarantining / Self quarantining**

- Have a separate room allocated for you if possible.
- Maintain a minimum distance of one meter between you and family members.
- Use a separate bathroom if possible. If you have to share a bathroom make sure you wash doorknobs, taps, etc with soap and water.
- Do not encourage visitors.
- You, as well as others at home, must wash hands frequently and thoroughly (for at least 20 seconds)
- Do not share plates, cups, glasses, towels and bed sheets. Wash yours separately with soap and water.
- Always cover your mouth with a disposable tissue or the inside of your elbow while sneezing or coughing. Dispose used tissues securely into a garbage bin with a lid.
- Dispose of all facemasks and gloves you used securely into a garbage bin with a lid
- Avoid touching eyes, nose and mouth with unwashed hands.
- Monitor your body temperature by measuring it at least twice a day.

- If you develop any flu-like symptoms such as fever, cough, sore throat, body aches and difficulty in breathing immediately to the Public Health Inspector and/or the Medical Officer.
- Contact the Suwaseriya Ambulance service through 1990 to arrange transport to the nearest designated hospital.