



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



GOVERNMENT MEDICAL
OFFICERS ASSOCIATION



SRI JAYAWARDENEPURA
KOTTE MUNICIPAL
COUNCIL



15. Care Homes for Older Persons

Older persons are more susceptible to the COVID- 19 infection and are more likely to have adverse outcomes. Therefore, care homes for older persons should have special focus on prevention of COVID-19.

Specific message/ Instruction/s

Organizer/ owner/employer

- Extra vigilance is needed of all visitors and staff entering the facility. Restrict visitors as much as possible for staff members who are daily reporting to work from outside make sure that they follow all COVID-19 preventable measures before entering the premises.
- Keep records of visitors who visited to the place and do not allow outsiders to be in direct contact with elders during this pandemic. Donations should be handed over by maximum of 2 healthy persons
- All staff and all visitors should wear a mask.
- Continuous awareness on preventive measures of COVID-19 for residents and staff and arranging a mechanism for close monitoring is needed.
- Provide required facilities to practice preventive measures of COVID-19. Availability of hand washing facilities (disabled and elderly friendly sink tops) and Hand sanitizer should be available for frequent use
- Should keep ample stocks of anti-epidemic supplies such as masks, disinfectants, etc.,
- Measures to be taken to disinfect floor, walls, furniture and surfaces of assistive devices to remove deposited viruses if any to break the COVID-19 transmission chain.
- Establish temperature monitoring system within the facility for all inhabitants
- There should be a mechanism of appropriate medical advice when needed. Keep an updated emergency contact numbers at an easy reachable place.
- If anyone in the premises developed symptoms like cough & cold, fever, sore throat immediately contact the area Medical Officer of Health/ Public Health Inspector. Contact helpline 1390. Act according to their advice
- Identify mode of transport in an emergency for residents. Provide transport to attend to clinic/banks to prevent them using public transport
- Ensure that treatment and investigation facilities are provided for other diseases without any interruption
- Maintain proper ventilation and adequate sunlight within the facility. Ensure the normal operation of the AC where relevant and maintain enough fresh air circulation and enough sunlight. Wash & clean AC filters once a week. Discharge the AC condensate (AC drain water) properly to the drainage system
- Maintain toilet cleanliness and hygiene with adequate water facilities such as faucets.
- Physical distancing should be practiced to a minimum standard (with at least one-meter distance between two persons). For wheelchair users it is advisable to keep more than one meter of physical distance.



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- Do not arrange gathering and group activities, such as holding festival celebrations or get-together activities during high risk periods of COVID-19.
- Arrange a mechanism for medical and nursing care to be provided at the care home for older persons without the elderly leaving the premises
- Keep adequate stocks of medicine and make sure to give routine doses of medicine as prescribed for those who are on long term medication
- Maintain adequate amount of food stocks based on the requirement and use food carefully to prevent waste. Always try to maintain a balance diet to elders. It is advisable to cook food within the premises to minimize contacts with outsiders
- Special attention is needed to maintain resident's mental wellbeing and engage in activities in daily living.
- Facilitate in-house religious activities
- You are required to fill the provided Assurance form, indicating compliance with the instructions given. The original of the Assurance form should be submitted to the area Medical Officer of Health. A copy of the same should be sent to the local government authority (municipal council/ urban council/ pradeshiya sabha) and another copy should be kept with you. The owner/ employer/ manager of the organization/ premises is responsible to ensure that the above guidelines are strictly adhered to.

User/ client / self

- Encourage the aged to develop the habit of washing their hands frequently.
- Do not share personal items such as towel with others.
- Keep active-life schedule as usual, ensure adequate sleep, balanced nutrition and adequate hydration
- Do not leave the care home if possible. Avoid crowded places.
- Use online communication means as much as possible for keeping in touch with the loved ones, keeping in mind that we are requesting "Physical Distancing" and not "Social Distancing".
- Take personal protection measures when going out. It is recommended to wear masks and keep 1 meter or above away from others.
- If an elderly person with COVID-19 is cured and needs to return to the elderly home, he / she should be quarantined for 14 days at least and is not allowed to enter until its health status is found normal.
- The aged suffering from underlying diseases should not stop taking drugs without doctor's advice. They can go to their nearest health service centre for medical treatment and prescribed drugs periodically, or they can ask for long-term prescribed drugs upon doctor's evaluation, so that they can go to the doctor's less. When going to the health service centre, take necessary personal protection measures. Care home management can pick up drugs on behalf of the patient.
- For the aged in need of full-time care, the accompanying personnel should pay attention to their own health status. They should stay indoors as much as possible. If it is necessary to go out, they must take personal protection measures.




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Method/s of instruction

- Relevant local Authority should issue the instructions to respective Care Homes for older persons.
- Posters to be placed at the office, each room, common places and reminded on daily basis to all concerned over an announcement system
- This operational modality needs to be communicated in writing and over the phone to the family members of the inhabitant elderly folks




Director General of Health Services

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