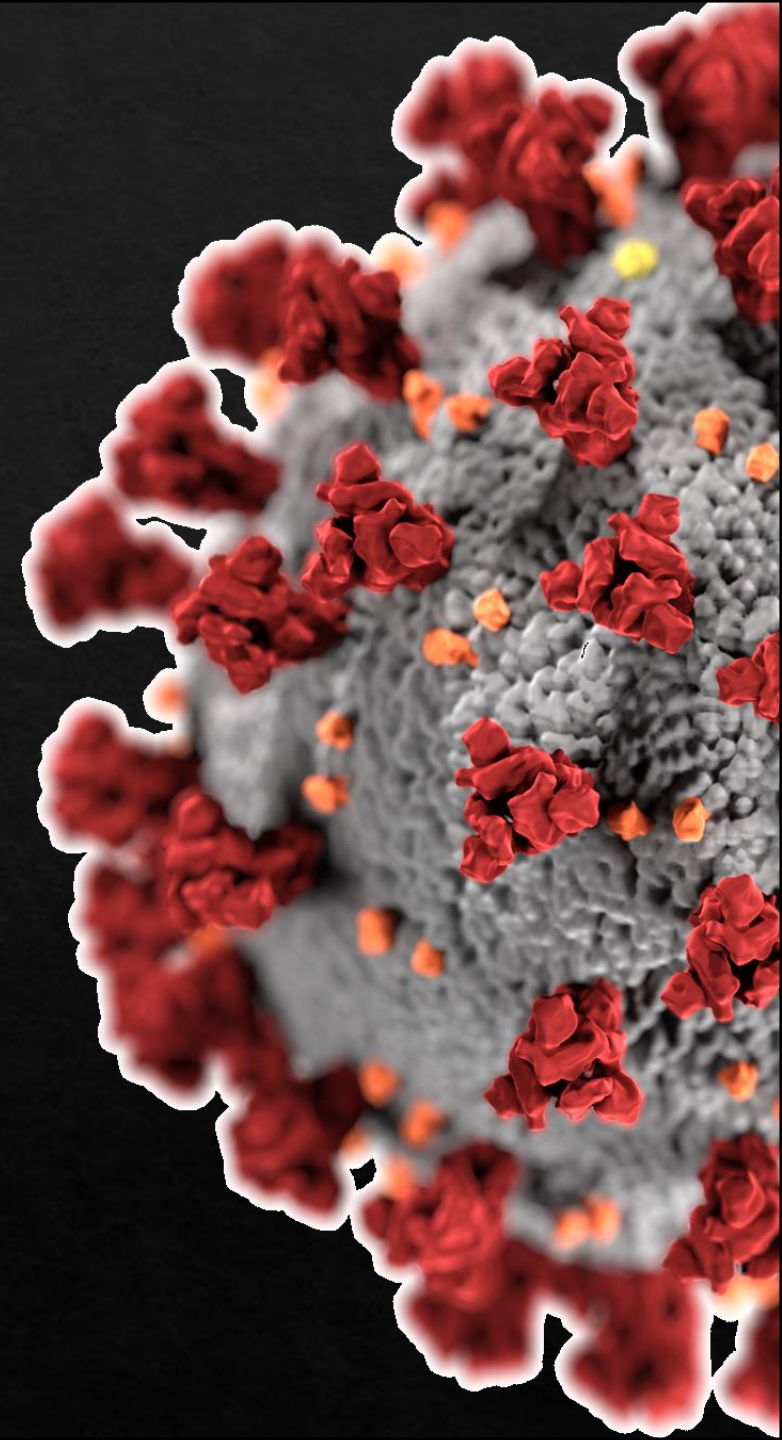ශාස්ත්‍ර පීඨය තුල කොරෝනා වසංගතය දුරලීම සඳහා මාර්ගෝපදේශය

கலை பீடத்தில் கொரோனா தொற்றுநோயை ஒழிப்பதற்கான வழிகாட்டல்கள்

# Guidelines to follow within the Faculty of Arts to prevent

# COVID-19

Faculty of Arts
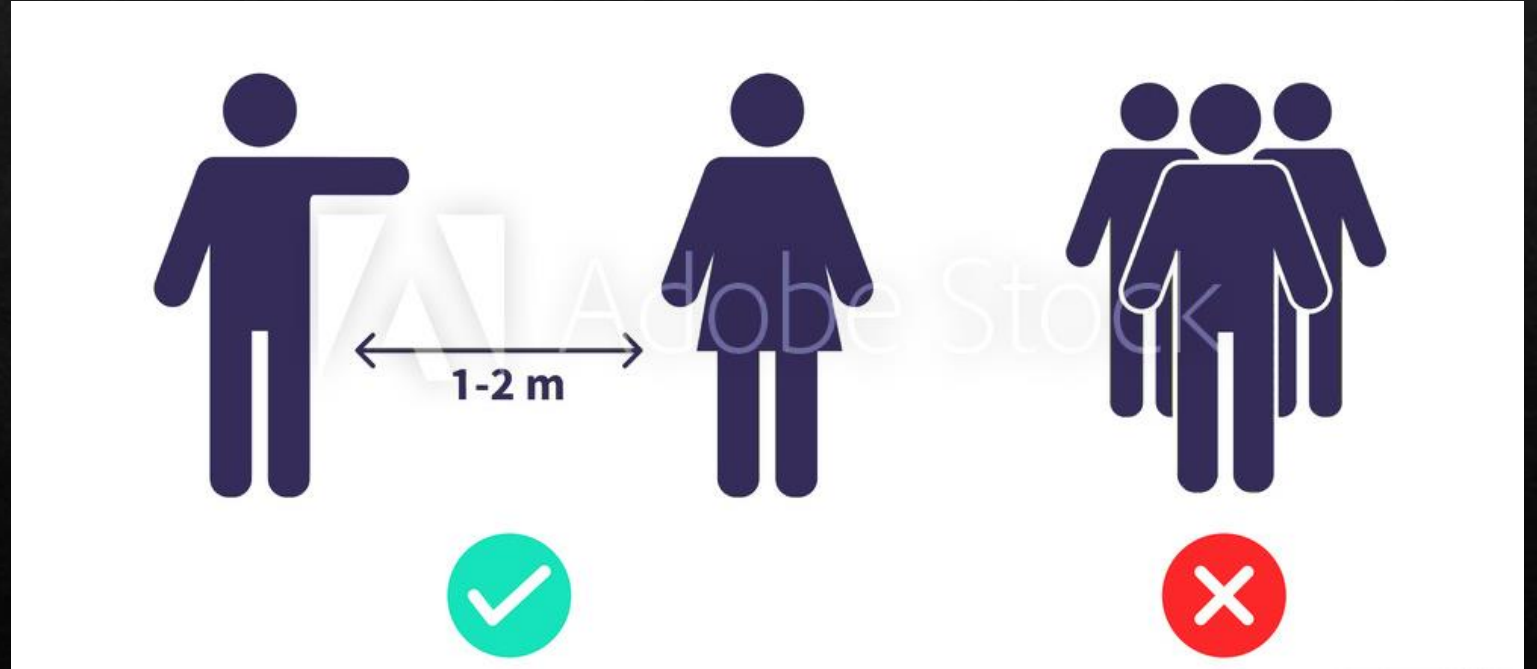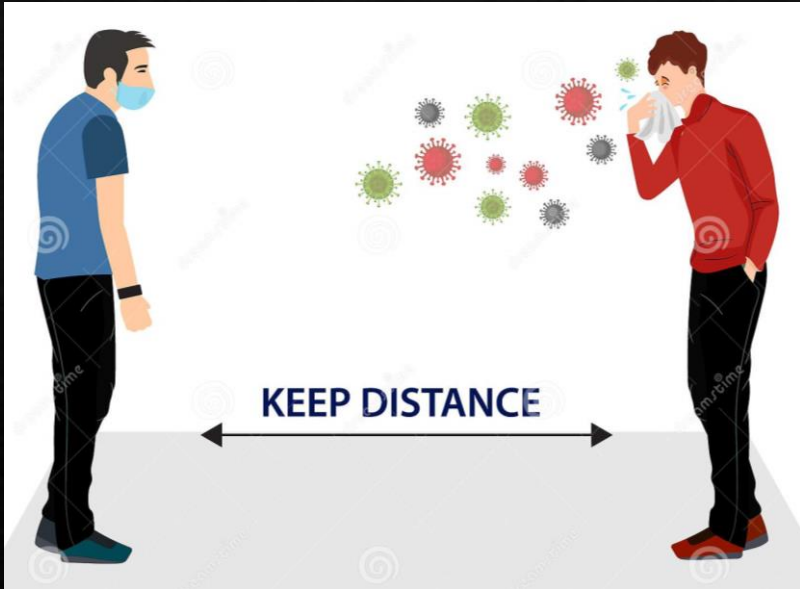University of Colombo

# Wear a face mask
## මුඛ ආවරණයක් පළඳින්න
### முகமூடி அணியுங்கள்

# Maintain physical distance
## භෞතික දුර පවත්වා ගන්න
### උடல் தூரத்தை பராமரிக்கவும்

# Wash/sanitize hands
# අත් සෝදන්න / විෂබීජහරණය කරන්න
## கைகளை கழுவவும் / சுத்தப்படுத்தவும்



PRACTICE PROPER HAND HYGIENE ❯

1 **WET** hands with clean running water, turn off the tap and apply soap.

2 **LATHER** the backs of hands, between fingers and under nails.

3 **SCRUB** for at least 20 seconds.

4 **RINSE** hands well under clean running water.

5 **DRY** hands using a clean towel or air dryer.



60% ALCOHOL

IF SOAP AND WATER ARE NOT AVAILABLE, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

# The Right Way to Wash Your Hands

**Wet hands under running water**

**Apply soap and rub palms together**

**Spread the soap lather over the backs of hands**

**Make sure soap gets in between fingers**

**Grip fingers on each hand**

**Make sure to clean thumbs**

**Press fingertips into palm of each hand**

**Dry thoroughly with clean towel or paper towel**

creakyjoints

# Cover coughs and sneezes with your elbow

කැස්ස සහ කිවිසුම් යනවිට වැලමිට භාවිතයෙන් ආවරණය කරන්න

இருமல் மற்றும் தும்மலை முழங்கையால் மூடி தடுக்கவும்

# Avoid sharing objects
## භාණ්ඩ බෙදාගැනීමෙන් වළකින්න
### பகிர்வு பொருள்களின் பயன்பாட்டைத் தவிர்க்கவும்

**If feeling unwell, please go to the University Medical Centre**

අසනීප බවක් දැනේ නම් කරුණාකර විශ්ව විද්‍යාල වෛද්‍ය මධ්‍යස්ථානය වෙත යන්න

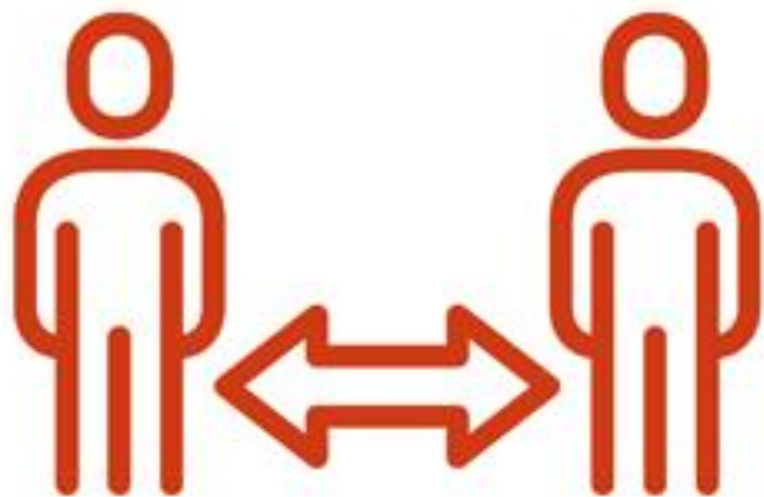உடல்நிலை சரியில்லாமல் இருந்தால் பல்கலைக்கழக மருத்துவ மையத்திற்குச் செல்லுங்கள்



0112584985

# Allow to check your temperature at security points
ආරක්ෂක ස්ථානයේ දී ඔබේ උෂ්ණත්වය පරීක්ෂා කිරීමට ඉඩ දෙන්න
*பாதுகாப்பு இடத்தில் உங்கள் வெப்பநிலையை சரிபார்க்க அனுமதிக்கவும்*

# STOP C★VID

## PREVENT LOCAL OUTBREAKS