



GMOA

ESTABLISHED IN
1926
TU No. 291

THE GOVERNMENT MEDICAL OFFICERS' ASSOCIATION

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Suggestions put forward by the Government Medical Officers' Association in order to manage the current COVID-19 crisis in the next 14 days (26-03-2020)

It is the responsibility of both the government and the citizens of Sri Lanka to adhere to the advises of the WHO during the course of the next 14 days and thus prevent the disease from proceeding from stage 3a of the disease to stage 3b or 4.

This disease condition can be classified in to 04 stages:

- I. No cases
- II. Sporadic cases
- III. Clusters
 - (a) Home clusters
 - (b) Small group clusters
- IV. Community Transmission

❖ **At present Sri Lanka is at stage IIIa.**

Therefore, it is important to follow the advice and guidelines given below:

1. The public must remain within their households except when essential to proceed outdoors (It is necessary for at least 80% of the total population to be indoors in their homes).
2. A mechanism must be set in place to ensure the proper distribution of essential foods and fresh produce in an efficient manner. Social distancing must be maintained between the householder and the distributor.
3. It is important that fresh produce (vegetables and fruits) be distributed at least once in 3 days.
4. Home grown foods (Jack fruit, green leafy vegetables and vegetables) must be consumed as much as is possible.
5. Consumption of home-grown foods and home gardening must be promoted amongst the citizens and knowledge and guidance on that matter must be given via the media.



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6. The fruits and other foods available in our village setting must be shared amongst each other whilst maintaining social distancing.
7. We must refrain from consuming unhealthy substances such as cigarettes, alcohol or imported varieties of milk powder
8. When carrying out banking activities; guidelines and suggestions given the GMOA should be followed. Steps should be taken to notify the public.
9. The advices and guidelines given by the GMOA should be made available for those quarantined at home.
10. The supply chain put in to effect for food and other essential goods must be strengthened. The responsible persons must be identified and the task must be given to them to accomplish this in a suitable manner.
11. Information technology should be utilized to carry out routine clinics and for supply and distribution of drugs.
12. Steps must be taken to prevent opportunistic marketing and selling of goods (such as milk powder) and to ensure that incorrect information is not given to the consumer.
13. A system must be put in place to enable those who are at home to obtain treatment if they were to fall ill and the public must be notified regarding this system.
14. To strengthen the production of personal protective equipment which is currently taking place in collaboration with the armed forces.
15. To encourage the concept of new innovations in relation to prevention, mitigation and treatment of COVID 19 and to create a committee to receive such suggestions and create a mechanism to prepare the suggested innovations.

Government Medical Officers' Association