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சுவசிரிபாய
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சுகாதாரம் மற்றும் சுதேச வைத்திய அமைச்சு
Ministry of Health & Indigenous Medicine

Circular Number: 01-08 | 2015

2015.03

To all Provincial Directors of Health Services,

To all Regional Directors of Health Services,

Director/ NHIS, Kalutara,

To all Chief Medical Officers at Municipal Councils,

To all Medical Officers of Health,

"Food Safety"- World Health Day 2015

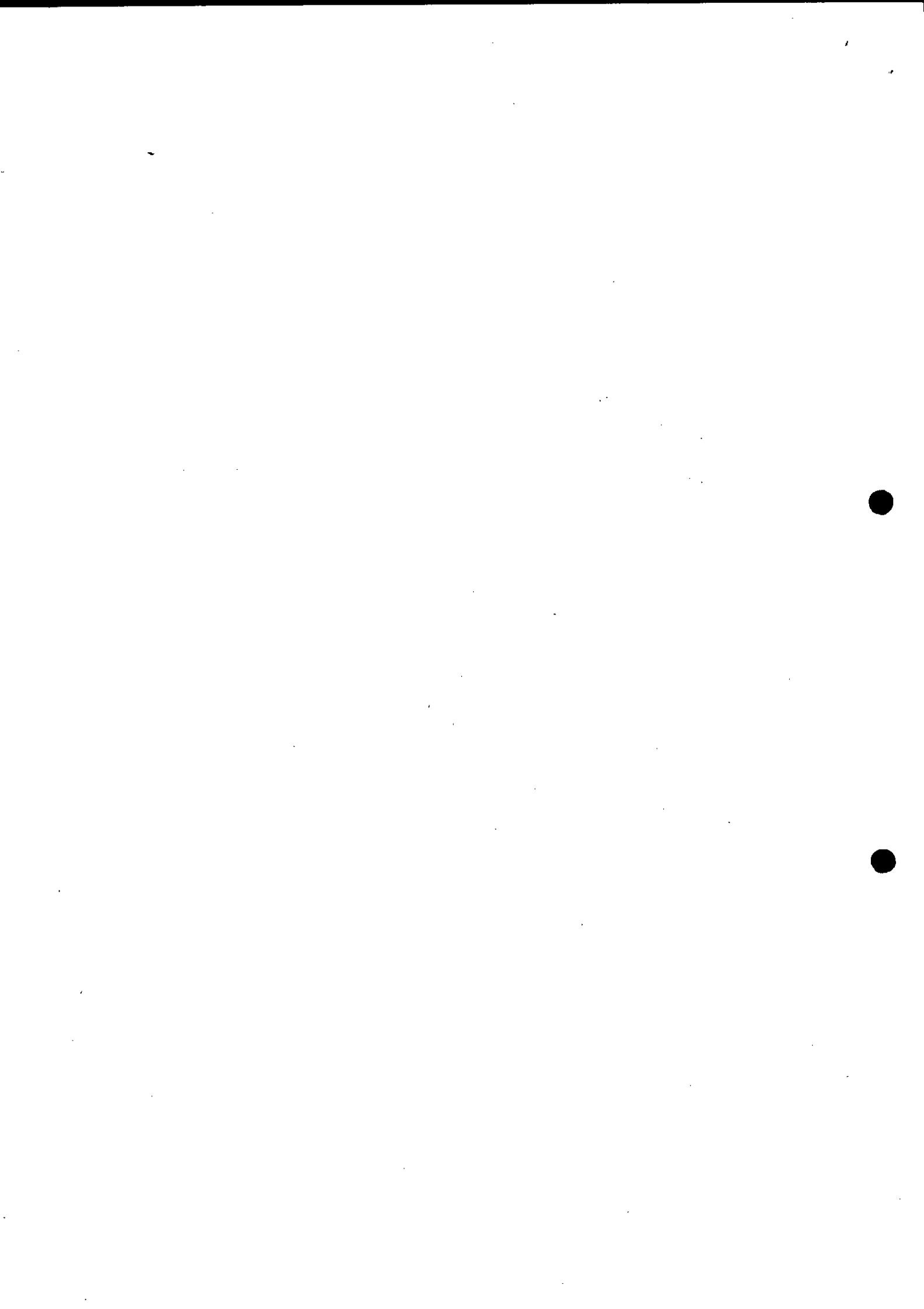
The theme of the World Health Day 2015 schedule to be held on 2015.04.07 will be "Food Safety". Ministry of Health has plan to conduct activities on the WHO concept of five keys to safer food from 2015.04.06 to 2015.05.08 at provincial, district and MOH levels in par with world health day. The main objective and the other objectives are as follows.

Main Objective

To focus on improving the practices on five keys to safer food among public and to select the best food handling establishment through an island wide process

Other Objectives

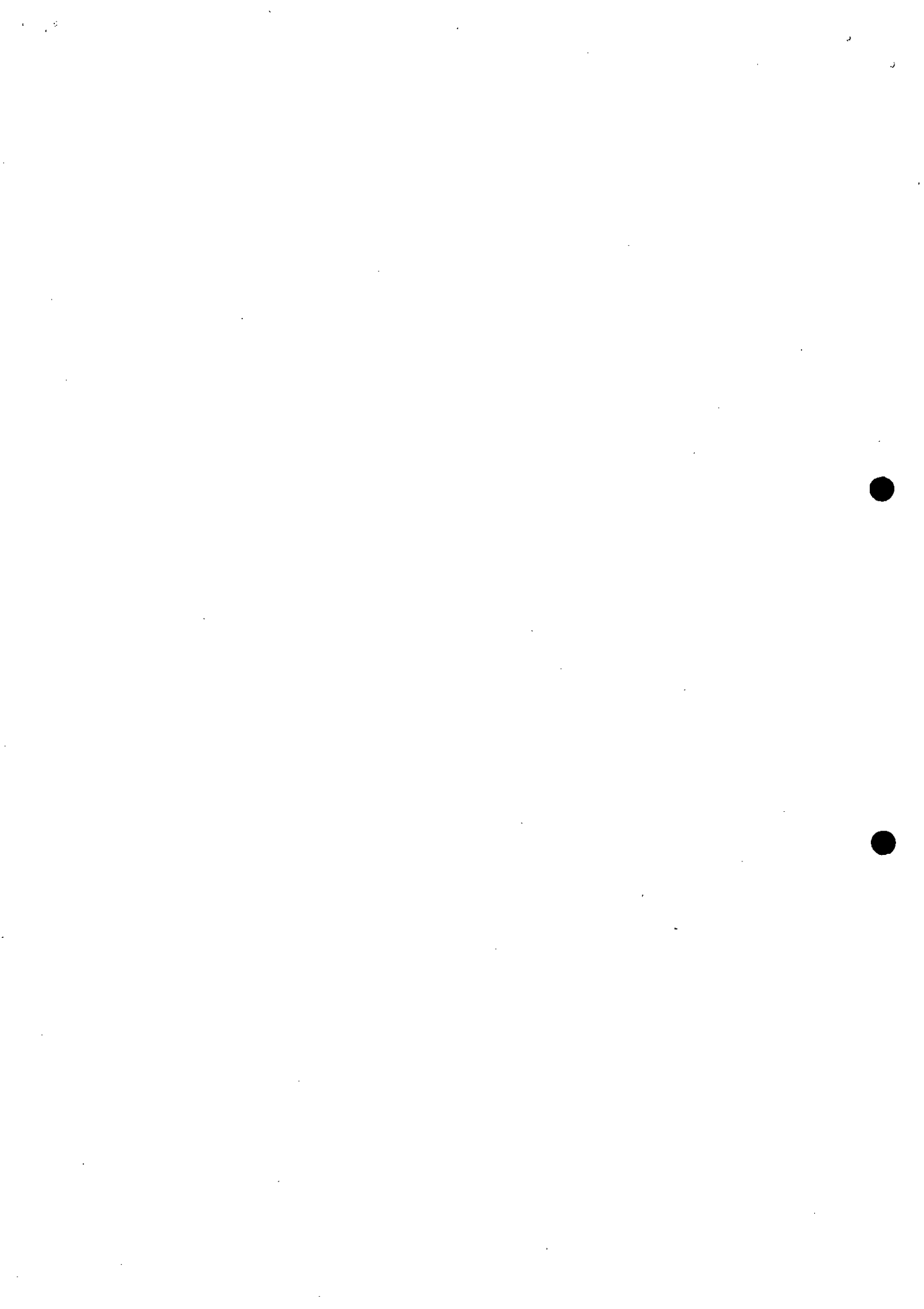
- 1) To develop favorable attitudes, improve knowledge and to mobilize school children towards good food safety practices.
- 2) To improve awareness on food safety among the public.
- 3) To conduct the following activities to minimize the risk of public getting food poisoning and food borne diseases:



- i) Inspection of all the school canteens, office canteens and food outlets in each PHI area and to take the relevant corrective measures to improve the food hygiene.
 - ii) Conduct at least one health education programme at school level in each PHI area.
- 4) To conduct promotional activities on food safety at the NIHS and at each regional training centers where training programmes for PHI are being conducted.
- 5) To select the best food establishment following inspection by using the H 800 form.
- i) Three best food establishments accordingly in every PHI area.
 - ii) Three best food establishments accordingly in every MOH area.
 - iii) Three best food establishments accordingly in district level.
 - iv) Three best food establishments accordingly in provincial level.
 - v) Three best food establishments accordingly in national level.

Food Safety Measures,

- 1) Five keys to safer food
 - 1. Keep clean.
 - 2. Separate raw and cooked.
 - 3. Cook thoroughly.
 - 4. Keep food at safe temperatures.
 - 5. Use safe water and raw materials.
- 2) Food borne diseases
 - 1. Prevention.
 - 2. Identify the relevant causes.
 - 3. Signs and symptoms.
 - 4. Disease diagnosis
 - 5. Treatment.
- 3) Safely packaged food
 - 1. Close observation of the appearance.
 - 2. Read the label carefully.
 - 3. Follow the advices on storing.
 - 4. Inspect the expiry date.
 - 5. Identify the advices on the label.
- 4) Safe street food
 - 1. Wash hands properly before meals.
 - 2. Eat well cooked food.
 - 3. Buy from the clean and tidy vendors.
 - 4. Consume fruits which you can peel.
 - 5. Not to buy the food if the quality and the safety of the quality is doubtful.



5) Food safety during flood situation

1. Not to consume food contaminated with flood water.
2. Discard the food in refrigerators and de-freezers if contaminated with flood water except those hermetically sealed and canned in metal and glass containers.
3. Consume boiled cool water stored in clean containers.
4. Consume chlorinated water if no facilities for boiling.
5. Never consume water from sources contaminated with flood water.

The guidelines on food safety published by the World Health Organization are attached herewith for your attention.

Regional directors are request to send a brief report on the activities carried out at different levels to: Director, Environment and Occupational Health, Ministry of Health, Colombo 10 on or before 2015.05.22.

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Dr.P.G.Mahipala

Director General Health Services

(Chief Food Authority)

