

Wellbeing

Lifestyle

Travelers

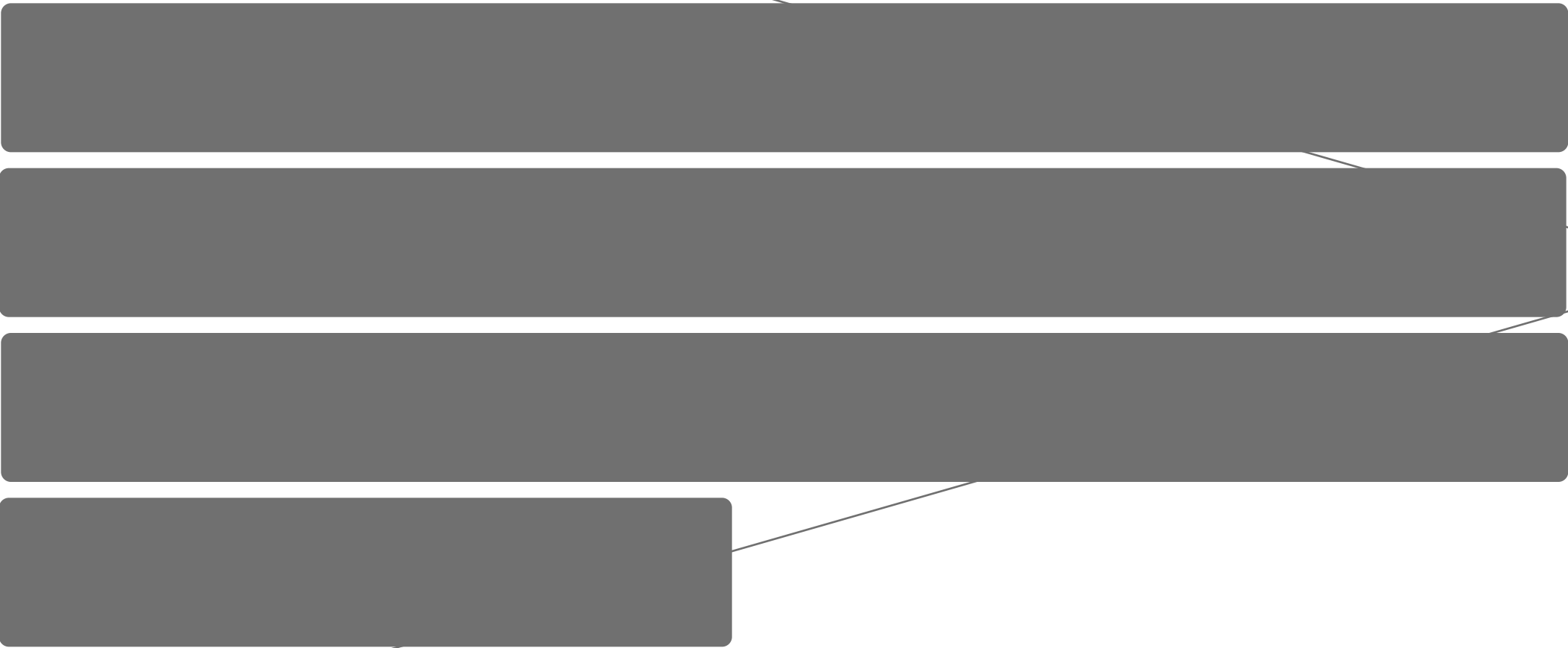
Notices

Contact

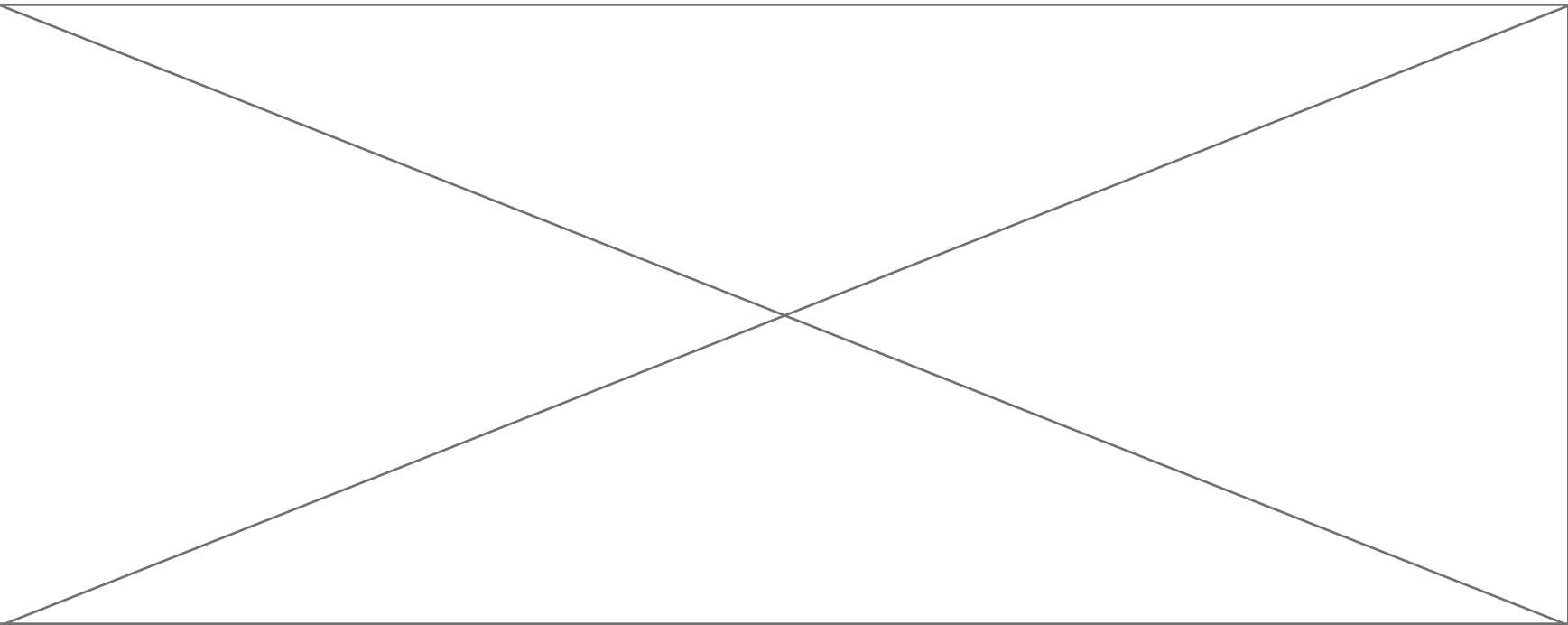
Login

HEALTH ALERT

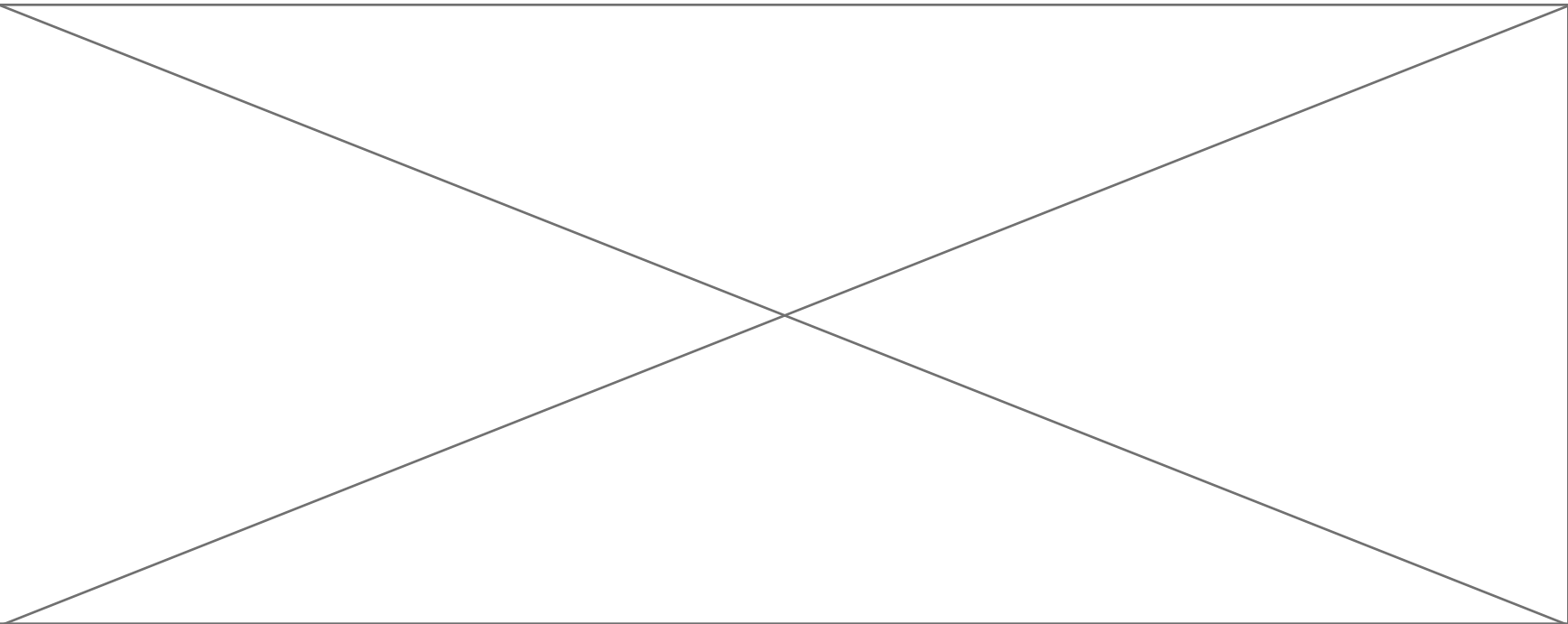
Take precautions provided by Ministry of Health



NEWS UPDATES



Virus Pandemic



Safety and Self Quarantine

ARTICLES



HEALTH ALERT

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Travelers

General Notices

Clinics

Donations

Endemic Diseases

Hospitals

Immunization

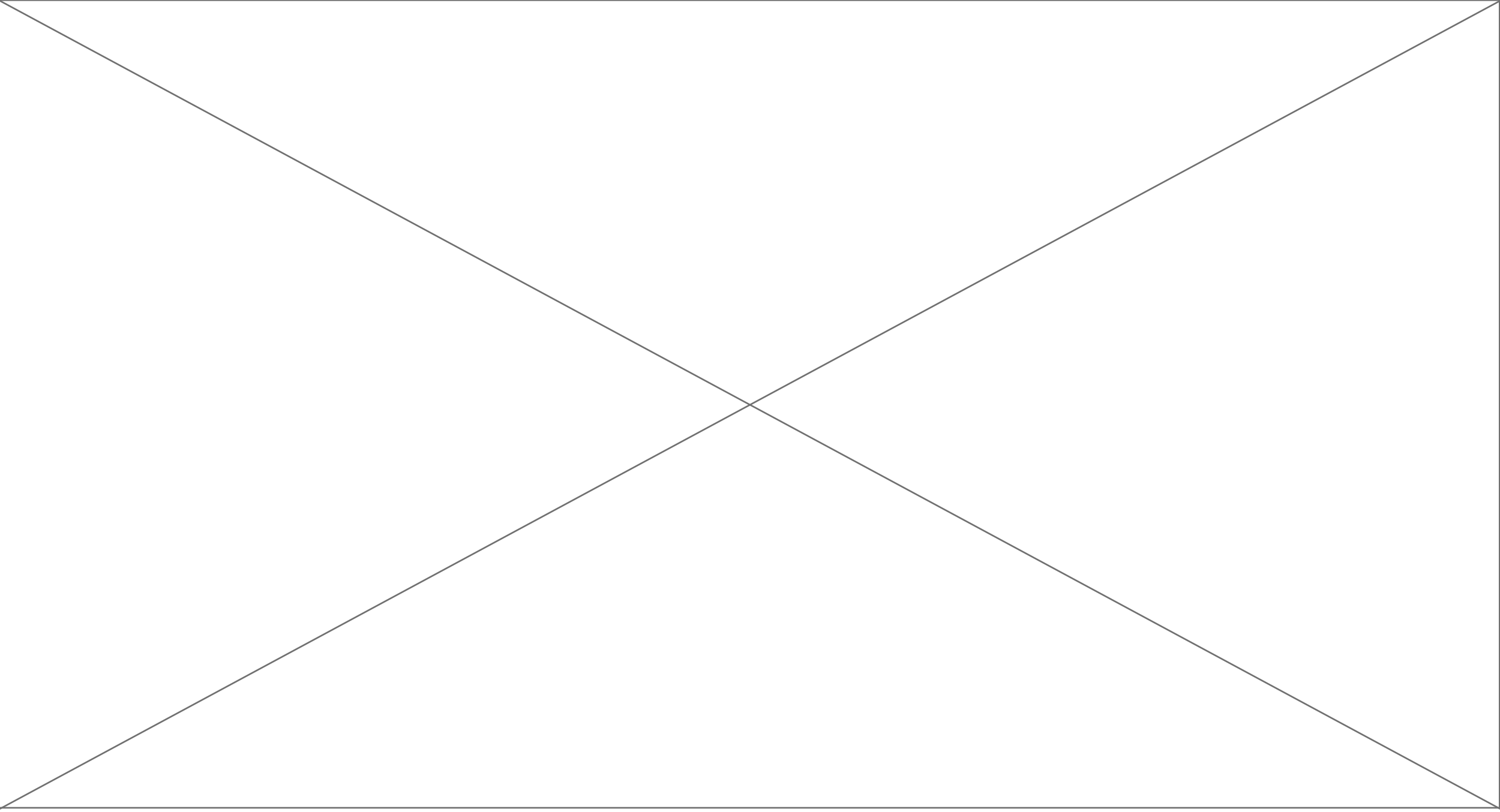
Health Services at Airport

Phone Directory

Tenders

Quarantine Information

Health Map



Welcome to Ministry of Health

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சுகாதார அமைச்சுக்கு வருக

Select your Language | இலே භාෂාව තෝරන්න | உங்கள் மொழியைத் தேர்ந்தெடுக்கவும்

English

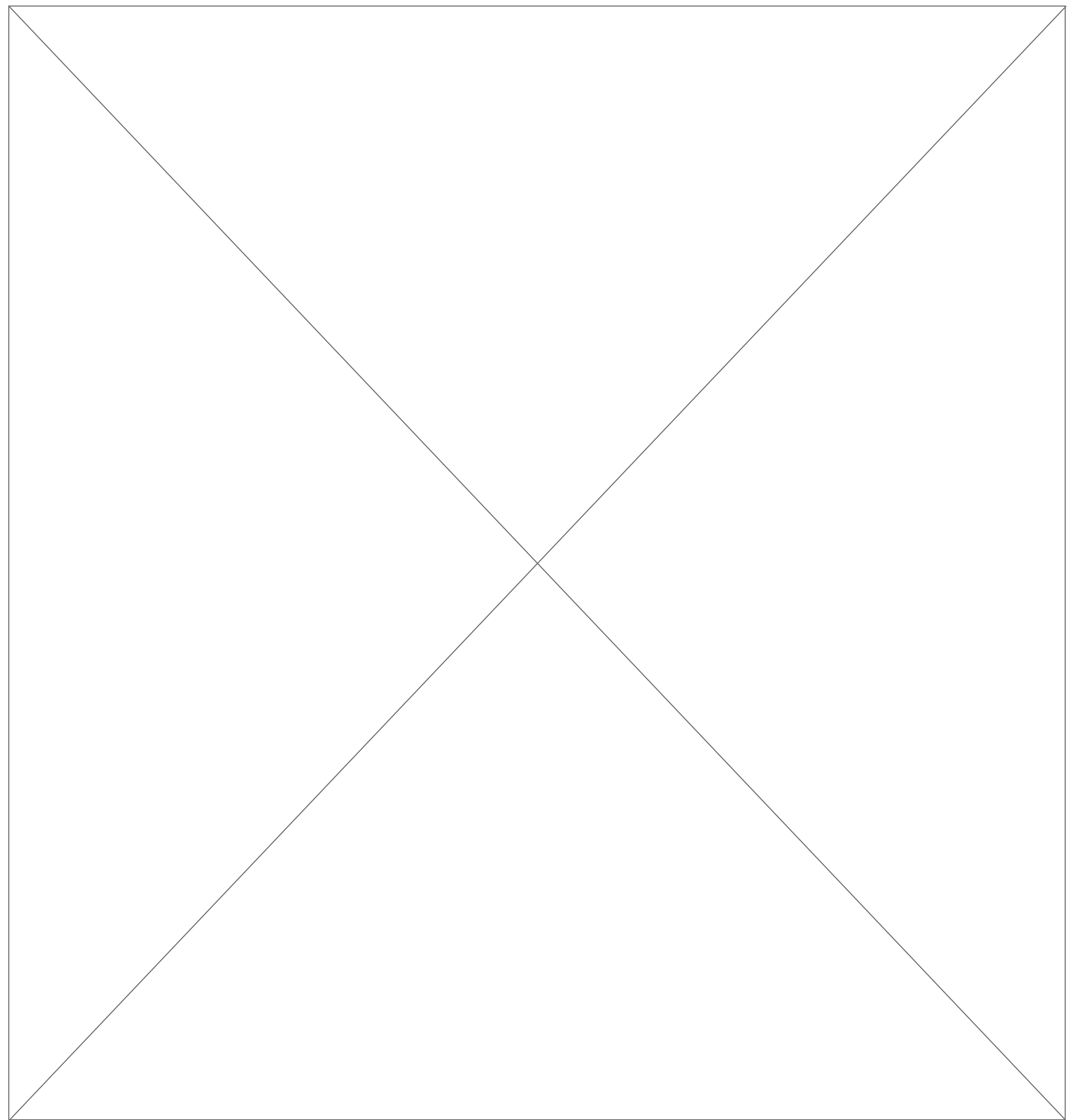
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தமிழ்

HEALTH



Take precautions provided by Ministry of Health

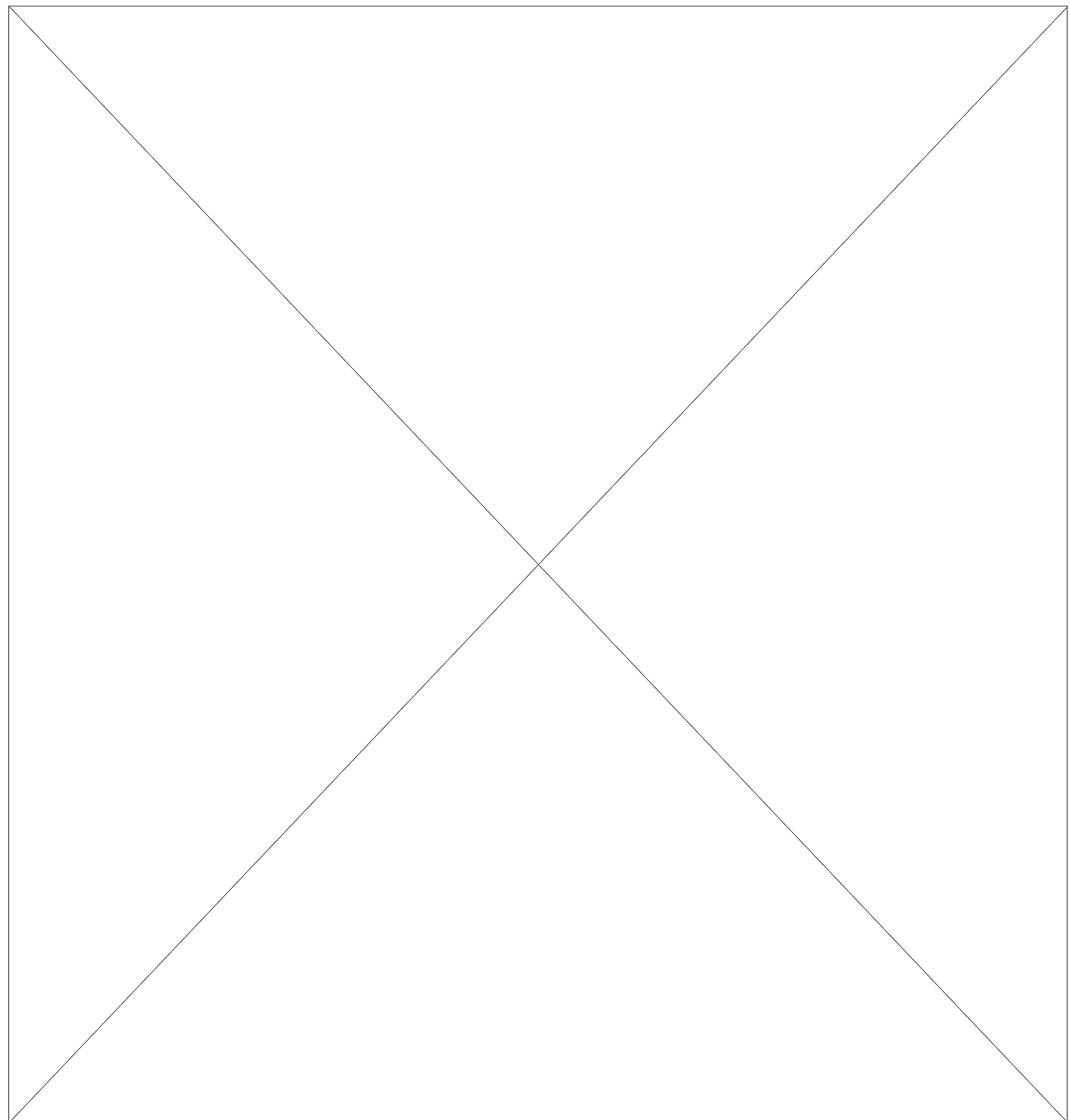




HEALTH ALERT

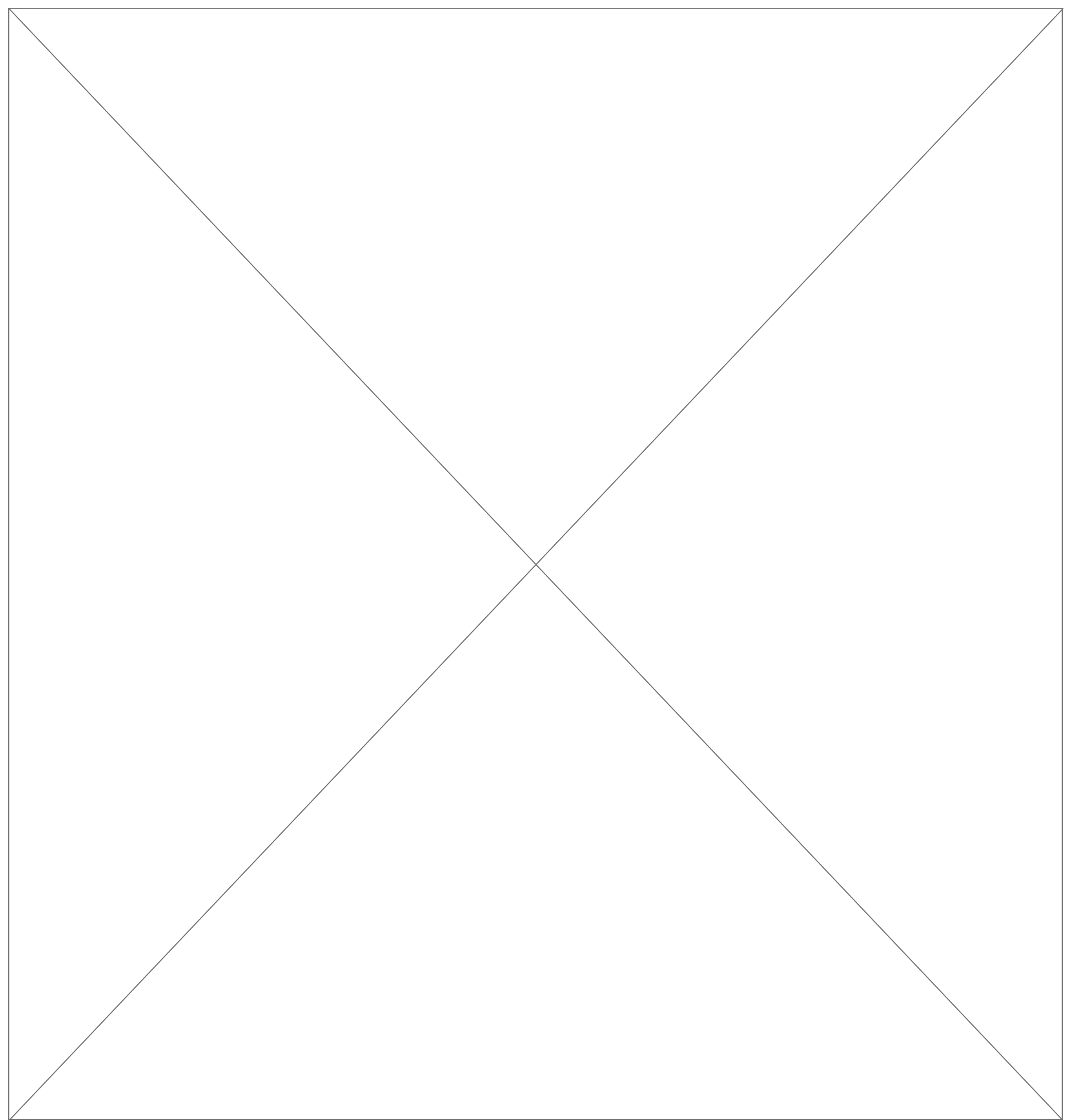
Take precautions provided by Ministry of Health

Bone Health





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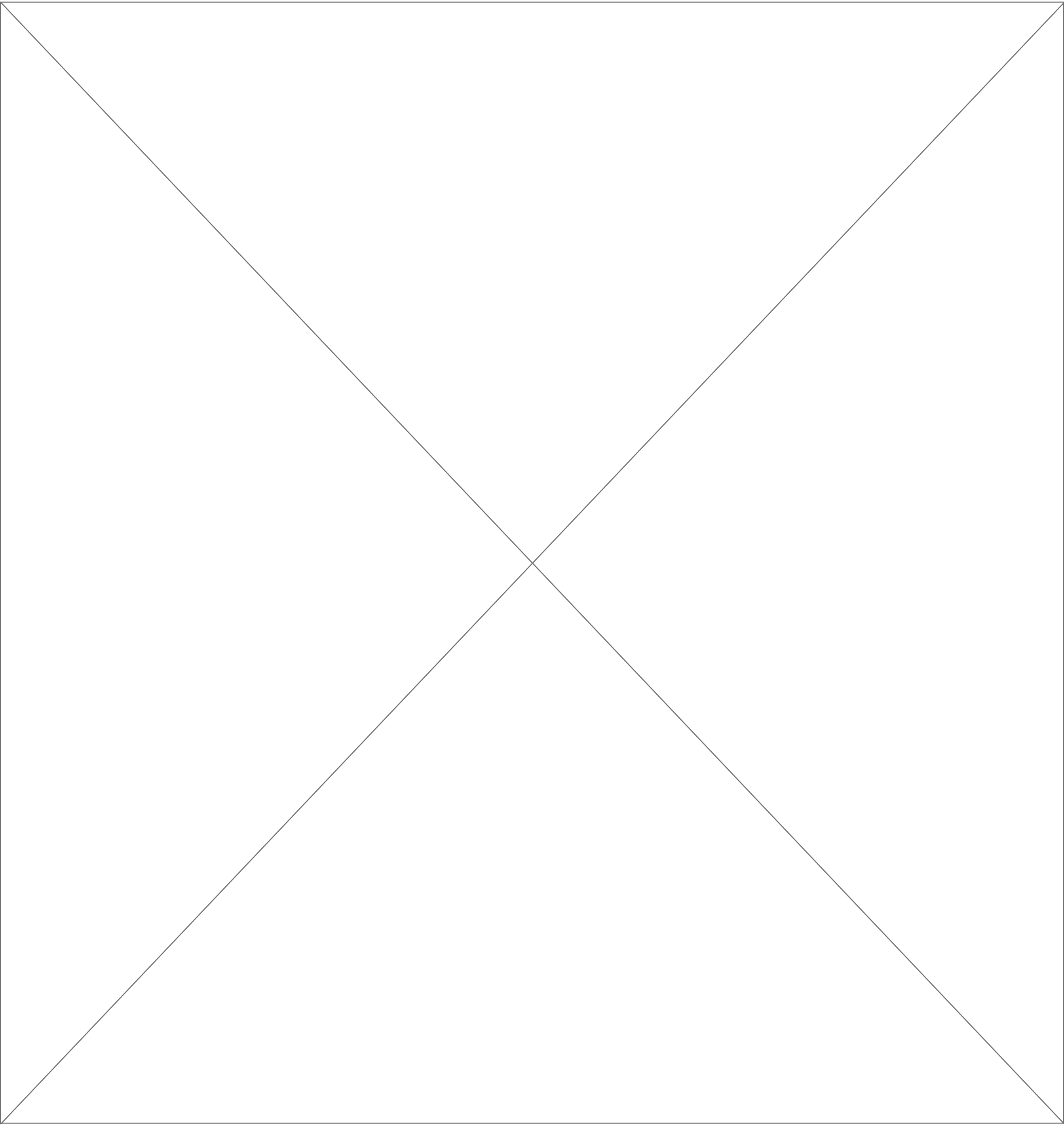
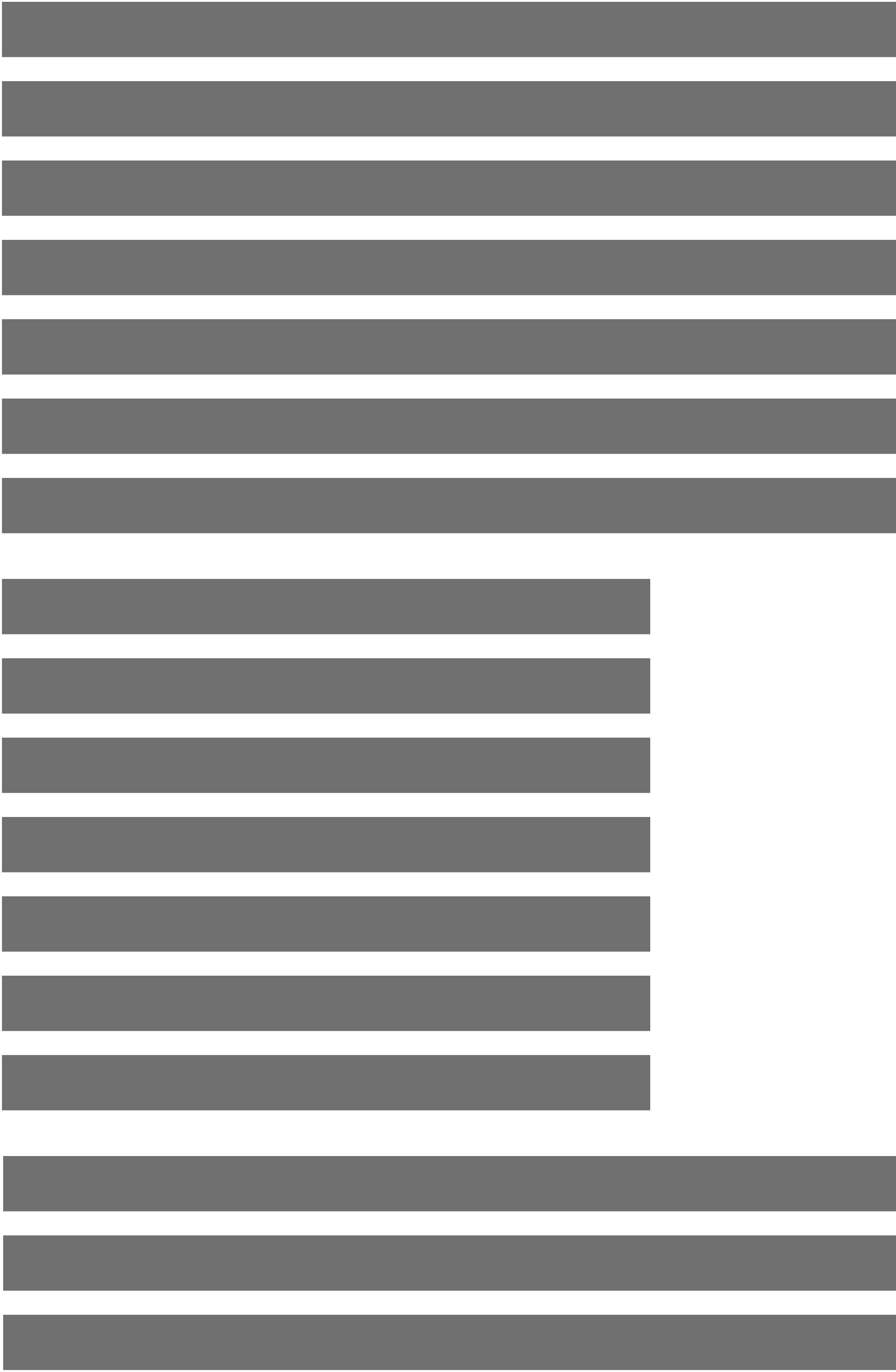
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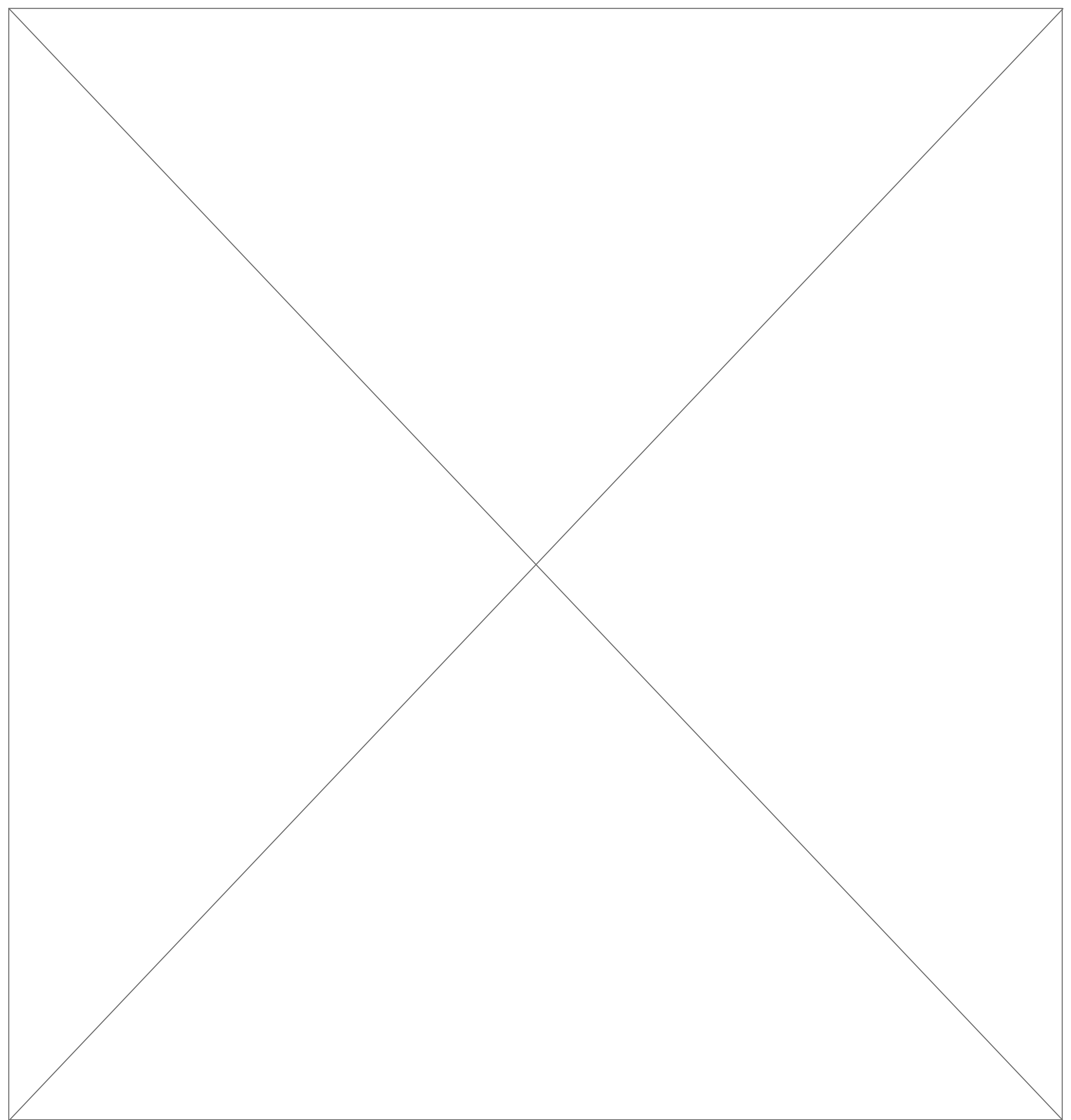
HEALTH ALERT

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Exercise



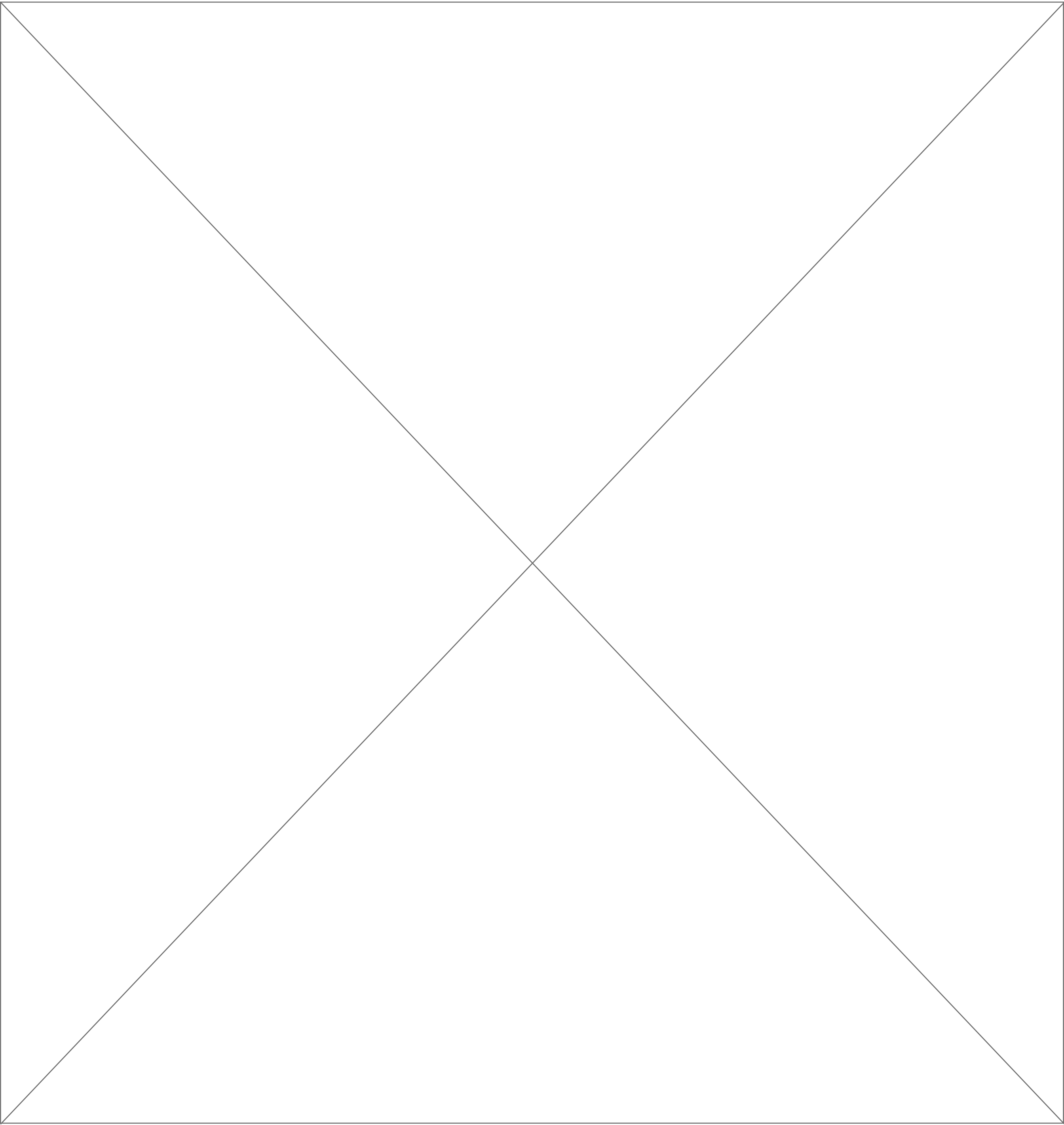
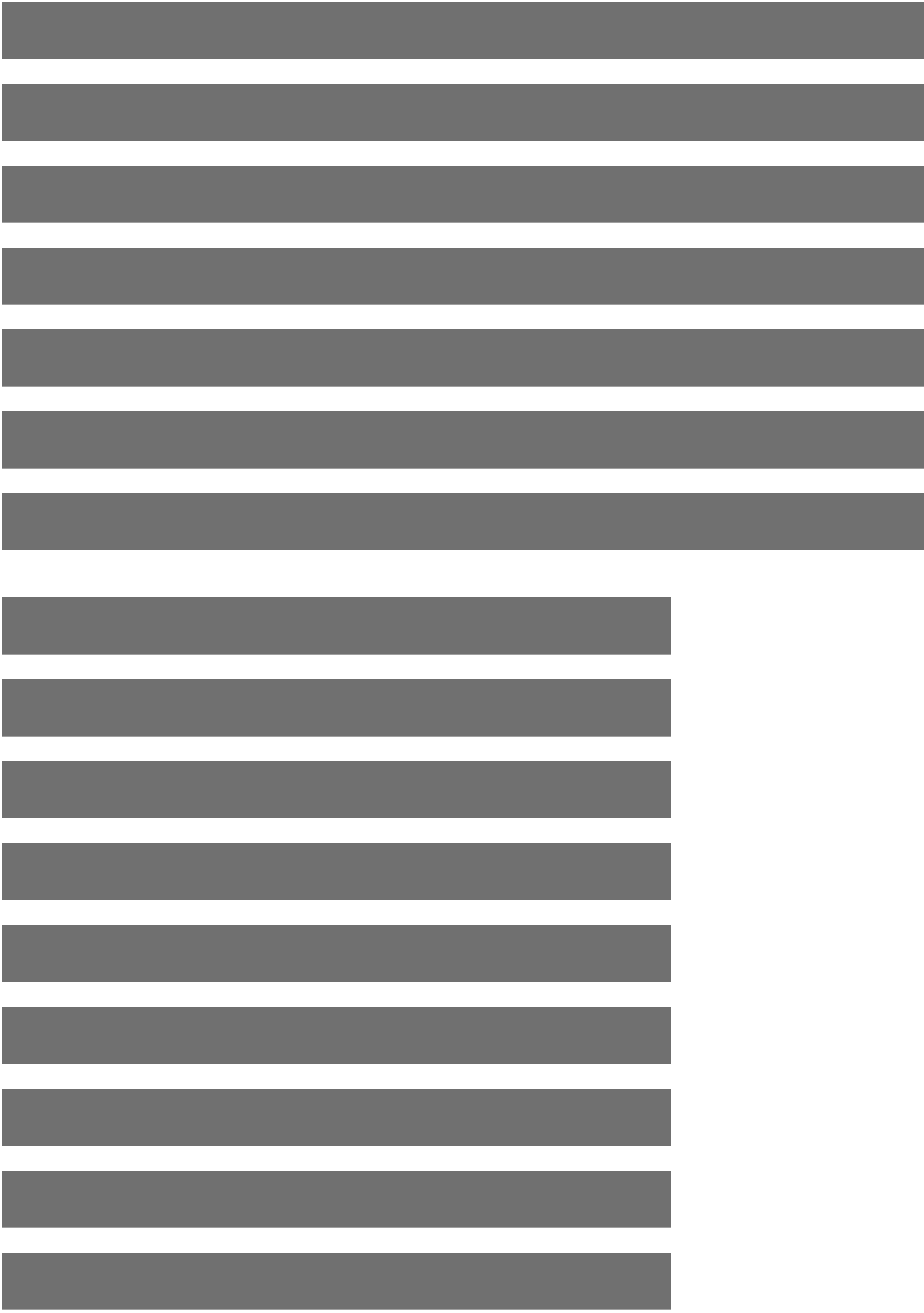
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HEALTH ALERT

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Exercise



HEALTH ALERT

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WellBeing

Bone Health

As we age just like our skin our bones age taking early precautions and care helps to keep them healthy.

Exercise

Taking regular exercises, right tips for longevity and special workout plans for heart health.

Oral Health

Regular dentals check-ups at least every 6 months are recommended, along with tips for oral hygiene.

Child Health

Unlike adults children are vulnerable, guidance on how to keep your child's health till maturity.

Mental Health

Guidance on how to feel mentally and emotionally healthy, better you are better is it for the rest of us.

Addiction Support

Somethings we isn't healthy for us, find out the benefits of reducing activity on bad habits to you health.