



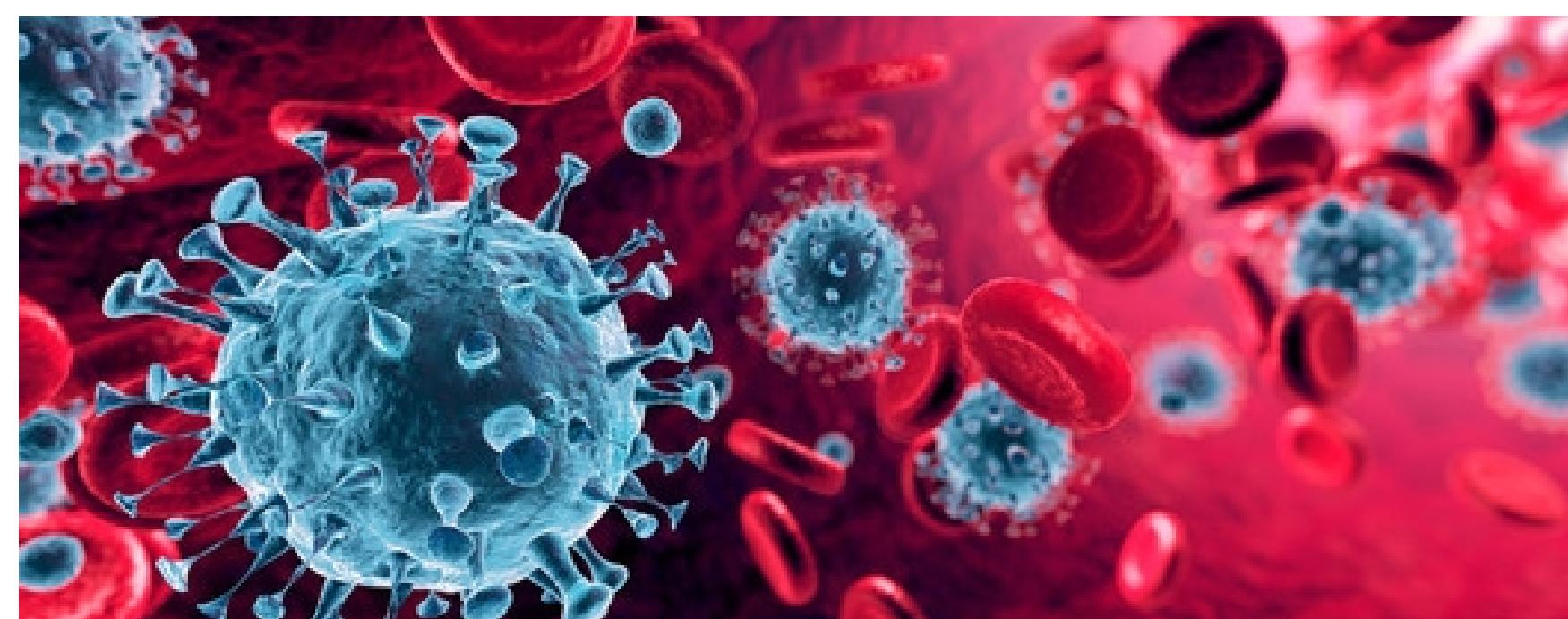
HEALTH ALERT

Take precautions provided by Ministry of Health

Ministry of Health taking the Lead to transform health care to it's best for all citizens of the country.



NEWS UPDATES



Virus Pandemic



Safety and Self Quarantine

ARTICLES

How to Stay Healthy

Wellbeing by Exercise

Heart and Exercise

Bone Health with Age

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Travelers

Health Map

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Welcome to Ministry of Health

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English

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தமிழ்





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Addiction Support

Cigarettes contain more than 4,000 chemical compounds and 400 toxic chemicals that include tar, carbon monoxide, DDT, arsenic and formaldehyde. The nicotine in cigarettes, in particular, makes them highly addictive. There are so many diseases caused by smoking that it's hard to decide where to begin.

Any amount and type of smoking is bad for your health. Besides being a notorious risk factor for lung cancer, coronary artery disease, heart attack and stroke, smoking can damage almost any organ in our body, leading to leukaemia and cancers of the kidney, pancreas, bladder, throat, mouth and uterus. It can damage the airways and air sacs of our lungs to cause chronic bronchitis and breathing difficulties. It can also raise our blood pressure and cholesterol levels, reduce bone density in women and increase the risk of infertility, preterm delivery, stillbirth and sudden infant death syndrome.

It is important to realise that quitting smoking can improve your quality of life – physically, emotionally and financially. It can help you and those around you breathe better and live longer.

People who stop smoking generally have an improved sense of smell and taste, feel less stressed and become more energetic. They will usually have younger looking skin and improved fertility. Their loved ones will be healthier as passive smoking is reduced.

For people who drink too much, alcohol tolerance can lead to false reassurance that they are drinking within limits, since they do not feel drunk. Health benefits of reducing alcohol intake include weight loss, a reduced risk of many forms of cancer, less anxiety, clearer skin, no hangovers and better self-esteem.





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Bone Health

Various elements can influence bone wellbeing. For instance:

The measure of calcium in your eating routine. An eating routine low in calcium adds to lessened bone thickness, early bone misfortune and an expanded danger of breaks.

Great wellsprings of calcium incorporate dairy items, almonds, broccoli, kale, canned salmon with bones, sardines and soy items, for example, tofu. In the event that you think that its hard to get enough calcium from your eating routine, get some information about enhancements.

Great wellsprings of nutrient D incorporate slick fish, for example, salmon, trout, whitefish and fish. Moreover, mushrooms, eggs and strengthened nourishments, for example, milk and grains, are acceptable wellsprings of nutrient D. Daylight likewise adds to the body's creation of nutrient D.

Remember physical action for your day by day schedule. Weight-bearing activities, for example, strolling, running, and climbing stairs, can assist you with building solid bones and moderate bone misfortune.

Evade substance misuse. Try not to smoke. On the off chance that you are a lady, abstain from drinking more than one mixed beverage every day. In the event that you are a man, abstain from drinking in excess of two mixed beverages daily.





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Child Health

Your child's health includes physical, mental and social well-being. Most parents know the fundamentals of keeping children healthy, like offering them healthy foods, ensuring they get enough sleep and exercise and insuring their safety.

It is also important for youngsters to urge regular checkups with their health care provider. These visits are an opportunity to test your child's development. they're also an honest time to catch or prevent problems.

Other than checkups, school-age children should be seen for

Significant weight gain or loss

Sleep problems or change in behaviour

Fever over 102

Rashes or skin infections

Frequent sore throats

Breathing problems



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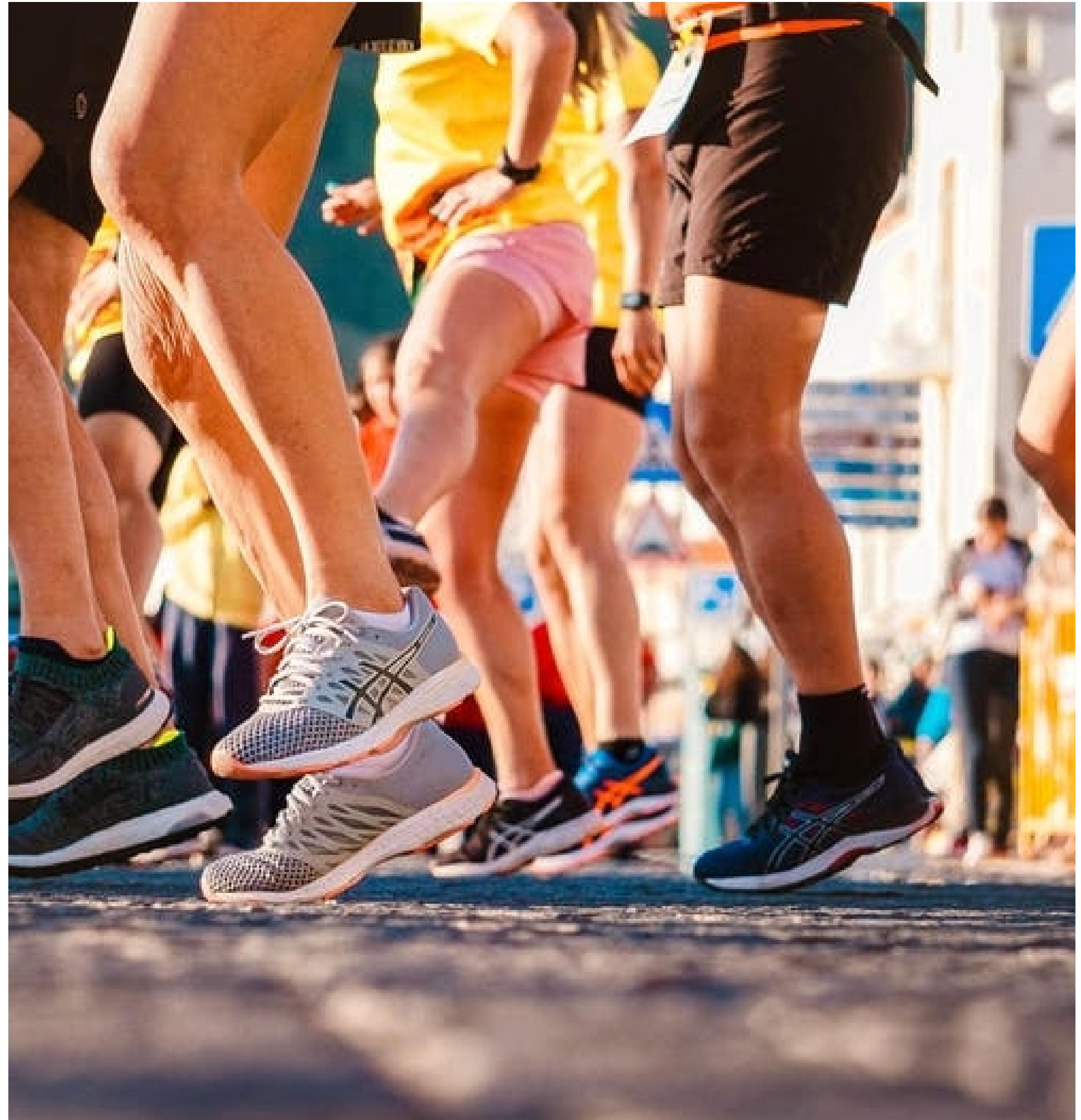
Exercise

Any type of oxygen consuming activity, for example, strolling, running, biking or swimming, can improve your cardiovascular wellness. Interim preparing — exchanging short explosions of high-power movement with less serious action is particularly viable.

On the off chance that you have a constant wellbeing condition or haven't been practicing routinely, counsel your primary care physician before attempting interim preparing. The American College of Sports Medicine suggests that individuals have set up a base degree of wellness — practicing three to five times each week for 20 to an hour — before starting interim preparing.

Obstruction preparing, additionally called quality preparing, has benefits for your heart, as well. Long haul opposition preparing can assist lower with blood pressure. Obstruction preparing likewise expands bulk. This causes it simpler for your body to consume calories and keep up a sound weight, which helps keep your heart solid.

While practice is a key piece of keeping up great heart wellbeing, be mindful so as not to undermine your hours at the exercise center by letting different regions of self-care slide. For example, steady agonizing over things you have no influence over can pressure your heart. Ensure you're getting enough rest, eating nutritious nourishment and setting aside a few minutes for unwinding.



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Mental Health

Mental health is an integral and essential component of health. The WHO constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities.

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

Mental health is fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life. On this basis, the promotion, protection and restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world.

treatment of depression with psychological treatment and, for moderate to severe cases, antidepressant medicines;

treatment of psychosis with antipsychotic medicines and psychosocial support;

A range of effective measures also exists for the prevention of suicide, prevention and treatment of mental disorders in children, prevention and treatment of dementia, and treatment of substance-use disorders. The mental health Gap Action Programme (mhGAP) has produced evidence based guidance for non-specialists to enable them to better identify and manage a range of priority mental health conditions.



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Oral Health

Accomplishing solid teeth takes a lifetime of care. Regardless of whether you've been informed that you have decent teeth, it's significant to make the correct strides each day to deal with them and forestall issues. This includes getting the correct oral consideration items, just as being aware of your every day propensities.

- 1) Brush your teeth twice a day with a fluoride toothpaste**
- 2) Clean between your teeth daily**
- 3) Eat a healthy diet that limits sugary beverages and snacks**
- 4) See your dentist regularly for prevention and treatment of oral disease**
- 5) Treat flossing as important as brushing**
- 6) Consider mouthwash**
- 7) Drink more water**
- 8) Limit sugary and acidic foods**





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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.