

CHRONICLES

"How do we change the world? One random act of kindness at a time."

– Morgan Freeman

MONKEYPOX; SYMPTOMS AND PREVENTING IT

Symptoms of Monkeypox

- Itchy rash that presents as blisters or pimples
- Fever
- Chills
- Swollen lymph nodes
- Exhaustion
- Muscle aches and backache
- Headache
- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)



Preventing Monkeypox

- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.
- Avoid contact with objects and materials that a person with monkeypox has used.
- Wash your hands often.
- Get vaccinated!



SIGNS YOU ARE A DIABETIC

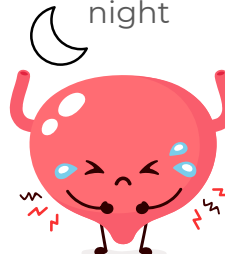
Unexplained weight loss



Feeling more thirsty than usual



Having to urinate a lot especially at night



Extreme Hunger



Feeling extremely tired



Blurred vision



Tingling in hands and feet



Very Dry Skin



GROW-A-GARDEN WINNERS



Ms. Samasundara
Mudiyanse Prabhaswery
Microbiology (Main Laboratory)



Mr. Ambalangoda Waduge
Chinthaka Priyadarshana
Hormones (Main Laboratory)

BDE OF THE QUARTER



Thevakumar Thashanthan
Business Development Executive
(Batticaloa Lab)



Asanka Sarathchandra
Business Development Executive
(Kalubowila Lab)

EDUEXPO 2022 WINNERS



Mr. Dasun Uthuruwella



Ms. J P D M Karunathilake



Mr. Nalaka Mohottiarachi

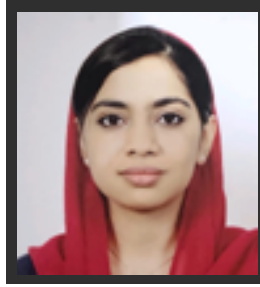
Welcome!



Dr KEERTHANA
SIVASUBRAMANIAM
Medical Officer
Medical Services



Dr SHAFRAS SAHEED
Medical Officer
Medical Services



Dr MARYAM NAEEM
Medical Officer
Medical Services



Ms SUDEEPA JINASENA
Procurement Executive
Supply Chain



Mr LAHIRU SIRIWARDHANA
Accounts Executive
Finance



Mr HASITHA KUMARA
Accounts Executive
Finance



Ms WASANA GAYATHREE
Accountant
Finance



Mr CHATHURA WEERARATHNA
Assistant Manager - ICT Network and
Infrastructure
ICT



Ms ASHINI SAMARASINGHE
Nurse
Medical Services



Ms NAVODYA PERERA
HR Assistant
Human Resources

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- NG tube management
- Injection procedure - continuing IV and IM drugs
- Nebulisation