

*Let's Defeat COVID and Celebrate Democracy*

# **COVID-19 Health Guidelines for Election Observers**

**Dr. Vinya Ariyaratne  
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**PAFFREL**

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## FORWARD

We are facing the most serious health challenge in the election history of Sri Lanka, which will elect the peoples' representatives to the Legislature of the 9<sup>th</sup> Parliament, amidst COVID-19 and preserving the people's right to live and vote in order to elect their representatives in a democratic manner.

We at PAFFREL, as an organization, have been playing a critical role in assisting the conduction of free and fair elections in Sri Lanka for over three decades. It's a privilege to shoulder the responsibility in the same manner at this challenging moment as well, where we ensure the safety of all volunteers and social activists joining us in the effort of protecting all from the COVID – 19 pandemic. Therefore, we believe that a Manual of Health Guidelines would help all citizens those involve in observing the election process in order to fulfill their social responsibility safe and healthy.

PAFFREL is grateful to Dr. Vinya Ariyaratne and Dr. Mrs. Sumudu Avanthi Hewage, two leading Consultant Community Physicians, for producing this manual at the request of PAFFREL. We assume that all social activists involve in the election process would follow these guidelines. Adhering to these guidelines would not only ensure the protection of your health but also it will be your contribution to ensure the health and safety of other people.

Please note that the contents of this manual are solely the thoughts and concepts of the two specialists.

**Rohana Hettiarachchi**

Executive Director



## CONTENTS

1. COVID-19 An Introduction	8-29
1.1 What is COVID-19?	
1.2 How does COVID-19 spread?	
1.3 How serious is COVID-19?	
1.4 Basic guidelines to follow to get protected from COVID-19	
1.5 Misconceptions and myths on COVID-19	
2. Health practices to be followed during election monitoring process	30-33
3. Office services	34-37
4. Meetings, workshops and training	38-42
5. Long-term Observation	43-44
6. Postal vote Observation	45
7. Stationary Observation	46
8. Mobile Observation	47
9. Observation at Counting Centers	48
10. Complaint unit	49
11. Taking Meals	50
12. Transport	51-57
13. Annexure I - check lists	58-66
14. Annexure II – Code of Conduct for Election Observers	67-69
15. Notes	70-80



## PROLOGUE

In the second quarter of the year 2020, we were confronted with the impact of various dimensions of the COVID-19 pandemic which is perhaps the most serious challenge faced by humanity in recent history. The dedication and the efforts of the Sri Lankan government, free health services, security forces, administrative services and the sacrifice made by the citizens of Sri Lanka made it possible to control the epidemic successfully in the Island. But when considering the nature and the behavior of this pandemic and as pointed out by the World Health Organization (WHO) as well, it is difficult to determine the threat is completely disappeared. Therefore, we all will have to live with this challenge in a manner that minimizes the transmission and exposure to this dangerous condition in our day to day lives.

As mentioned above this epidemic condition which became more serious during the second quarter of 2020 had taken us beyond a health problem of human beings. It has created an obstacle to the election process which is a fundamental requirement in establishing a democratic governing structure by means of the decisive sovereign power of the citizens. However, under the conditions where the epidemic is controlled successfully preventing a community transmission, it is our duty as the citizens who are the true guardians of democracy to take the election process forward under the theme of "Let's Defeat Covid-19 and Celebrate Democracy". On the other hand, it is the responsibility of all officials and the citizens to engage in the election process following the regular safe-health practices and quarantine regulations equally. At the same time, as stakeholders

who are in the forefront of the continuous struggle to protect the democratic values of the oldest democratic state in Asia, the civil society cannot give-up their responsibility in this matter. Because, in a crisis situation democracy would be at a risk in the first place. But this time the entire election process has to be conducted while managing a public health crisis which did not exist in the past. It is required to create planned strategies to minimize the exposure of all those who are participating in the election process, including citizens and officials, to avoid a health risk.

Under the circumstances the activities of the election observers who dedicate themselves voluntarily, representing the civil society, to ensure that free, peaceful and fair elections are held in order to establish democracy firmly, also should adapt themselves and be sensitive to the new conditions. This time, those observers who are engaged in a great but tedious job of work should not only observe the democratic procedures carried out but also should draw their attention to safeguarding public health at the voting centers, counting centers and other relevant places.

This COVID-19 Health Guidelines for Election Observers is produced considering all the above facts. It provides a basic understanding about the safe health procedures and practices that need to be followed by the observers, an important stakeholder who safeguard democracy, carrying out their activities.

It should be emphasized that these guidelines are not limited to one election but can be used as a basic foundation for elections that may be held in future under various challenging conditions on public health.

Covid-19 is a disease caused by a new virus. Medical specialists are continuously finding new information about the behavior of the virus, the nature of the disease transmission and its control using their clinical experiences and research findings. Therefore, we should be attentive to the information and guidelines issued by the health authorities from time to time and to act accordingly.

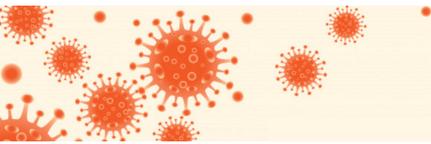
We are grateful to you who are dedicated to ensure that the parliament elections, which are a cornerstone of the democracy of a country, are held freely, fairly and under safe-health conditions.

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# 1.COVID-19 An Introduction

## 1. 1 What is COVID-19?

COVID-19 is the term used to describe the CORona Virus Disease 2019. This is a respiratory disease, caused by the SARS-nCov-2 virus, also commonly known as the Corona virus. The first case of COVID-19 was reported in December 1999 in Wuhan, China. The disease spread very fast among the people living in the Wuhan town and many required hospitalization and a considerable number of people died in the initial stage, as the virus was a new (novel) and many things were unknown. Due to this fast spread, the disease was notified to the World Health Organization (WHO) in accordance to the International Heath Regulations. At the same time, owing to international travel, the virus has spread to other countries as well and people were getting sick and dying due to COVID-19. Considering its vast spread across numerous countries, the WHO declared COVID-19 a pandemic on 11 March 2020. All the countries implemented numerous strategies to control the local disease outbreak from the beginning. However, due to lapses in the intensity of such implemented interventions, the disease was spread at large in some countries compared to countries which took the situation serious from the beginning and executed strict measures timely to control its spread.

Among the successful measures adopted by the countries world over were:

1. Shutting down all entry points (Airports, Highways and Ports) to prevent infected individuals from entering the country.

2. Preventing mass gatherings;
3. Making people to wash their hands using soap and disinfectants;
4. Providing immediate medical attention for those who show disease symptoms;
5. Wearing a face mask when going away from home; and,
6. Making people to adhere to good hygienic practices such as avoid touching the face, nose, eyes and mouth and respiratory etiquette when sneezing and coughing.

By successful implementation of the above practices some countries including Sri Lanka has controlled this disease successfully but the sacrifice made by the ordinary people to achieve this success was immense. Especially due to closure of factories and other workplaces to prevent human interactions, mass gathering and preventing tourists entering the country has created a serious economic impact and foreign exchange earnings have dropped. To minimize this negative socio-economic impact, the government has relaxed these proscriptions once the COVID-19 epidemic situation was brought under control. By following the advice of the epidemiologists and other health specialists we will able to minimize the transmission that would make COVID-19 in to an epidemic situation again and to control it successfully.

WHO had named four transmission stages of COVID-19:

1. First stage- No cases;
2. Second stage –sporadic cases;

3. Third stage- cluster transmission. There are two types of cluster transmission;
  - 3a. Home cluster
  - 3b. Small group/Group clusters
4. Fourth stage- community transmission.

Our country is at the third stage, i.e., group cluster (iii-b) stage. This is a very positive and favorable position. It is the responsibility of all of us to control the disease to prevent it from drifting to the fourth stage, the community transmission.

WHO is recommending an inclusive “whole of society” approach to control COVID-19 epidemic. To achieve this, it is required for the government to build partnerships with all sectors including community based and civil society organizations, private sector, religious leaders and professionals. Even though these guidelines are formulated targeting Election Observers, we believe that the contents of this manual will be useful to all those who are involved in other public services as well.

Health practices to be followed at the election observation process are formulated based on the currently available information and guidelines given by the WHO, Ministry of Health and in recognized medical and public health research publications.

Main reference and information sources:

1. <http://health.gov.lk/>
2. <http://www.epid.gov.lk/>
3. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
4. <https://hpb.health.gov.lk/covid19-dashboard/>

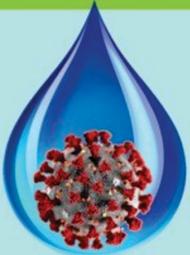
5. "TOWARDS A NEW NORMAL" ADVOCACY BRIEF: RESUMPTION OF PUBLIC ACTIVITIES DURING GRADUAL EXIT FROM EXISTING RESTRICTIONS FOR COVID-19 IN SRI LANKA, Ministry of Health and Indigenous Medical Services, World Health Organization, Medical Officers Association, Sri Jayawardanepura Municipal Council, June 2020.
6. "Citizen's Doctor" Face Book, Community Medical Specialist Janaki Vidanapathirana.

**Special note:**

1. "Health guidelines for conducting the elections amidst of Covid-19 outbreak", An official series of guidelines incorporating the special health practices that are to be followed at the upcoming parliament elections in order to protect the general public, election staff and others who are connected with the election from the transmission of Covid-19 disease, is issued by the Director General of Health Services on 1<sup>st</sup> June 2020. This can be downloaded from the web site: <http://www.newswire.lk/2020/06/08/health-guideline- for- conducting- the- elections-amidst-of-covid-19- outbreak>.
2. If voting centers are established in quarantine centers the election monitoring activities in such places should be done following higher levels of health protection strategies. However such processes are not included in this guideline.

## 1.2 How does COVID-19 spread?

COVID-19 is a respiratory disease caused by a virus called Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-nCoV-2) or commonly known as the Corona virus. When a person infected with this virus talks aloud or sneeze or coughs, the respiratory droplets coming out of his air passageways through the nose and the mouth could contain this pathogenic virus. Direct transmission of this virus occurs when these respiratory droplets land on the nose or eyes of the nearby people. In addition, when an infected person coughs or sneezes, these droplets can land on the ground and surfaces of objects such as tables, chairs and other nearby products and the virus can live up to many hours on these surfaces. When another person touches these surfaces and then touch his/her nose, mouth or eyes, the virus could again be



**In a normal sneeze,  
there can be about  
40,000 respiratory droplets.**

**When cough once, about  
3,000 respiratory droplets  
will be released.**

**One droplet can contain**

**2,** **,**

**(Two million) viruses.**

- ◆When coughing cover the mouth with a handkerchief, a tissue or by the inner side of the elbow or sleeve.
- ◆Always keep a distance of one meter between two persons.

transmitted to that person. Similarly, when an infected person closes his mouth and nose with his hands during coughing and sneezing, the droplets including the virus could get into his hands and if he touches any common surfaces like door knobs, switches and taps etc. without washing his hands properly, the virus get transmitted to those surfaces. Any other person's hands who touches these surfaces are likely to be contaminated with the virus and if that person does not wash his hands but touches his nose, mouth and eyes is likely to be infected with the virus.

Therefore, it is very important to strictly adhere to the preventive measures advocated by health authorities such as frequent proper hand washing, avoiding crowded places, avoid touching your nose. Mouth and eyes, wearing face masks and practising cough etiquettes.

**COVID-19 VIRUS**  
can infect or be found in

 <b>Any person</b>	who is poor, rich, any ethnic, religious or political group, labor etc...	 <b>Any surface</b>	such as plastic, polythene, metal, glass, fabric, wood, paper etc...
 <b>Any place</b>	such as houses, offices, religious places, common public places, restaurants, washrooms, public transport, vehicles etc...	 <b>Any time</b>	of the day, morning, noon, night, cold or hot etc...

Hence, pay attention to your own behaviors.  
Don't be scared.  
But beware.  
Wash Hands with soap and water frequently.  
Stay 1 metre apart.

### 1.3 How dangerous is COVID-19?

As any other disease, not all people who gets infected with the SARS-nCoV-2 virus develop the disease (symptoms). The research shows that nearly 40-50% of the infected people might not develop symptoms, but could act as asymptomatic carriers. Of those who develop symptoms, nearly 75% develop symptoms within 4-5 days. Majority of 97.5% of diseased people show symptoms within 14 days of the infection. Rest of the patients could take longer than 14 days to develop symptoms of the disease.



**Do you know that,**

**A person touches his face**

**20-25**  
times in an hour

**At this moment when Covid-19 epidemic is spreading, eachtime you touch your face the risk of virus transmission is increasing.**

**Wash your hands regularly using soap and running water.**

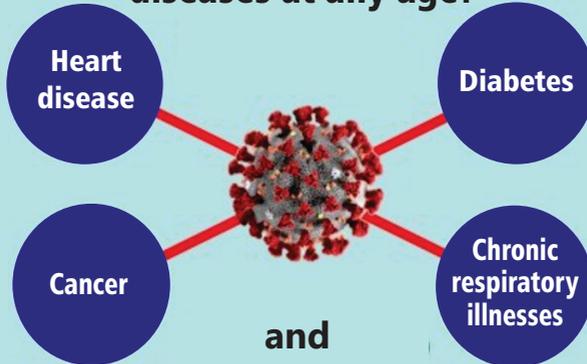
Common symptoms of COVID-19 include fever, dry cough, sore throat, body aches, muscle pains, headache and difficulty in breathing. In addition, runny nose, diarrhoea, abdominal pain and inability to differentiate smell as well as loss of taste have been reported. The frequency of these symptoms differs from country to country. Currently, studies reveal fever, dry cough and sore throat to be the most common symptoms in Sri Lanka.

It is reported that a majority of 80-85% COVID-19 patients develop the mild disease and recover completely with proper care. Another 10-15% develop severe form of the disease and might require admission to intensive care units and ventilatory support. But with proper management they could recover with or without organ damage. The rest 5% goes into the critical stage of the disease and die due to life threatening complications of the disease such as respiratory failure, sepsis and multi organ failure. Patients who are at risk of developing the critical disease include patients with non-communicable diseases such as hypertension, diabetes mellitus, heart diseases, and cancer, smokers, patients with lung diseases and elderly patients.

### **There is no cure for COVID - 19**

Many countries are experimenting drugs and vaccines for COVID-19 at the moment. However, there is no drug or vaccine effective in preventing or managing COVID-19 so far. Therefore, it is very important to take preventive measures to avoid contracting COVID-19.

Do you know that **Covid-19** can be easily transmitted if you are suffering from **non-communicable diseases** at any age?



and persons over 60 years of age and those who are weak in immunity.

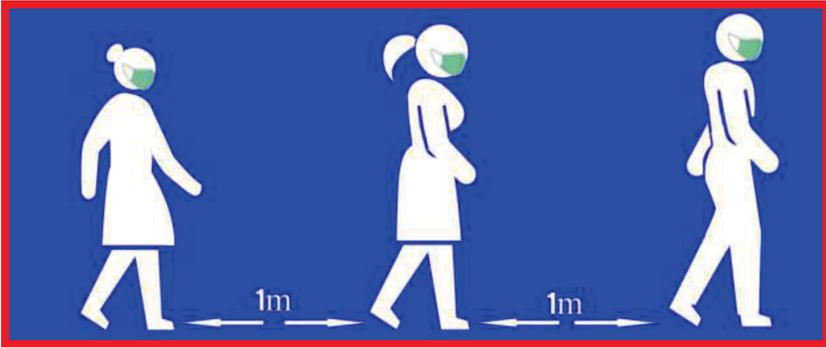
## 1.4 How can you minimize your risk of contracting corona virus?

It is very important to have a basic knowledge on the spread of COVID-19 to protect yourself from the disease. As described in the section above, the disease is spread via respiratory droplets. Therefore, you could minimize your risk of developing the disease by sticking to the healthy behaviours as indicated below.

- Limit your travel only for must-do activities and avoid crowded places.



- ☀️ Maintain the physical distance of one meter from other people at all possible times. Avoid physical contact with other people such as hand shaking.



**Why are you advised to keep at home or keep a distance of one meter when you are away from home.**

<b>Social distance</b>	<b>Number of persons that can be transmitted the virus by one person</b>
<b>80%</b>	<b>2-5</b>
<b>50%</b>	<b>15</b>
<b>0%</b>	<b>500</b>

**Therefore, be at home whether there is curfew or not. Always keep a physical distance of one meter or more.**

- ☀️ Wash your hands with soap and running water for a minimum period of 20 seconds.

# How to Handwash

Handwashing should take you about 20 to 40 seconds

- 01 Wet your hands with water
- 02 Apply enough soap to cover your entire hand
- 03 Rub your hands together, palm to palm
- 04 Rub your palms over the backs of your hands
- 05 Scrub between your fingers
- 06 Rub the backs of your fingers on opposite palm
- 07 Place your fist over your thumb and twist
- 08 Clean your fingernails and fingertips
- 09 Rinse your hands with water until all the soap has washed away
- 10 Dry your hands completely
- 11 Use the towel to close the tap
- 12 Your hands are clean

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Health Promotion Bureau

World Health Organization  
Sri Lanka

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www.who.int/SriLanka

- ☀ Frequently wash your hands with soap and running water, especially when you are outside. If running water is not available, use a hand sanitizer which has an alcohol percentage of at least 70%.

# HAND SANITIZER

Use a hand sanitizer with at least 70% alcohol and apply for 20-30 seconds



**01**

Apply enough sanitizer to cover your entire hand



**02**

Rub your hands together palm to palm



**03**

Rub your palms over the backs of your hands



**04**

Scrub between your fingers



**05**

Rub the backs of your fingers on opposite palm



**06**

Place your fist over your thumb and twist



**07**

Clean your fingernails and fingertips



**08**

Your hands are clean



☀️ Avoid touching your nose, mouth and eyes at all times.

**How you should dress and attire for your work without taking the risk of transmitting Covid-19**

		
<p><b>Do not wear jewelry items which touches the hands and external spaces</b> even you wash your hands virus can retain on the jewelry for longer periods.</p>	<p><b>Wear clothes which do not touch other surfaces and do not touch with your hands frequently</b> external surfaces might be contaminated with virus. Frequent touching of clothes will increase the risk of virus transmission</p>	<p><b>Do not use any makeup that touches the face directly</b> virus is transmitted through your eyes, mouth and nose of your face and makeup might increase the risk.</p>

- ☀️ Wear a face mask when going out of your home. Follow the advice given below when using the face mask.

## HOW TO PUT ON AND USE A MASK



Before putting on a mask, wash hands with alcohol-based hand rub or soap and water



Cover mouth, nose and chin with mask and make sure there are no gaps between your face and the mask



Avoid touching the mask while using it; if you do, clean your hands with an alcohol-based hand rub or soap and water

## HOW TO PUT ON AND USE A MASK



If using a disposable mask, replace the mask with a new one as soon as it is damp and do not reuse single-use masks



Remove the mask from behind (do not touch the front of the mask)



If using a disposable mask, discard immediately in a closed bin; wash hands with an alcohol-based hand rub or soap and water



If using a cloth mask, clean it every day with soap and water, let it air dry, and iron it if possible

Remember that masks alone cannot protect you from COVID-19.

Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask



World Health Organization  
Sri Lanka

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🌐 www.who.int/SriLanka

- ❁ Do not head out if you have symptoms of cough, fever, sore throat. Contact the responsible health authorities and seek medical advice.
- ❁ When coughing or sneezing, use a tissue or if a tissue is not available, cover the nose and mouth with the inside of the elbow.



- ❁ Always wash your hands before and after going into a shop, office or your workplace.
- ❁ If your workplace has windows that could be opened, keep them open for free air circulation and sun light. Disease spread takes place quicker in closed environment where the air circulation is limited inside the room.

- ☀ When you are returning home from outside, adhere to following steps.
- ◆ Get the help of someone at home to open the gate or the door for you. If there is nobody at home, use a tissue to open the gate or the door and throw it away into a dustbin.
- ◆ Remove your footwear outside the door.
- ◆ Place the items you touch frequently like car keys, wallet, purse etc at a designated area near the entrance.
- ◆ Avoid touching any other person before you take a shower.
- ◆ Shower yourself well with soap and running water. If the washroom is used commonly with other inhabitants, clean the common surfaces such as door knobs, switches and taps with a sanitizer or soap and water before coming out.
- ◆ Wash all the clothing daily with soap or detergents.
- ◆ Clean your spectacles and mobile phone with sanitizer.
- ◆ Wash any washable coverings of the goods you bought before storing them. Vegetables could be washed well with running water. It is advisable not to use soap or detergent on vegetables or any other consumables.

## 1.5 Misconceptions and myths on COVID-19

Once the COVID-19 epidemic starts to spread fast globally, many misconceptions and myths appeared among the people. As these myths became a problem in controlling COVID-19 successfully, international health organizations including WHO took steps to prevent the spread of these misconceptions and myths. When the citizens in a country are armed with the correct knowledge about the disease it is easy to control COVID-19 epidemic successfully. Therefore, in addition to the information and facts given, the misconceptions and myths about COVID-19 are given below along with their factual description.



1. "COVID-19 disease does not spread under hot weather conditions."

**False.** COVID-19 disease can spread under any climatic and weather condition. Normal human body temperature remains between 36.5 -37.0 °C, irrespective of the ambient temperature. COVID-19 virus can transmit into your body under high ambient temperatures and in bright sun light. Best ways to avoid it is to clean your hands using soap and avoid touching your mouth, nose and eyes.

2. "You are 100% protected from COVID-19 disease by wearing a face mask"

**False.** If you are not following the recommended health practices such as cleaning your hands using soap in a regular manner, avoid touching mouth, nose and eyes, avoid visiting crowded places, keeping a minimum physical distance of at least one meter, you are at a high risk of COVID-19 disease transmission even though you wear a face mask.

3. " You can be protected from COVID-19 disease by drinking alcohol"

**False.** The alcohol which is used to prevent the transmission of Corvid-19 disease is the alcohol included in the sanitizing liquids and it is recommended to use it on the skin to remove the virus. It is not at all suitable or recommended to drink. Your immune system will be weakened with the drinking of alcohol and you might be at more vulnerable position by making yourself more prone to the disease.

4. "if you can hold your breath for 10 seconds you are not infected with COVID-19"

**False.** The only test to confirm that you are infested with COVID-19 disease is RT-PCR test. Samples of mucus membrane taken from the nose and throat is tested for the presence of the virus by this test. It is not possible to ensure that a person is infected or not by holding the breath for 10 seconds or by any other test.

5. "It is possible to protect from COVID-19 disease by drinking sanitization liquids"

**False.** Sanitizing liquids would destroy the virus on the skin. If the virus has entered to a person's body, it cannot be destroyed by drinking sanitizing liquids. As the sanitizing liquids are for external use only, drinking them could cause a serious health hazard for you.

6. " Infection of COVID-19 disease can be prevented by drinking hot water and hot liquids."

**False.** There is no scientific evidence to the fact that COVID-19 disease causing virus can be destroyed by taking hot water or other hot liquids.

7. "COVID-19 disease can be prevented by washing the nose with saline water."

**False.** It is not established by experiments that COVID-19 disease or any other respiratory disease can be prevented by washing the nose with saline water.

8. "Salt water gargling can prevent COVID-19 disease"

**False.** There is no scientific evidence to establish that salt water gargling can destroy COVID-19 disease causing virus.

9. "Disease infestation can be prevented by exposing to sunlight/ infra-red or ultra violet rays"

**False.** Infra-red and ultra violet rays can harm your skin and eyes as such, you should never use such lamps to clean your hands or any other part of the skin. The best way to destroy disease causing virus is to wash your hands for a minimum period of 20 seconds using soap.

10. "Eating raw garlic or drinking boiled garlic can prevent the infestation of COVID-19 disease"

**False.** Garlic is a nutritious food. It can contain anti-germ properties. But no evidence found so far to establish that eating garlic or drinking boiled garlic can prevent COVID-19 disease.

11. "COVID-19 disease can be prevented with antibiotic medicines"

**False.** Antibiotics are only effective against bacteria. COVID-19 disease is caused by a virus and not by a bacteria. Therefore, it is not possible to avoid the infestation of Covid-19 using antibiotic drugs.

12. "COVID-19 infestation can be confirmed using a thermometer aimed at the forehead and thermal scan machines at the airports."

**False.** Thermometers and thermal scan machines can measure only body temperatures. These are used during an epidemic as it is easy to detect people suffering from fever. It is not possible to detect patients infected with COVID-19 by this method.

13. "COVID-19 disease can be transmitted by flies and mosquitoes"

**False.** There is no evident to show that the COVID-19 disease causing virus is transmitted by mosquitoes and flies from the experiments conducted so far. This disease causing virus is affected to the respiratory system and transmitted through saliva droplets and repertory droplets released while sneezing and coughing.

14. "This disease is infested largely to older people."

**False.** Can be infested to a person of any age. But those who smoke and those who have weak immunity system can be victims of this disease easily. Additionally, the risk of becoming critically ill after infestation is very high in older people and those who suffer from noninfectious diseases such as diabetics, high blood pressure and cancer.



## 2. Health Practices to Be Followed During Election Observation Process

- ❁ You should participate in the election observation process only if you are completely in good health.
- ❁ If you are a pregnant mother, or over 65 years of age or a person on long term treatment for any non-communicable disease such as heart disease, high blood pressure, respiratory disease, cancer or diabetes it is not advisable to participate in election observation work. If COVID-19 disease is transmitted to pregnant mothers and other persons mentioned above, there is a high risk of disease conditions become critical.
- ❁ You are bound to swear that you will follow all safe health practices and quarantine regulations that are in operation at present.
- ❁ If you are a smoker you should refrain from participating in the election observation process. Because the smokers are at a high risk of COVID-19 infection and if infected, conditions could be critical than a non-smoker.
- ❁ If you are a close contact of a COVID-19 patient you should not participate in election monitoring process.

## Who is a close contact of a COVID-19 infected patient.

Face to face contact with a patient at a distance less than 2 meters and for a period of more than 15 minutes



Being with a patient in a closed environment (in a room or in a house) for more than 15 minutes.

Having close body contacts (touching) with a patient



Sitting two seats away from a patient in a closed vehicle or, if the patient showed Covid-19 symptoms, all passengers in the vehicle.

Unprotected exposure to the respiratory droplets of a patient. (coughing in front of you)



Those who did treatments, nursing or testing without proper protective procedures

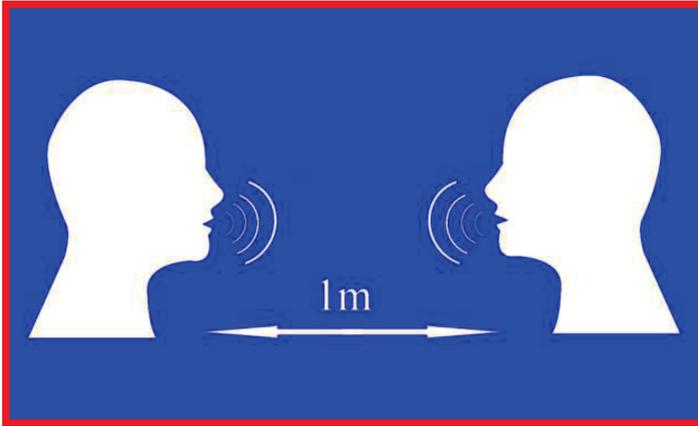
- ☀ Practices that should be followed to be protected from COVID-19 disease:
  - ◆ Wash your hands properly and regularly using soap and under running water or clean your hands using sanitizing liquid;



- ◆ Avoid touching the face/nose/ mouth/eyes etc.;
- ◆ Wear a face mask correctly;



- ◆ Minimize crowding;
- ◆ Avoid meeting other people as far as possible;
- ◆ You should be well aware and knowledgeable about the good health practices such as keeping a minimum distance of one meter when doing transactions with other people and, cover your mouth with a tissue paper or with the inner elbow. when coughing or sneezing (when you are not wearing a face mask).



Pre preparation activities connected with election observation work should be done using communication media such as telephones, Skype, WhatsApp, Viber and Zoom. Face to face meetings should be minimized as far as possible.

### 3. Office Services

An organizational plan should be prepared in every office to follow the proper safe health practices and quarantine regulations and a senior officer should be assigned to be responsible for its implementation.



1. When the staff commences work, they should be given a good training on proper health practices.
2. Allow workers to follow a roster. Limit one work shift to 50% or less number of workers. When office staff can work from home grant permission for such work.

3. Arrange seating in the office to maintain proper personal distance.
4. Make a list of the staff according to the general guidelines and make them aware of the dates they should attend work.
5. Maintain personal information of the staff including their addresses and two contact telephone numbers
6. Minimize the number of visitors of office staff and other visitors.
7. Providing water supply at the entrance to the office and in the office premises with foot-operated or remote controlled taps and, provide soap and hand sanitizing liquids along with them.
8. Maintain notes on the health conditions including body temperature and sickness observations of all members according to the staff list prepared. Senior officers in the office should be aware about the relevant telephone numbers to obtain advice on the staff members who are found to be sick to seek immediate medical advice. In addition, these numbers must be written down at a common place.
9. Make markings to maintain physical distance inside the office premises and outside.
10. Limit group meetings to most essential purposes. Try to maintain contact with people using technology such as Zoom and Microsoft Teams. If physical meetings are conducted keep the minimum distance of one meter between people.

11. Prepare and implement a daily routine of activities including cleaning and disinfecting items which frequently touched by people such as, office door handles, tables, lifts, switches etc. several times a day, using alcohol mixed disinfectants to ensure to keep the office premises an area free of Covid-19 virus.
12. Keep the doors and windows open to get more fresh air into the office. Ensure to clean the filters of the air conditioners at least once a week.
13. Operate air conditioners and fans at a medium level.
14. Regularize the waste disposal in the office and clean frequently used surfaces regularly.
15. Use foot operated waste bins to dispose items such as tissue papers used by the staff and visitors.



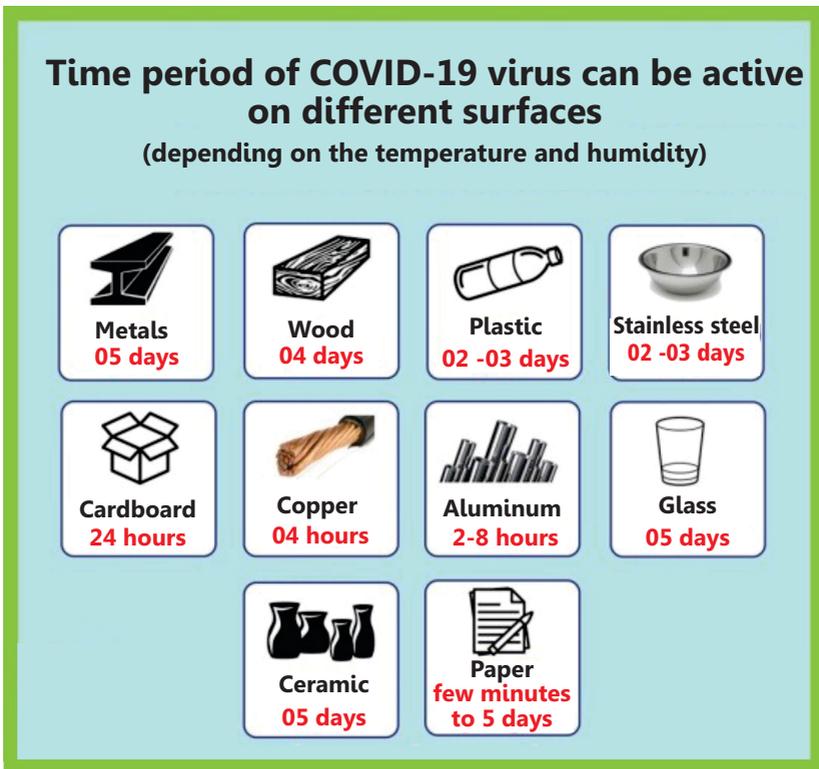
**Apply disinfectants;  
keep for 20 seconds,  
wipe and clean regularly  
all items used frequently by you  
and others in the office/ workplace:**

			
<p><b>Tables, chair/arms of the chairs, drawers, computers, computer key boards.</b></p>	<p><b>Door handles, lift control buttons, electric switches, staircase railings, AC remote control</b></p>	<p><b>File covers, pens, pencils etc., calculators, scissors, photocopy machines</b></p>	<p><b>Water taps, sinks, cups, plates, toilet flusher handles, toilet commode seats.</b></p>

**...etc., or any item or place touched  
by people at any of  
your office or workplace.**

All staff members should:

1. Wash their hands at least 20 seconds using soap when they enter the office and minimum once in 2 hours while working.
2. Always follow respiratory etiquettes. Practices such as covering the mouth when coughing and sneezing, avoid touching the face and eyes must be followed.
3. Wear face masks properly at all times.

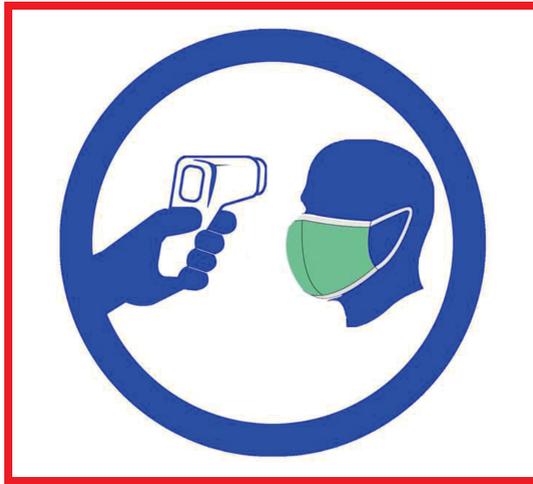




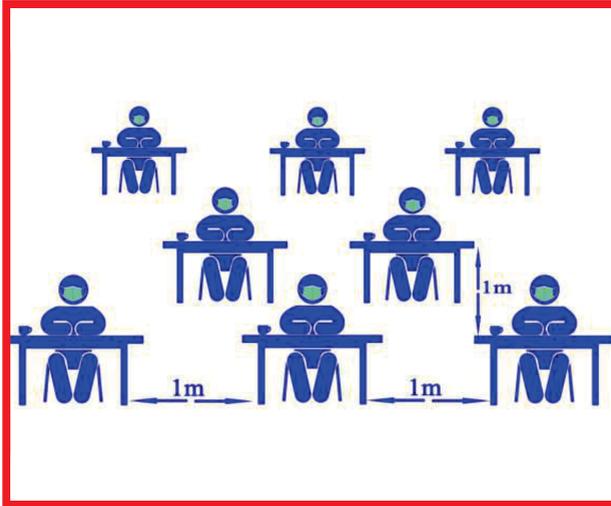
## 4. Meetings, Workshops And Training

Under the prevailing conditions conducting meetings, workshops, conferences and training should be minimized as far as possible. When it is necessary to meet people following practices should be adopted:

- ❁ Limit participation to minimum number of essential people for programs;
- ❁ Arrange to complete the program in a minimum period of time;
- ❁ Distribute these guidelines including the safe health practices and specific instructions for the meeting/training session to all participants prior to the meeting/training session;
- ❁ Provide awareness about safe health practices at the beginning of the meeting and during intervals;
- ❁ Advice in advance to the participants who are suffering from respiratory disease symptoms such as cough, cold or throat problems to connect with the program online or over the telephone;
- ❁ Advice participants to avoid or minimize the use of public transport in order to participate the meeting/training session;
- ❁ Body temperature of all participants should be checked using Infrared thermometer and noted, and, a list of contact information of all participants should be maintained;



- ☀ Provide hand washing facilities for all participants (foot controlled or automatic water taps are preferred) or hand sanitizing liquid containing alcohol. All participants should be given instructions to clean their hands before entering the meeting premises or hall and before leaving the premises;
- ☀ Arrange to hold the meeting/training session in an open place whenever and wherever possible;
- ☀ Keep the meeting/training session premises well ventilated;
- ☀ Minimize the use of air conditioners;
- ☀ Keep all doors open in the premises to prevent participants touching door handles;
- ☀ Seating should be arranged in accordance with the “one meter” rule and without having to face each other;



- Participants should refrain from touching each other by practices such as shaking hands and, one meter distance should be maintained throughout the meeting/training session;
- Do not pass stationery and other material used at the meeting/training session by hand. Request participants to use their own pen to sign the attendance register;
- Do not share FM microphones, marker pens etc.;

### ☀ **Providing meals:**

- ◆ If refreshments are given at the meeting it is essential for the servers/consumers of refreshments to clean their hands properly using soap;
- ◆ Use disposable cups to serve tea;
- ◆ When foods are served as a buffet arrange specific staff to serve food;
- ◆ Ensure that the food serving table is not crowded and people should not get together to drink tea/ talk. Food can be served by a specific person;
- ◆ A waste bin with a cover should be provided to dispose paper serviettes, papers and other waste material;
- ◆ A waste bin with a cover that could be operated by foot should be provided to dispose of waste material.

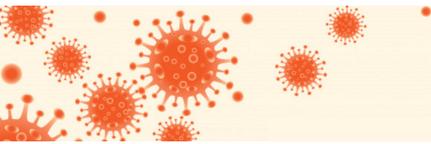
### ☀ **Participants:**

- ◆ Do not participate in meetings/training sessions if you have respiratory disease symptoms;
- ◆ Wash hands using soap or disinfect your hands using a sanitizer before entering the meeting hall/premises and before leaving the premises;
- ◆ Avoid physical contact such as shaking hands with other participants;
- ◆ Keep a distance of one meter throughout the meeting/workshop (during registration, seating, tea interval etc.);

- ◆ Refrain as far as possible from touching surfaces such as door handles which can be touched by many people;
- ◆ Keep books, pens and water bottles etc. for your personal use.

🌟 **Guidelines to implement recommendations:**

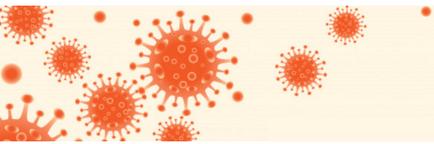
- ◆ Make use of e-mail to distribute advices/instructions prior to the meeting/training;
- ◆ Repeat the instructions at the beginning of the meeting/training and at the tea/lunch intervals;
- ◆ A notice board may be used to display the instructions/ rules and regulations in the premises of the meeting/training.



## 5. Long-Term Observation

1. To hold the election preserving democracy it is necessary to ensure that all parties connected to the election are safe and secured from COVID-19 epidemic risk. For this reason you should ensure that whether all those who involved in the election are following safe health procedures in the area you monitor the election activities.
2. If correct health practices are not adhered to in the election process, that should be reported with evidence and stakeholders should be encouraged to follow correct procedures.
3. Especially, when incidences of election violence and law breaking are happening, they will become a threat to protect people from COVID-19 epidemic. Such incidences should be reported to PAFREL immediately and expedite taking due action.
4. You should work with full and complete awareness of the risk of COVID-19
5. When you work in the field to observe pre-election, postal voting, election day and post-election activities, you are bound to follow safe health guidelines given herein strictly and to the letter.
6. When in the field one meter physical distance should be maintained. Especially when monitoring violent activities and misappropriation of state property attention and care should be given to maintain this position.

7. If you happened to touch a person in the field under unavoidable circumstances, information including the persons' name, addresses and telephone numbers should be obtained and must report such incidents to PAFFREL at the end of the day. PAFFREL maintains a file to record such incidences.



## 6. Postal Vote Observation

1. When involving in postal vote monitoring, follow relevant good health practices to be protected from COVID-19 epidemic under “new normal” situation.
2. Keep a minimum of one meter physical distance between each other when monitoring is done.
3. Carryout your monitoring work staying at a well-ventilated place, especially when you are inside a center. If not try to remain always in the area reserved for monitoring activities.
4. When monitoring is done outside the center, select a suitable place where you can do your work easily, keeping away from voters and stakeholders.



## 7. Stationary Observation

1. You should draw your attention to work according to the “COVID-19 New Normal conditions” when doing Observation work at voting centers, postal voting centers and counting centers.
2. Ensure that the workplace has a favorable environment to follow proper health practices for you and for others.
3. Wear the face mask regularly and properly. If you have to work the whole day, use a new face mask after lunch.
4. Avoid keeping mobile phones, papers used for reporting and equipment on exposed surfaces. Clean all equipment hourly, using a piece of cloth and a sanitizing liquid.
5. If there is a vulnerable and insecure health situation which will affect free and fair election report such incidence to the Head Office immediately.
6. When receiving/recording complaints/grievances meet people in an open and free place keeping a distance of one meter. If not meet in a room keeping a distance of one meter and following basic protective practices (one meter distance, disinfection, wearing a mask).



## 8. Mobile Observation

1. Always wear a mask properly during mobile Observation.
2. When travelling from one place to another, before entering the required place/place of incident/place with people wash hands well using soap and water.
3. Always keep a distance of more than one meter.
4. As you will be taken as an example by others when following protective practices, follow protective practices regularly and continuously.
5. Adhere to the guidelines given below (in Chapter 12) with regard to transport and use of vehicles.



## 9. Observation at Counting Centers

1. Counting center is a place where large number of election supporters are gathering and is a sensitive place. In such a place following COVID-19 good health practices could be disregarded. As you are working as an observer you should ensure to follow good health practices.
2. Wear the mask properly and regularly. Change the mask after few hours.
3. Wash hands using soap once in two hours. If such facilities are not available disinfect the hands using an alcoholic sanitizer.



## 10. Complaint Unit

1. Those who work in the complaint unit should always keep the one meter distance while working.
2. Disinfect the notebooks, computers and other equipment using an alcoholic liquid, once in few hours.
3. Do not allow staff to use equipment used by other staff members. If common equipment has to be used rub your hands with a sanitizer after use.
4. Ensure that the complaint unit is provided with hand washing and other protective facilities in order to work under "COVID-19 New Normal" conditions.
5. Arrange and file the reports connected to the process of obtaining complaints, reporting to relevant sections and speedy mediation in a separate manner so that even a new team can to the follow-up work easily. This will make matters convenient for changing staff in a roster system under "COVID-19 new normal" conditions.
6. All standard protective practices to avoid the transmission of COVID-19 should be followed as usual.



## 11. Taking Meals

- Always encourage to use homemade food;
- If meals are taken from an outside source, ensure to order the food from a certified health protected place;
- When food suppliers come to the office or workplace ensure that they follow proper protective practices;
- Wash hands using soap for at least 20 seconds before taking meals;
- When eating at outside places away from home always use a spoon, avoiding use of hands;
- Take your meals keeping a distance of one meter; and,
- If there is a rush in the eating place, arrange to have meals in separate batches after allocating different times for each batch to take meals.



## 12. Transport

Transport is very important in an election observation process and it is essential to draw special attention to this matter. Very often sudden trips have to be undertaken, therefore, it is important to consider the following facts when using different types of transport.

### General Guidelines

- ⦿ Avoid using public transport as far as possible. Use your own vehicle or hire a vehicle from an established source where transport services are provided in accordance with the recommended health practices;
- ⦿ Avoid travelling unless for an essential duty and arrange to use communication media (such as telephones) instead of meeting people physically for the required work.

### 01. Use of bicycles and motor cycles

- ⦿ Disinfect the handle and other surfaces you touch often.
- ⦿ Only the rider can travel on a bicycle or a motor cycle;
- ⦿ Wash hands properly using soap and water before travelling. Do not touch the face while travelling.

### 02. Use of hired vehicles

- ⦿ Always keep an alcoholic sanitizer in the vehicle. Disinfect your hands when entering and leaving the vehicle;
- ⦿ Ensure that only two passengers travel in a hired vehicle;

- ☀ Passengers should not travel in the front seat in a hired vehicle;
- ☀ A face mask should be worn properly.
- ☀ After travelling in a hired vehicle or in your own vehicle, wash the hands for at least 20 seconds using soap and water before entering in to the workplace or home.
- ☀ Select a hired vehicle where a transparent barrier is fixed between the driving seat and passenger seats;
- ☀ Minimize the handling of cash and encourage passengers to bring the exact amount for the fare or arrange for online payments via payment apps.
- ☀ Have a hand sanitizer/alcohol/rub with you all the time.
- ☀ Provide an alcoholic sanitizer for your colleagues if possible;
- ☀ Consider asking passengers to handle their own personal bags and belongings during pick-up and drop off.
- ☀ Avoid using the recirculated air option for the car's ventilation during passenger transport ; use the car's vents to bring in fresh outside air and / or lower the vehicle windows.
- ☀ Clean and disinfect frequently touched surfaces in the vehicle (at least at the end of every 5 rides).
- ☀ Should ensure that all passengers are wearing face masks.
- ☀ Try not to touch mobile phone during the taxi ride.
- ☀ Do not touch, frequently touched surface unnecessarily. (E.g. armrests, doors etc.)

- ⦿ Do not touch your face during travel.
- ⦿ Wash hands after travelling in a hired vehicle with soap and water for at least for 20 seconds.



### **03. Use of Three Wheeler**

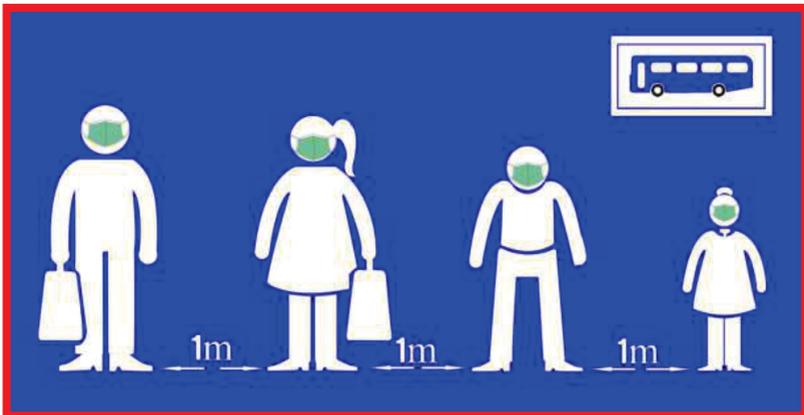
- ⦿ Should ensure that maximum number of passengers is limited to two;
- ⦿ Select a three wheeler where is installed a transparent barrier between driving and passenger seats;
- ⦿ Minimize the handling of cash and encourage passengers to bring the exact amount for the fare.
- ⦿ Have a hand sanitizer/ alcohol rub with you all the time.

- A face mask should be worn properly.
- Try not to touch mobile phone during the taxi ride.
- Do not touch, frequently touched surfaces unnecessarily.
- Do not touch your face while travelling.
- Wash hands after travelling in a trishaw with soap and water for at least for 20 seconds.



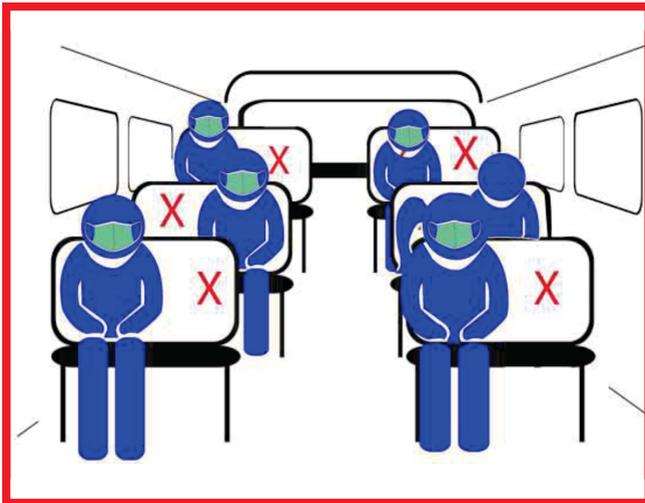
#### 04. Use of public buses

- ☀ Minimize the use of buses as far as possible;
- ☀ None of passengers should be standing inside the bus.
- ☀ Should ensure that all windows are opened inside the bus.
- ☀ Should ensure that all passengers are wearing face masks;
- ☀ Ensure that all buses are cleaned every night. It can be done using regular detergents/soap and water. provide adequate time to get into the vehicle and get down from it in order to practice non touch technique inside the bus during the travel.
- ☀ Wait in a queue in the bus stand maintaining 1 meter distance from each other.



- ☀ A face mask should be worn properly.
- ☀ If facilities are available wash your hands with soap and water or disinfect using hand sanitizers before entering the bus.

- ☼ should ensure that two passengers are not seated in adjacent seats in 2 or 3 seat rows.
- ☼ Do not enter bus if the permitted capacity is exceeded, for your own safety.
- ☼ Minimize the bags and goods that are taken.
- ☼ Try not to touch the mobile phone inside the bus as much as possible.
- ☼ Try to minimize the handling of cash by paying the exact amount.
- ☼ Do not touch, frequently touched surfaces unnecessarily;
- ☼ Wash hands after travelling in the bus with soap and water for at least 20 seconds; and
- ☼ Avoid the use of buses, even if you have minor respiratory symptoms.



## 05. Using Trains

- ☀ Use other alternative means of travelling as far as possible instead of travelling in trains;
- ☀ Wait in a queue in the train station maintaining 1 meter distance from each other.
- ☀ Ensure that 1 meter distance is maintained between passengers.
- ☀ A face mask should be worn properly.
- ☀ Should ensure that all windows are open in the train.
- ☀ If facilities are available, wash your hands with soap and water or disinfect using hand sanitizers before entering the train.
- ☀ Minimize the bags and goods that are taken.
- ☀ Try not to touch the mobile phone inside the train as much as possible.
- ☀ Try to minimize money handling by paying the exact fare at the ticket counter;
- ☀ Do not touch frequently touched surfaces unnecessarily.
- ☀ Wash hands after traveling in the train with soap and water for at least for 20 seconds; and
- ☀ Avoid the use of trains, even if you have minor respiratory symptoms.

## 13. Annexures - Check Lists

### Annexure 01.

**Parliamentary Election 2020. Check list that should be considered by the coordinators to be protected from COVID-19 during PAFREL election observation process**

#### Basic requirements

Sr. No	Health practices that should be complied under "COVID-19 new normal condition" during election observation	Done	Not done	Notes
01	At the time of joining all election monitors are in good health			
02	Pregnant women, people over 65 years of age, those who take treatment for long-term disease such as heart diseases, high blood pressure, diabetics etc. are not participating in the monitoring process			
03	Smokers are not participating in the monitoring process			
04	Close contacts of Covid-19 infested persons are not participating in the monitoring process			
05	All election monitors have the basic understanding of protecting from Corvid-19/ self-assessing forms are available			
06	Monitors have digital/telephone equipment to carryout election monitoring communication activities keeping the physical distance			

**Parliamentary Election 2020. Check list that should be considered by the coordinators to be protected from COVID-19 during PAFFREL election observation process**

**Office services**

Sr. No	Health practices that should be complied under "COVID-19 new normal condition" during election observation	Done	Not done	Notes
01	Training the staff			
02	Implementation of roster system			
03	Office arrangements to maintain physical distance			
04	Preparation of a file consisting of the name, telephone number, address and other basic information of all staff			
05	Implementation of procedures to maintain daily records of health conditions and sickness including recording body temperature of office staff, as per the above list.			
06	Meeting strategy to connect distant people on digital technology, digital screens and digital meeting place or finding an alternative.			
07	Provide water facilities with foot/sensor operated system to wash hands, along with soap and sanitizing liquid at the office entrance and inside the premises.			
08	Implement a daily program to make the office premises free from Covid-19 virus including disinfect frequently touched surfaces such as office door handles, tables, lifts, switches etc. using alcohol mixed disinfectant.			
09	Keeping the doors and windows open in the office to have adequate ventilation inside the office			
10	Regularize office waste disposal process and clean commonly used surfaces frequently.			

**Parliamentary Election 2020. Check list that should be considered by the coordinators to be protected from COVID-19 during PAFFREL election observation process**

**Conducting meetings/workshops and training**

<b>Sr. No</b>	<b>Health practices that should be complied under "COVID-19 new normal condition" during election observation</b>	<b>Done</b>	<b>Not done</b>	<b>Notes</b>
01	Planned to conduct meetings/training sessions under "Covid-19 new normal conditions"			
02	Taking steps to wash hands properly using soap before enter and leave the meeting/training premises.			
03	Provide adequate equipment relevant to measure temperature/report for the meeting/workshop			
04	Doors of the premises are kept open to avoid the participants to the meeting touching door handles			
05	Facilities are available to wash hands for the participants of the meeting/training session			
06	Participants can maintain one meter physical distance.			
07	Ensure the meeting/training premises are a well-ventilated place.			
08	Adequate number of assistants are employed to avoid passing stationery and other material by hand			
09	Disinfecting facilities are available if equipment such as FM microphones, marker pens are shared			
10	Participants are provided with clean and safe transport facilities			
11	Serving and eating meals for the participants of the meeting/training is arranged maintaining physical distance.			
12	Regularized/methodical waste disposal system is arranged			

**Parliamentary Election 2020. Check list that should be considered by the coordinators to be protected from COVID-19 during PAFFREL election observation process**

**General Check List**

Sr. No	Health practices that should be complied under "COVID-19 new normal condition" during election observation	Done	Not done	Notes
01	Keep a physical distance of one meter at your place of duty			
02	Take steps to wash hands properly using soap before enter and leave the premises.			
03	Ensure that the place of work is well ventilated			
04	A process is ready to report PAFFREL if faced with Covid-19 risk			
05	Monitors are wearing face masks properly			
06	Small alcoholic sanitizer bottle is available in the pocket/handbag of all monitors			
07	Cotton wool or material alike is available for sanitizing mobile phones and other equipment			

**Parliamentary Election 2020. Check list that should be considered by the coordinators to be protected from COVID-19 during PAFFREL election observation process**

**Mobile Observation**

Sr. No	Health practices that should be complied under "COVID-19 new normal condition" during election observation	Done	Not done	Notes
01	Adequate amount of face masks in order to wear face masks frequently			
02	Small alcoholic sanitizer bottle is always available in the pocket/handbag of all monitors			
03	Cotton wool or material alike is available for sanitizing mobile phones and other equipment			
04	A process is ready to report PAFFERL if faced with Covid-19 risk.			
05	Facilities are available to clean clothes and equipment used and for the Monitor to get cleaned once return home after visiting outside.			

**Parliamentary Election 2020. Check list that should be considered by the coordinators to be protected from COVID-19 during PAFFREL election observation process**

**Complaint Unit**

<b>Sr. No</b>	<b>Health practices that should be complied under "COVID-19 new normal condition" during election observation</b>	<b>Done</b>	<b>Not done</b>	<b>Notes</b>
01	Training the staff			
02	Roster system is implemented			
03	Office is arranged to maintain physical distance.			
04	Preparation of a file consisting of the name, telephone number, address and other basic information of all staff			
05	Implementation of procedures to maintain daily records of health conditions and sickness including recording body temperature of office staff, as per the above list.			
06	Meeting strategy to connect distant people on digital technology, digital screens and digital meeting place or finding an alternative.			
07	Develop a filing system and digital recording system to record complaints			
08	Provide water facilities with foot/sensor operated system to wash hands, along with soap and sanitizing liquid at the office entrance and inside the premises.			
09	Keeping the doors and windows open in the office to have adequate ventilation inside the office			
10	Regularize waste disposal from office and clean commonly used surfaces frequently			

**Parliamentary Election 2020. Check list that should be considered by the coordinators to be protected from COVID-19 during PAFFREL election observation process**

**Providing meals**

Sr. No	Health practices that should be complied under "COVID-19 new normal condition" during election observation	Done	Not done	Notes
01	Food suppliers for all offices are registered			
02	It is ensured that food suppliers are following health practices under "Corvid-19 new normal conditions".			
03	Monitors are encouraged to bring food from their homes			
04	Proper hand washing facilities are available near the eatery			
05	Arrangements are made in the eatery to maintain one meter distance between people.			
06	If the number of staff or persons to take meals are high, allocate different times to have meals in batches to avoid over crowding			
07	Establish processes to dispose waste food and other wastes in a methodical manner.			

**Parliamentary Election 2020. Check list that should be considered by the coordinators to be protected from COVID-19 during PAFFREL election observation process**

**Transport**

Sr. No	Health practices that should be complied under "COVID-19 new normal condition" during election observation	Done	Not done	Notes
01	List of transport media used by the monitors is prepared (at District and Office level)			
02	Travelling is planned under District, Regional and Office level			
03	Facilities are provided to refer to the advise given in the manual of guidelines regarding "travelling" in accordance with Corvid-19 new normal conditions			
04	Alcoholic hand sanitizer bottle is always kept in the vehicle			
05	Supply and keep face masks and disinfectant liquids for yourself if travelling in public transport			
06	Keep the shutters open to ensure good ventilation inside the vehicle while travelling			
07	Always wear the face mask while travelling.			
08	Have facilities to wash hands well using soap at the end of the trip			
09	A plan and procedure is prepared under "Covid-19 new normal conditions" for travelling during the election period			

## Monitoring of election- Parliamentary election 2020

Self-assessing report to be completed daily by an election monitor

**To Ensure health-protected election process under  
"COVID-19 new normal conditions".**

Date: .....

Sr. No	Health practices that should be complied under "COVID-19 new normal condition" during election observation	Could follow correctly	Couldn't follow correctly	What's to be done in the next day
01	Washing hands at least once in two hours using soap under running water			
02	Touching face/nose/mouth/eyes etc. was done only after sanitizing or properly washing the hands			
03	Wearing a face mask every time when working outside			
04	Not touching each other when working with other people			
05	Keeping a minimum one meter distance between people			
06	Using mobile phones and other personal equipment in germless condition			
07	Arranged to clean the clothes and disinfect the equipment used when return home			
08	Election monitor got well washed and cleaned before handling things at home			
09	Possibility of working under "Covid-19 new normal conditions" when monitoring incidences of election violence			
10	observe and report incidents which obstructed free and fair election due to conditions caused by the Covid-19 epidemic			

## 13. Annexure 02.



### **2020 Sri Lankan Parliamentary Elections COVID-19 Code of Conduct for Election Observers**

We, election monitoring organizations planning to observe the 2020 parliamentary elections, realize the severity of the COVID-19 pandemic and our responsibility to help contain the spread of the disease.

Election observers are an integral part of a democratic and transparent electoral process, and this remains true during the unprecedented situation we are currently facing. We remain committed to the highest standards set by international and regional instruments for our line of work.

We want, however, to ensure that election observation takes place in the safest possible manner and does not adversely impact voters, polling staff, or other electoral stakeholders. Therefore, we have jointly prepared the following guidelines, to be implemented throughout our respective election observation activities:

1. Our organizations are committed to following COVID-19 policies implemented by health authorities, the Election Commission of Sri Lanka, and other government agencies. We will ensure that our staff members and volunteers behave accordingly, and will keep them periodically updated.
2. We will prioritize online forms of communication, to limit as much as possible the need for in- person meetings.
3. Our staff members and volunteers will be instructed to maintain a social distance of at least one meter at all times. We will make the necessary arrangements to avoid physical contact as much as possible.
4. Our staff members and volunteers will be instructed to wash their hands regularly and thoroughly with soap or hand sanitizer.

5. Our staff members and volunteers will be required to wear face masks in public and provided guidance on how to wear one properly.
6. We will instruct our staff members and volunteers to limit their use of public transportation as much as possible. Private vehicles will be disinfected before and after use.
7. Our staff members and volunteers will be mandated to keep a daily journal of their activities, including places visited and persons met, to provide health authorities with the information needed for contact tracing, should it be necessary.
8. We will strive to provide staff members and volunteers with adequate health insurance coverage. Their health situation will also be regularly monitored with the help of health professionals, and any person experiencing symptoms of COVID-19 will be required to self-isolate.

**Endorsers:**

- ◆ Asian Network for Free and Fair Elections (ANFREL)
- ◆ Campaign for Free & Fair Elections (CaFFE)
- ◆ Center for Monitoring Election Violence (CMEV)
- ◆ Mothers & Daughters of Lanka (MDL)
- ◆ Movement for Free and Fair Elections (MFFE)
- ◆ National Polls Observation Centre (NPOC)
- ◆ People's Action for Free and Fair Elections (PAFFREL)

**COVID-19 Pledge for Election Observers**

1. I will follow COVID-19 policies implemented by health authorities, the Election Commission of Sri Lanka, and other government agencies.
2. I will follow COVID-19 guidelines issued by my organization.

3. I understand that I have to maintain a social distance of at least one meter at all times. I will avoid physical contact as much as possible.
4. I will wash my hands regularly and thoroughly with soap or hand sanitizer.
5. I will wear a face mask in public and was provided guidance on how to wear one properly. I understand that I will be denied entry into polling centers, counting centers, or other facilities if I don't wear the required protective equipment.
6. I will limit my use of public transportation as much as possible.
7. I will regularly update my organization about my health situation. I understand that I need to self-isolate if I experience symptoms of COVID-19.
8. I will keep a daily journal of my activities, including places visited and persons met. I understand that this information must be provided to health authorities for contact tracing purposes, should it be necessary. However, I will not disclose the content of my interviews as an election observer.
9. I will not misuse the identification card issued by my organization.

I hereby acknowledge the COVID-19 Code of Conduct for Election Observers and accept to follow it for as long as deemed necessary by my organization.

Name: .....

Date: .....

Signature: .....

Note: Organizations can use the template above as they see fit to ensure the compliance of their staff members and volunteers with the COVID-19 Code of Conduct for Election Observers.





















