GOUR MAHAVIDYALAYA

Department of Food & Nutrition

**ACCREDITED BY NAAC (2nd Cycle) B+**



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**COVID-19 Orientation Programme Arranged by Food & Nutrition**

**Generic Preventive Measures/COVID-19 Appropriate Behaviour**

*The following public health measures are to be followed to reduce the risk of COVID-19 by all (faculty members, employees, students and visitors) in these places at all times:*

1. Physical distancing of at least 6 feet to be followed as far as feasible.
2. Use of face covers/masks to be made mandatory.
3. Frequent hand washing with soap (for at least 40-60 seconds) even when hands are not visibly dirty. Use of alcohol-based hand sanitizers (for at least 20 seconds) can be done wherever feasible.
4. Respiratory etiquettes to be strictly followed. This involves strict practice of covering one’s mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing of used tissues properly.
5. Self-monitoring of health by all and reporting any illness at the earliest.
6. Spitting shall be strictly prohibited.



