

# GOUR MAHAVIDYALAYA

Department of Food & Nutrition

ACCREDITED BY NAAC (2<sup>nd</sup> 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:*

- i. Physical distancing of at least 6 feet to be followed as far as feasible.
- ii. Use of face covers/masks to be made mandatory.
- iii. 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.
- iv. 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.
- v. Self-monitoring of health by all and reporting any illness at the earliest.
- vi. Spitting shall be strictly prohibited.



Jhimli Banerjee  
16.11.2021

Arpita Banerjee  
16.11.2021