

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**) at all times:

- Physical distancing of at least 6 feet to be followed as far as feasible.
- Use of face covers/masks is mandatory.
- Frequent handwashing 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) to be done wherever feasible.
- 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.
- Self-monitoring of health by all and reporting any illness at the earliest.
- Spitting is strictly prohibited.
- Installation & use of "Aarogya Setu App" is advised.
- It is important to be physically and mentally fit to handle any exigencies. By remaining fit, we can take care of others also.
- The activities that increase immunity-boosting mechanism which may include exercise, yoga, eating fresh fruits, and healthy food (avoid fast food), sleep timely should be inculcated.
- Discrimination of those with a history of COVID-19 disease to be avoided.
- Give support to your friends under stress due to COVID-19 pandemic.
- Follow the guidelines, advisories, and instructions issued by the Government authorities as well as by the universities and colleges regarding health and safety measures in view of COVID-19 pandemic.

Video links of Ministry of Health & Family Welfare <https://www.mohfw.gov.in/>

Practical tips to take care of your Mental Health during the Stay In

<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>

Minding our minds during the COVID-19

<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>

Various Health Experts on how to manage Mental health & Well Being during COVID-19 outbreak

<https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>

Behavioural Health: Psycho-Social toll-free helpline – 0804611007