

Exercising reduces the risk of infection

Explaining the effects of exercise on the immune system, Physiotherapist Gülşah Konakoğlu said: “While mild and moderate exercise reduces the risk of upper respiratory infections, intense and high intensity exercise increases the risk.”

Indicating that the effect of exercise on immune system functions depends on many variables, Physiotherapist Lect. Gülşah Konakoğlu from Istanbul Gelisim University said: “There are many variables such as intensity, duration, intensity and physical fitness level of the individual during exercises. The mechanisms underlying exercise-related immune system changes are multifactorial. Neuroendocrinological, physiological and metabolic factors play an important role in the effects of exercise on the immune system.”

“DO NOT EXCEED THE TIME LIMIT”

Emphasizing that moderate exercise increases immune system functions, Physiotherapist Lect. Gülşah Konakoğlu stated: “Furthermore, immunity caused by exercise, old age and stress reduces the risk of suppression in the system and cancer. However, when the threshold level is exceeded in terms of the intensity and duration of the exercise, the risk of infection increases with the increasing severity and duration.”

Indicating that the period when immunity gets weakened after exercise is called the “open window” period, Konakoğlu said as follows:

“The exercise ends in 3 to 72 hours, depending on the type, severity, duration and immunity level. In this period called open window; microorganisms, especially viruses, can enter into the body and cause infections. Therefore, nutrition and adequate rest after exercise are important in preventing the negative effects of severe exercise.”

CONSUMING CARBOHYDRATE IS BENEFICIAL

Mentioned that carbohydrate is one of the most important nutrients that reduces immunity in intensive long-term exercises, Konakoğlu said: “For this reason, long-lasting brisk exercises should start consuming 7-10 g / kg of carbohydrate per day through food consisting of sufficient carbohydrate. Consuming 30 - 60 g of carbohydrates per hour during exercise will

provide enough fuel for training, while also reducing the negative effects of exercise. It is appropriate for people who exercise for healthy life to prefer moderate and stress free exercise types in order to increase immune system functions.”

Talked about the social dimension of the coronavirus: Opportunities for family relationships should be created

As coronavirus cases ravaging the World seen in Turkey as well, whereas the Social Services Specialist Professor Dr. İsmet Galip Yolcuoğlu said: “These days, opportunities should be created to repair family relationships and lack of love. It would be beneficial for us to develop activities that will allow us to look forward to the future, to build positive thoughts and attitudes.”

Head of Social Work at Istanbul Gelisim University, Social Work Specialist Prof. Dr. İsmet Galip Yolcuoğlu made statements about the social dimension of the coronavirus outbreak.

Noting that problems and difficulties will cause growth, maturation, development and developing a new lifestyle, Yolcuoğlu said:

“When things don't go the way we want, life isn't bad, lousy or terrifying. It is necessary to think, "Although I do not like it, I can bear these uncertainties and difficulties." Yes, this is a bad situation, something I do not want, but it is not terrible, but I can bear it, even if it is annoying, I can endure it. By accepting such crises as an opportunity it is necessary to analyze the bio-psycho-social aspects of the situation of all segments of the society and to prevent protective-preventive, therapeutic and rehabilitative social work interventions. For this, thousands of social workers, psychologists of the “Ministry of Family and Social Services” employ corona and so on. In such crisis situations, it should improve the “psychological and social intervention” to a comprehensive. By establishing district directorates, the Ministry of Social Services will enable social workers to manage processes in families at risk by increasing the number of “social service centers” on a district basis, by switching to the “family counseling” system and reaching the whole system.”

“THE PROCESS MUST BE MANAGED WITH THE CRISIS OF INTERVENTION THEORY”

Prof. Dr. İsmet Galip Yolcuoğlu continued as follows: “Coronavirus, quarantine etc. in such large social events, individuals have to cope with these traumatic effects, both physically and emotionally. In such cases, individuals define themselves as being in a dark tunnel or destroyed by the world, they think that nothing will change anymore and can be very helpless and in great fear. This is a “crisis situation” and the process must be managed with psychosocial theoretical knowledge, crisis intervention theory knowledge. Crisis intervention is the most accurate and short-term method of reaching and helping people who have difficulties and experience difficult times.

“Crises” is the first non-psychopathological human condition that begins immediately after the perception of events that can be identified unexpectedly, cannot be tolerated, cannot be resolved by the problem solving methods used before, causing suddenly an increase in tension, perceptual cognitive, emotional and behavioral turmoil.”

“CHALLENGING LIFE EVENTS CHANGE AND CONVERT THE LIVES OF INDIVIDUALS”

The second period is the period when the usual methods fail, the threat continues and the tension increases. The individual is disorganized and uses trial-and-error methods to solve the problem. Since the failure of problem solving continues in the third period, all internal and external resources are mobilized in this period. As a result, sometimes the individual solves the problem and sometimes the tension can reach large dimensions and an “acute depression” picture may appear. In this period, tension accumulates and breaks, and individuals undergo a great emotional breakdown or they may damage their social functionality while reducing tension by resolving the crisis with badly harmonious forms of behavior. Behavioral disorders; for example, antisocial, aggressive behavior, depression, can manifest. Many of the crises depend on certain events that cannot be predicted, and here “random crises” develop suddenly at such times. Mankind can experience stormy periods during his life, such as getting sick, losing a relative, being injured as a result of trauma, bankruptcy, arrest, imprisonment, being attacked, tortured or suffering from multiple losses in natural disasters. These challenging life events change and transform individuals' lives”

“OPPORTUNITIES MUST BE CREATED TO THE MEET LOVE DEFICIENCIES”

Prof. Dr. İsmet Galip Yolcuoğlu said as follows:

“The aim of the crisis intervention carried out by social workers is to re-evaluate the situation and enable the client to control his/her own feelings, thoughts and behaviors. In the intervention to the crisis, it is tried to bring the most appropriate solution to the crisis of the individual going through the crisis. In this challenging process, social workers will work in a wide range, as professionals who find remedies, informative, direct to other helpful resources, listen effectively, and provide psychosocial support. Social workers in crisis situations will be able to manage the process by applying a wide variety of professional techniques and methods to help individuals discover and uncover coping mechanisms in all psychological, cognitive, spiritual and social categories, and to keep their hopes alive. Nowadays, opportunities should be created for reading books that have been accumulated for years, postponed to be read, by recording important notes in a notebook, and to meet the love deficiencies of family relationships instead of the days that have been flowing like a robot for years. Instead of wasting time, it would be beneficial to “develop time” with good books and movies, and to create activities that will strengthen our psychological well-being and hopefully head towards the future, and build positive thoughts and attitudes.”

Recommendations to strengthen the immune system against coronavirus

Emphasizing that the immune system should be strong for the corona virus, which has affected the whole world, Quality Life Specialist Dr. Haluk Saçaklı made detailed suggestions such as diaphragm exercise, saying “We need to stay away from the stress and panic that will destroy our immune system in this period”.

Starting from the Wuhan city of China and reaching up to Turkey corona virus cases which killed thousands of people made everyone panic. People who are unable to continue their daily lives due to fear, panic and stress resort to many ways to protect themselves. During this period, the Quality Life Specialist from Istanbul Gelisim University, who especially emphasized the importance of the immune system Dr. Haluk Saçaklı made suggestions about the subject and shared special recipes.

Expressing the need to stay away from panic and stress, especially Dr. Haluk Saçaklı also emphasized diaphragm breathing exercise. Detailing recommendations that strengthen the immune system, respectively, Dr. Saçaklı said: “First of all, we will stay away from contact.

We will put 1-2 meters distance from people, we will not shake hands and kiss. We will clean our hands with cleaners containing more than 60 percent alcohol. These classic known measures. Here, we have to keep our immune system very strong for viruses, bacteria or any disease. Even in earthquakes, if the building is intact, there is no collapse. But if the building is rotten, we face death. We have five very important points to keep our immune system strong. We will have a natural and balanced diet. Two, we will stay away from the high intensity exercises, that is, the exercises for sports. Three, we will learn how to control stress, albeit a little. We will save ourselves from panic. Panic collapses the immune system. Four, we will sleep well and quality. We will go to bed at the right time. The last one is the diaphragm breath. We will breathe 10 times with fresh air every morning and evening.”

SPECIAL RECIPES TO STRENGTHEN THE IMMUNE SYSTEM

Referring to the importance of natural and balanced nutrition, Saçaklı also shared special recipes that strengthen the immune system. Saçaklı said: “When you get up every morning, make a mixture of turmeric, extra virgin olive oil, nigella and very little pepper. Let's put a teaspoon of powdered turmeric, ½ teaspoon of nigella, 1 teaspoon of it in a dessert, and a little black pepper and drink this mixture for healing purposes. Between breakfast. This will strengthen our immune system. The advantage of olive oil and black pepper is that turmeric is difficult to absorb from the intestines, so it is easy to absorb with olive oil and black pepper. As herbal tea, let them boil two rosehips, two black peppercorns, two pieces of ginger, hibiscus, echinacea and lime for 1-2 minutes in order to strengthen our immune system in 1 liter of water. Let them turn off the fire, let it brew for 3-4 minutes and drink it one after another in the snacks. Another alternative recipe is the combination of carrot and pumpkin seeds. Let them combine carrot and pumpkin seeds in between meals. Half a cup of carrot juice and a handful of pumpkin seeds are unsalted. It is a very good source of antioxidants when the two are combined. Also, they should prefer green tea instead of black tea. Onions and garlic strengthen our immune system. Put garlic in yogurt in the evening.” Saçaklı also recommended consuming cautious greens, paying attention to cooking methods, and staying as far away from industry foods as packaged foods.

Saçaklı has listed the other recommendations to sustain and strengthen the immune system as follows:

“SEVERE SPORTS AND EXERCISE SHOULD BE GIVEN THE INTERIM”

“People should stay away from activities that are high and are geared towards sports. Better not to run: people should walk 3 or 5 days a week for a certain period of time. But instead of walking along the gulf and breathe fresh air, people face breathing carbon monoxides from the cars. Better try to walk in a green environment without a car. In sports, do not go under big weights. We warn young people, our muscles do not melt so quickly by the way. Work with smaller weights.”

“SLEEP BETWEEN 22.00-03.00 PROVIDES YOUR BODY'S REGENERATION”

“People need to sleep at the right time and get up at the right time, we should go to bed between 22.00-24.00 and get up at 05.00-07.00. Our genetic code has been adjusted this accordingly. All the maintenance and repair of our body is done between 22.00-03.00. If you stay on the internet until 1 to 2, your immune system will collapse and the body cannot renew itself. Put the head of the bed in the north and west part, we cannot sleep well and of good quality in the south and east side. Mobile phones should not be charged in places where they sleep. Magnetic things break our immune system.”

“THE RIGHT WAY TO BREATHE IS DIAPHRAGM”

“Diaphragmatic breathing is very important. Babies normally breathe from the diaphragm, but that habit changes over time, and we always start breathing through the chest. First, we fill the stomach with air, push that air to the chest, feel it in the throat, gently hold the breath, it takes in 4 seconds for 2 seconds, and distribute oxygen to all cells. While slowly exhaling, the abdomen gets smaller and we pull the abdomen inside. Open the window every morning when wake up and take a diaphragmatic breath ten times. Likewise, it should be done before going to bed. We have almost 10 trillion cells. 10-15 million cells die per day. They have the chance to remove the cells that die from this breathing by lymph circulation. They will keep the immune system strong this way.”

“STRESS AND PANIC CAUSES DAMAGES IN IMMUNE SYSTEM”

“Do not stress or panic. All kinds of panic cause the immune system to collapse. If we get a lot of stress and panic, our system will be in danger. Regardless of whichever virus and bacteria, if we stick to these rules and we can keep our immune system strong, we can be affected, but we will never face death.”

Sharings on coronavirus on social media causes anxiety in investor

While coronavirus, the biggest global problem of recent times, continues to upset the commercial balances of the countries, Finance Specialist Dr. Hakan Yıldırım made warnings about the posts on social media. Yıldırım said: “While global propaganda on social media causes dramatic declines as a result of the increase in the number of cases and fear of perceived measures by the society, it causes an increase in investor anxiety.”

Stating that the coronavirus affects not only the country where it originates, but also the economy and financial markets on a global basis, Dr. Hakan Yıldırım from Istanbul Gelisim University (IGU) said: “VIX volatility index, which is the indicator that investors focus most, has reached the highest levels since 2008 global crisis. The leaps in the VIX index, also known as the fear index, are also known as an indicator of the fears of investors, actors of the global markets. The said VIX index reaching 75.00 levels reveals how high the uncertainty and fear in the market is. The uncertainty that arises brings investors to avoid risks and thus sales pressures. On the other hand, with uncertainty, investments can be said to come to a halt.”

STRATEGY OF PROTECTION FROM RISK WITH GOLD

Stating that with the spread of coronavirus to Europe investors has turned their faces to the gold, Dr. Yıldırım said: “As a result of the increasing demand for gold, it reached a record level by testing the 1.703.00 dollars in gold ounces. Although one of the biggest reasons for this is the increasing demand of individual investors against gold, it can be stated as the fact that institutional investors enter their current investments into a hedge strategy with gold. Although the attractiveness of oil decreases with rising gold prices, the biggest reason for the sharp declines in oil can be said to be the decline in the commercial activities of the countries.”

“ADVANTAGES FOR TURKEY”

Indicating that oil purchases in the countries are in line with the economic growth, Dr Yildirim added: “In other words, producing countries also increase their oil purchases. For example, China has reduced daily oil demand by 250,000 barrels since the virus appeared. They developed the same behavior in other developed and developing economies, so that oil prices were inevitable. Thus, in 2020, crude oil was priced at \$65.00 a barrel, while it was subject to a dramatic downward trend and decreased to \$ 28.00. While the average of 2020 is 50.94, oil is around 30.00 dollars nowadays. In this case, the oil-exporting countries sokabilecekk the difficult situation, to be advantageous in terms of non-oil-dependent countries such as Turkey.”

“RECESSION IS INEVITABLE”

Stating that economies are frightened just like individual and institutional investors and believe that the recession is inevitable, Finance Expert Dr. Hakan Yildirim said: “This is fair that these countries to believe in this situation. In real markets, where commercial activities have fallen, real gross domestic product may have a negative growth in two or more quarter periods in a row, and it already defines recession. The fight against recession depends on an effective monetary policy and fiscal policy. If countries cannot manage these policies effectively, the recession may turn into an economic crisis and this economic crisis may be equivalent to the 2008 crisis.”

Anxiety is contagious, it affects children first

Stating that there is fear in everyone because of coronavirus and that children are affected by this situation, Psychiatrist Assoc. Prof. Dr. Sevcan Karakoç Demirkaya said: “Children learn by observing their parents. Although we do not say anything, they see our behavior and observe our fear of our eyes. Anxiety is also contagious; it affects children first.”

Saying the right thing is not to hide but to tell the child, Demirkaya said: “Those who go to school do already know the reason for school break. For this reason, we must answer the questions they are curious about, without denial and appropriate for the child's level of development. Their closest and most trusted people are their parents. Inconsistency and anxious approaches from their parents can damage the child's sense of trust. Therefore, it is necessary to be clear, reliable, realistic and clear. However, sometimes sharing more

detailed information can be a burden for the child. First of all, we must control our own feelings and thoughts as parents. Children learn by observing their parents. Even if we don't say anything, children see our behavior and observe our fear of our eyes. Anxiety is also contagious; it affects children first.”

“CONCERN SHAPES BEHAVIORS”

Emphasizing that intense anxiety experienced by the mother in families with infants and younger children will affect the baby unintentionally, Child and Adolescent Psychiatrist Assoc. Prof. Dr. Sevcan Karakoç Demirkaya from Istanbul Gelisim University said: “The mother's understanding and anxiety about the epidemic shapes her behavior. Even the mother's holding, cuddling and look of her baby may change, and these anxious, insecure attitudes can disrupt attachment. Starting to go out on the street less at a time when younger children can walk and move more freely can cause them to insist on going to a park and cry and increase stubborn attacks. Again, it is common for infants and younger children to put their hands and objects to their mouths. In these cases, the babysitter should behave calmly and pay attention to the housekeeping.”

“WE MUST BE CAUTIOUS”

Mentioning that each child's perception of the disease is different according to their age, Demirkaya said: “In this difficult process for all of us, as a parent, we should be able to control our anxious feelings and thoughts, and be calm, but cautious. Although there are kindergarten and school breaks, it is important to continue the daily routines of children like before the epidemic. We should all know that this period is temporary, yet uncertain. In addition to physical measures, we must also protect our psychological well-being. If there is an anxiety in ourselves and in our child that can cause sleep loss and disrupt daily life, you can also get help with remote psychological support channels that do not disturb security.”

HOW SHOULD CHILDREN BE APPROACHED PSYCHOLOGICALLY?

Explaining how to approach children psychologically, Child and Adolescent Psychiatrist Assoc. Prof. Dr. M. Kayhan Bahalı from Istanbul Gelisim University warned parents to spend more time with their children in crisis situations, and said: “Being close to you will comfort

them. When they want to talk about dangerous situations associated with Covid-19, listen to them patiently. Do not be angry, do not try to get silent or change the subject. Do not say 'there is nothing to be afraid of,' as it faces a real danger. It will not be believable. Indicate that many people are afraid of the coronavirus outbreak, fear is a normal feeling.”

Expressing that children should be given the opportunity to express their fears and concerns, Bahalı said: “Ask them to say the worst possible scenario they can think of. Consider the possibility that this can actually happen. Identify encouraging slogans. One of the most important things for the child in crisis situations is the safety of themselves and their relatives. Therefore, say the security measures one by one, which you have taken to protect you and yourself from Covid-19. Identify any additional measures that can be taken, with your child. Tell that it is a condition that can improve and you will do your best for their treatment, if someone or one of a family member is sick. Don't let fears block their daily life as much as possible, support them to continue their lives with the precautions you take. If you cannot prevent the anxiety, phobia and anxiety from affecting your child's daily life despite all your efforts, apply a child psychiatrist.”

“PROTECTION OF CHILDREN PSYCHOLOGICALLY IS IMPORTANT”

Noting that everyone should apply the ways of protection completely instead of being anxious and depressed, IGU Chairman of the Board of the Trustees Abdulkadir Gayretli said: “Parents also need to teach children how to be cautious”. Gayretli stressed the importance of psychological protection as well as teaching protection in terms of cleanliness to children.

How does coronavirus affect mental health?

Speaking about how the coronavirus epidemic that ravaged the world may affect mental health, Psychiatrist Dr. Emre Tan pointed out that fear of intense death and losing health can cause hypochondriasis (obsession with getting sick) or anxiety disorders.

Psychiatrist Dr. Emre Tan from Istanbul Gelisim University made statements about the effects of the coronavirus epidemic on mental health. Psychiatrist, who stated that people will lose their health or fear of intense death, may cause hypochondriasis (obsession with getting sick) or anxiety disorders. Emre Tan said: “The effort to hold on to life is a process

that we see in almost everyone, even if the person is not very satisfied with his life. Man naturally tries to stay alive well and healthy. When he feels that he cannot sustain them, his anxiety and fear are considered natural to some extent. Outbreak diseases undermine this desire to live and be healthy. In addition to epidemics, anxiety is at the top when the exact picture of the current picture originates, how it progresses, and how it is treated. Because the main condition for anxiety and restlessness is uncertainty. The uncertainty of these processes was very high in the coronavirus disease we experienced recently. As time goes on, it becomes easier for us to understand the disease, but it is not clear yet. This causes anxiety to continue”

IS EVERYONE AFFECTED THE SAME?

Psychiatrist Dr Emre Tan stating that the reactions of people against stress will vary, said: “Personality structure, past life experiences, social support structure and opportunities cause everyone to create different reactions. The susceptibility to exposure, the state and attitudes of the society in which it operates, are effective in shaping this process.”

HOW DOES IT AFFECT MENTAL HEALTH?

Stating that the virus epidemic first created restlessness, anxiety and worries, Tan warned: “It is also possible to observe the news about the disease obsessively, to ignore these news or to remain insensitive. Irregularities in sleep times and quality, difficulties in gathering attention may occur. Inquiries about the search for meaning of life, existence may increase. A general unwillingness may begin. Alcohol and substance use may increase. Feelings of imbalance, tension or anger may appear in emotions. The existing psychological diseases can worsen.”

“TRANSPARENCY OF INFORMATION SOURCES HAS POSITIVE EFFECTS ON MENTAL HEALTH”

Psychiatrist Dr. Emre Tan from Istanbul GeliSim University emphasized that uncertainty and hiding something increases the chaos when combined with conspiracy theories, and added: “Therefore, reliable and transparent information sources affect individual and community mental health positively. The media coverage of the news on the subject should not be in a panic way. Although news flows on social media and other elements increase, it often

involves repetition of the same. Being exposed to the same negative process many times may impair your mental health. Therefore, it may be appropriate for the person to make certain news diets.”

SLEEPING WELL IS VERY IMPORTANT

Noting that sleeping well is one of the most important factors for the mind to rest during these periods, Tan said: “Alcohol and drugs should be avoided. Meditation, yoga and sports activities can be done to reduce stress. Short vacation breaks can be made taking into account the precautionary measures. Rather than being alone in this process, it may be beneficial to be with a few friends or family members and to share the feelings by adapting the disease transmission and protection conditions. Talking and sharing negative emotions have priority in dealing with stress. Instead of following pessimistic and anxious developments over and over again, home efforts and hobby activities that will enable them to get out of this vicious circle can make a positive contribution.”

Special product is unnecessary for cleaning

Public Health Specialist Dr. Nurten Elkin said: “Due to the microbiological characteristics of the virus, cleaning with routine cleaning materials mentioned is sufficient. It is not necessary to use a special product.”

Stating that coronavirus is directly affected by routine cleaning agents such as soap, detergent, bleach, and dry environments and sunlight, and loses its vitality, Dr. Elkin said: “In this context, routine cleaning should be done as a precaution, and water and soap, surface cleaning detergents, 1/100 diluted bleach or chlorine tablet should be used for the cleaning according to the characteristics of the area being cleaned. The surfaces should be dried if necessary. 1/100 bleach preparation: 1 scope of bleach + 99 scopes of water release 500-600 ppm of chlorine.”

“AVOID TO USE BLEACH UNLESS IT IS NECESSARY”

Suggesting to clean plastic and metal toys and other materials of children with water and soap or surface cleaning detergents, Dr. Nurten Elkin from Istanbul Gelisim University said:

“Considering children’s health, you should avoid to use bleach unless it is necessary. In case of diluted bleach, children’s contact to the surface should be prevented for 1-2 hours.”

“ESPECIALLY HANDS SHOULD BE WASHED FREQUENTLY”

Making a statement on the cleaning of schools, Public Health Specialist Dr. Nurten Elkin said: “In the cleaning of schools, standard cleaning should be done with water and detergent, and attention should be paid to cleaning of the surfaces that are frequently touched by hands, such as door handles, batteries, handrails, toilets and washbasins. Another product that can be used during cleaning is sodium hypochlorite, i.e. bleach.”

HOW TO WASH HANDS

Advising on the correct way to wash hands, Dr. Elkin said as follows: “Before hand washing, accessories such as ring, watch on the hands should be removed. Hands should be wet under running water. Hands should be foamed intensely with normal soap and rubbed vigorously for at least 20 seconds. Wrists, palms, back and toes of the hands and the edges and ends of the nails should be rinsed. Hands should be dried with paper towels starting from the wrists and the faucet should be turned off with the same paper towel.” Elkin also emphasized that using vinegar for household cleaning and washing the nose with salt water do not help in protecting against new coronavirus infection.

Social isolation, not a holiday

Announcing to all university students, Abdulkadir Gayretli said: “The school break should not be seen as a vacation. This is actually a social isolation. You have to stay at home.”

Chairman of the Board of Trustees of Istanbul Gelisim University Abdulkadir Gayretli warned university students and said: “Although meeting with crowded groups of friends, getting on public transportation, spending lots of time outside puts you at risk, it poses a serious threat to the elderly. That not only you but also the ones you love come to no harm is up to you, the youngsters.”

Stating that children and adolescents have the infection more mildly or even without symptoms, Gayretli cited: “Since young people are in more crowded environments, they

cause spreading of the infection more in the society. The main purpose of school and university break is to reduce the mobility of this age group and to protect risky groups by keeping them at home. Because young people are more likely to carry and transmit the infection to risky groups.”

Calling families of young people, Gayretli said: “Dear families, you need to protect yourself. If possible, do not leave the house, stop shopping, let young people do these. Do not get together with your friends and friends these days. Young people can also reduce their visits to prevent you from transmitting this virus. It would be better to be alone for a while. It is a better method to fulfill longing by calling their phones. Your health is more important than anything. We continue to work for you.”

Emphasizing the need to pay attention to follow the suggestions of the Ministry of Health, Gayretli said: “The most important thing for all of us is to be protected from the virus as much as possible. Therefore, follow the advice of experts as much as possible. Pay attention to hygiene. Eat well and sleep well. If you need medical aid, contact your nearest healthcare provider.”