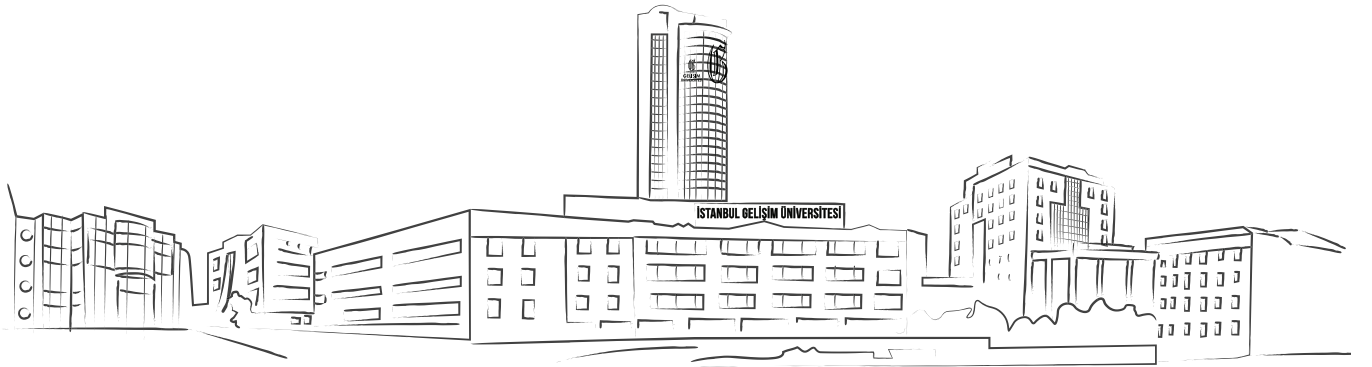




— ISTANBUL —
GELISIM
UNIVERSITY
WEEKLY PRESS RELEASE

MARCH 16 - MARCH 20, 2020 - VOLUME 4 / ISSUE 5



www.gelisim.edu.tr

AGENDA OF PERSONNEL

1. **Cantekin CORA** has been assigned as the Secretary at the Dean's Office of the Faculty of Economics, Administrative and Social Sciences on March 13, 2020.
2. **Ahmet Berk DİZMEN** has been assigned as the Office Clerk at the Dean's Office of the Faculty of Economics, Administrative and Social Sciences on March 19, 2020.

Note: Personnel birthdays celebrated in the previous bulletins will not be published any more due to the obligations regarding data security within the scope of the Personal Data Protection Law (KVKK).

Note: In accordance with the decision taken by the Presidency of the Republic of Turkey on 12 March 2020, conferences, panels, exhibitions, meetings, workshops, congresses and similar events planned to be held between 16 March - 06 April 2020 at our University have been canceled.

NEWS

MARCH 16, 2020

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."

You can visit www.gelisim.edu.tr to see the detailed news.

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

MARCH 16, 2020



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.

You can visit www.gelisim.edu.tr to see the detailed news.

Recommendations to strengthen the immune system against coronavirus

MARCH 17, 2020


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.

You can visit www.gelisim.edu.tr to see the detailed news.

Sharings on coronavirus on social media causes anxiety in investor

MARCH 17, 2020


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."

You can visit www.gelisim.edu.tr to see the detailed news.

Anxiety is contagious, it affects children first

MARCH 17, 2020


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."

You can visit www.gelisim.edu.tr to see the detailed news.

How does coronavirus affect mental health?

MARCH 18, 2020


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."

You can visit www.gelisim.edu.tr to see the detailed news.

Special product is unnecessary for cleaning

MARCH 19, 2020


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."

You can visit www.gelisim.edu.tr to see the detailed news.

Social isolation, not a holiday

MARCH 20, 2020


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."

You can visit www.gelisim.edu.tr to see the detailed news.

THINGS TO KNOW



ABOUT NEW CORONAVIRUS



All necessary measures are taken for the **coronavirus** revealed in Turkey and the World at **Istanbul Gelisim University**. **Things to know about coronavirus are as follows:**

What are the new coronavirus symptoms?

- The most common symptoms are **fever, cough and respiratory distress**.
- In severe cases, **pneumonia, severe respiratory failure, kidney failure and death** may occur
- Incubation period is between **2 and 14 days**.

How is the virus transmitted?

- It can be transmitted by the contact of the droplets caused by **coughing and sneezing** with the contact of the **mouth, nose and eyes** of other individuals in certain environment and by touching the surfaces where the droplets adhere and taking hands **into the mouth, nose or eyes**.

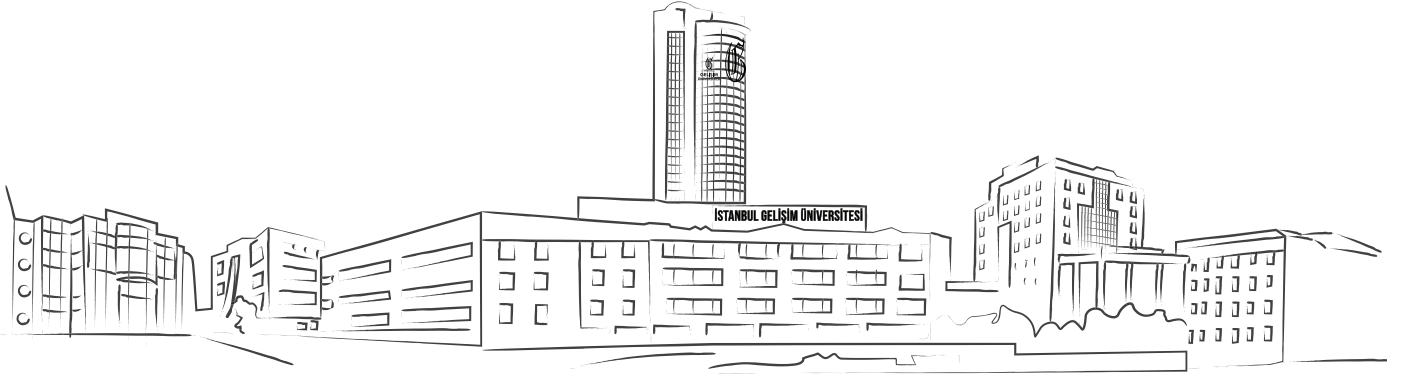
What to do to be protected from the virus?

- When **coughing or sneezing**, the mouth and nose should be covered with a **disposable tissue**, if there is no handkerchief, the mouth should be closed with the **upper sleeve or elbow**, not with the palms.
- **Handshaking and hugging** should be avoided.
- **Mouth, nose and eyes** should not be touched with dirty hands.
- Hands must be washed for **at least 20 seconds** in accordance with the **Handwashing Instructions** found in the toilets. In the absence of water and soap, **alcohol-containing hand antiseptics** should be used. **Cologne of 70-80 degrees** also serve as disinfectants.
- Offices and classrooms must be **ventilated hourly**.
- Places frequently used by many people such as common areas and door handles should be **disinfected every 2 hours**.
- Hands **must be washed** after using **public transportation**.
- Because the virus progresses faster in people with low immune system; **a balanced and healthy diet** is required. Foods **must be washed thoroughly** before consumption.

What to do if there are symptoms?

- If you have come from countries with infections **in the past 14 days**, apply to the **nearest healthcare facility** by wearing **a surgical mask**.
- If you are **coughing, have a fever and have difficulty at breathing**, apply to the **nearest healthcare facility** by wearing **a surgical mask**.
- **Always wear your mask** when you are in the same room with **a person who is recommended insulation** at home.





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