



İSTANBUL
GELİŞİM
UNIVERSITY

IGVS

Monthly Press Release

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myo.gelisim.edu.tr

Dear Young People,

Istanbul Gelişim Vocational School, which started its education life in 2008, started to publish a monthly E-Bulletin as of 2021. We are very happy to bring you the april issue of our e-bulletin and to share with you the developments in our Vocational School. I believe you will enjoy reading our bulletin and I present my greetings and respect with the hope of meeting you in a new issue.

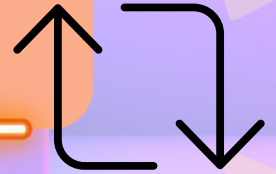
You can follow all the developments in our Vocational School on our social media channels.

*Director of IGVS
Assist. Prof. Dr. İsmail Cem AY*

Facebook:
igumyo



Twitter:
igumyo



Instagram:
igumyo





The logo of Istanbul Gelisim University has been changed. The current logo of our university is as follows. We present it to the information of our valued readers.



**İSTANBUL
GELİŞİM**
UNIVERSITY

İSTANBUL GELİŞİM UNIVERSITY IS 16TH IN THE WORLD AND 1ST IN TURKEY IN THE FIELD OF "QUALITY EDUCATION"!

Times Higher Education (THE), the ranking institution of world universities, has been announced the Impact Ranking of 2022. Among the 1180 universities in the world, Istanbul Gelisim University (IGU) increased its success ranking, which was 24 last year, to 16th place in the category of "Quality Education" by increasing 8 steps this year. It continued to maintain its success last year, ranking 1st among Turkish universities.

The success of Istanbul Gelisim University (IGU) was ranked in five different categories in line with the United Nations Sustainable Development Goals, in the list of 1406 universities, which are listed in the 2022 ranking of the UK-based, world's leading higher education rating agency, Times Higher Education (THE). In the Impact Ranking 2022 list, Istanbul Gelisim University (IGU) increased its degree from 24th to 16th among 1180 world universities in the "Quality Education" category, while maintaining its 1st place among Turkish universities.

5 ACHIEVEMENTS FROM 5 DIFFERENT CATEGORIES

In the ranking carried out in line with the categories in 17 fields determined by the United Nations within the scope of the Sustainable Development Goals (SDG), Istanbul Gelisim University is among the universities of Turkey, with its studies in the field of education, innovative projects and its contributions to the society;

- SDG4: Ranked 1st in Turkey in the Quality Education category,
- SDG7: Ranked 4th in Turkey in Accessible and Clean Energy category,
- SDG3: Ranked 12th in Turkey in the category of Healthy and Quality Life,
- SDG6: Ranked 12th in Turkey in the category of Clean Water and Sanitation
- SDG17: Ranked 24th in Turkey in the Partnerships for Purposes category, it proved itself in many areas such as lifelong learning practices, community-oriented learning, personal development opportunities, quality and sustainability of the education provided.



“IN THE INTERNATIONAL RANKING, WE HAVE INCREASED OUR SUCCESS 8 STEPS!”

Abdulkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelisim University (IGU), who made a statement about the ranking in which the effects of ecological, economic and environmental sustainability practices on society according to the United Nations 17 Sustainable Development Goals are aimed, stated that while Istanbul Gelisim University was among the top 100 universities in the "Quality Education" category in the past years but today it is in the 16th place in the world ranking and he said:

“Istanbul Gelisim University has added a new one to its national and international successes with its growing experience and strong tradition over the years. In the 2022 rating of Times Higher Education (THE), one of the most respected higher education rating institutions in the world, we moved up 8 places from our 24th place in the "Quality Education" category in the world ranking, to 16th this year. This rating, which we received from a reputable organization, makes us proud and motivates us for years to come. We are preparing for the future by being open to continuous development for this purpose. By hosting many national and international large-scale projects within our university, we are shaping scientific achievements and the future.”



“WE SUPPORT SUSTAINABLE DEVELOPMENT GOALS”

Stating that they continue to work to achieve better every year with the slogan of "Be Open to Development!" Abdulkadir Gayretli emphasized that 65 programs within the university are accredited by international accreditation institutions and that they will continue to provide education at international standards. Stating that they are the first Turkish university to teach sustainability as a compulsory course, Gayretli said, “Under the leadership of Prof. Dr. Erol Özvar ,The President of the Higher Education Institution (YÖK), we want universities to be leading institutions in raising qualified manpower and creating knowledge and technology accumulation in line with Turkey's development goals, and we support sustainable development goals. We have made education and research our mission for the future of the world and humanity. We continue to work by giving importance to sustainability in order to leave a better world to future generations and to achieve lasting success.”

Times Higher Education (THE), Impact Ranking (Impact Ranking) 2022 list can be found here.



Among the Top 500 Universities Worldwide in the Field of Engineering and Ecological Sciences!



SCIMAGO
INSTITUTIONS
RANKINGS

The Spain-based ranking organization, SCImago (SIR), which ranks the universities from the point of view of the social effect indicators on the basis of their research performances, innovation printouts and web visibilities , announced its ranking list of international universities for 2022. While the Istanbul Gelisim University ranked among the first 500 universities worldwide in the field of Engineering and Ecological Sciences, it succeeded to rank on the 721st best university among 4.364 universities in general ranking.

One of the leading ranking organizations internationally, SCImago (SIR), which evaluated the web visibilities for 2021 of the research and innovation activities of the universities between the years of 2016-2020, published and announced the list of the leading international universities for 2022. While the Istanbul Gelisim University ranked among the top 500 universities within the field of Engineering and Ecological Sciences, it took place on the 721st best university among a total number of 4.364 universities internationally.

On the 24th Rank in the Fields of Economics, Econometrics and Finance

140 universities from Turkey took place in the SCImago 2022 list where the scientific performances of the Universities were evaluated in 19 different fields. While the Istanbul Gelisim University was listed on the 24th rank among the universities in Turkey at the research and innovation printouts, made in the fields of Economics, Econometrics and Finance, it occupied the 33rd rank at the list in the field of Engineering. The IGU, listed on the 16th rank in Turkey at the field of Ecological Sciences, occupied the 58th rank among the Middle Eastern universities and 351st rank, however, among the OECD universities.

[Click](#) to access the SCImago 2022 world university rankings.

OUR ACADEMICS WRITE...

Comment To Science

Lect. Metin Şahin

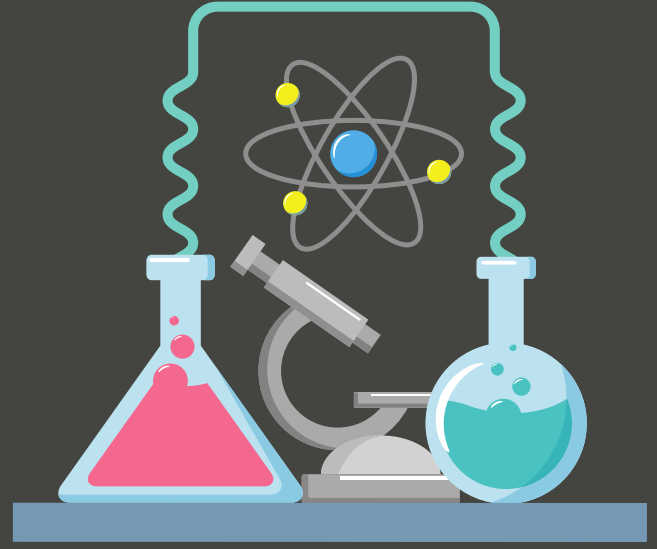
Computer Programming Program

Science is a "general" concept that explains nature in every sense and has a positive effect from the moment of existence of three, two or one of the environment, time, space, (even before they even occur) whether we are aware of it on the basis of living things or not. Naturally, there are different branches of science, their sub-branches and different subjects. Regardless of the branch of science, they are expressed in one or more ways in their living environment. They show differences or similarities in terms of presentation according to the species of the living things in question and their thinking capacity and abilities. While it is with sound and/or movement for living beings that cannot think, on the contrary, it is expressed with characters, pictures, sounds and

movements. "Science and technology" immediately comes into play for this second type of living thing mentioned. Even the eternity of time will not be enough to fully explain the contents of these two words separately or together. (Both on the basis of document, video, audio only, memory size recorded in electronic media, etc.) However, this situation, which covers the whole, started from zero on the basis of living things and progressed relatively quickly or slowly from time to time, step by step. In the past, "science and technology" faced many obstacles such as being explained correctly and applied. In fact, this situation turned into negativities that lasted until the end of the lives of the scientists in question. Today, it is very difficult to find a person or a country (around the world) that does not accept or do not want to accept "science and being scientific". However, there are applications where these two values (countries and individuals) on a level basis are very different (due to positive and negative approaches) where the difference is completely opposite to each other like black and white or close as gray. (The idea of using science and technology in the basic structure and the variables affecting it play a role here.) Although this is associated with "being in life / not dying", it is also on the basis of sub-components of this situation. For example; water wars of the future mentioned now, colonialism in the past, etc. as. (Sometimes for very minor reasons.) There are also values that "science's being global/universal" has in



common on the basis of all living things. This also changes with the fact that the ordinary daily routine is science, but it is not interpreted as such. What was science fiction in the past will be science today, what was science in the past is ordinary today, and what is science fiction today will be science in the future. However, if what was science in the past is science fiction today, it is necessary to examine that society or people in detail. Because in this case, the society has gone backwards. This shows that society has lost many positive values. If this situation reaches long distances, such as the reflection of the image in the mirror, it may also be the case that the formation that spreads from one person to the entire planet turns everything into a negative. Sometimes, being close in "science and technology" on the basis of societies may result from the fact that the celestial body in question has been a habitable place in case of disagreement. Although this situation has positive benefits such as being in balance on the planet, especially in terms of military power, in the event of negativity, it may turn into the complete destruction of the living environment or the loss of its vitality for long periods. Theoretical and practical applications of science can be different not only for planets and countries, but also for individuals. In fact, if there is a formation that is equally reflected in the practices that cover the common positive characteristics of all people, and this formation is within reason, then at least for that planet, it has become "global science". In fact, making use of science and technology may include various applications based on the basic needs of living things. Science of this nature should be made available to everyone without any conditions.



Algae as an Alternative Protein Source

Lecturer Eda ŞENSU DEMİR
Food Technology Program

It is predicted that the imbalance in food production in relation to climate change with the increasing population worldwide will cause food shortages in the future. In line with this prediction, an increase in protein supply is expected in the future. Generally, daily protein intake is provided with foods of animal origin. However, the production of meat to meet the needs of the growing population will have some environmental consequences. For example, more than 25% of global greenhouse gas emissions are associated with food production systems, while livestock alone causes approximately 18% of

greenhouse gas emissions. Therefore, to reduce the impact on the environment and energy consumption, it is recommended to reduce the average meat portion size in diets or replace them with meat substitutes or proteins from alternative sources. Another benefit to be gained from the reduction in meat consumption is that increased consumption of plant-based protein, which usually contains bioactive compounds such as polyphenols, will increase the benefit to human health. However, the conditions related to the reduction of agricultural lands and depletion of water resources have led scientists to alternative protein sources from plant protein sources. The innovation and development of alternative protein sources is vital to ensure food security, sustainability, health and nutrition in response to consumer trends in the coming years. In this context, algae are suitable candidates for alternative protein sources that can meet most of the above-mentioned requirements.

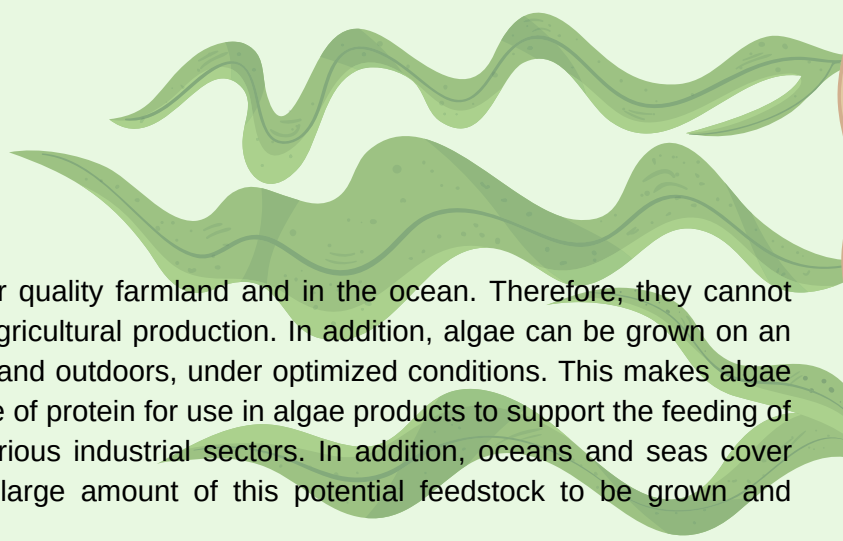


Algae are highly productive photosynthetic organisms containing chlorophyll, which can be classified as macroalgae (multicellular) and microalgae (unicellular). Microalgae are ubiquitous single-celled organisms. Due to their ability to adapt to different environmental conditions, microalgae can be found in all ecosystems, from desert to arctic seas. In Europe, *Arthrospira*, *Chlorella*, *Aphanizomenon*, *Dunaliella* and *Haematococcus* are the most commonly consumed microalgae as food in Europe, although not all have been approved by the European Food and Safety Authority (EFSA). Macroalgae are macroscopic, eukaryotic, photosynthetic seaweeds. They can be divided into three classes according to their pigmentation: red (Rhodophyta, about 6000 species), brown (Ochrophyta, about 1750 species) and green (Chlorophyta, about 1200 species).



The development of commercial algae-based food and feed products reflects consumers' preferences for ecological, vegan, natural and healthy products. From a nutritional point of view, algal biomass is recognized as an important and sustainable source of protein. The protein content of microalgae is typically high and can reach up to 70%; The content of seaweed is generally lower (9-22%), but reaches 47% in certain types of red seaweed. In addition to proteins, algae are of great interest as an important source of high-value compounds such as pigments, complex carbohydrates and essential lipids. Furthermore, algal proteins have proven to be suitable for human consumption and exhibit a balanced amino acid profile compared to the quality of conventional protein sources (eg soy, egg and wheat). At the same time, their phytochemicals (phenolic compound, carotenoid, etc.) have many health effects such as antioxidant, anti-diabetic, anti-hypertensive, anti-tumor, anti-viral, anti-bacterial, anti-inflammatory. It is well supported in the literature that algae are an excellent source of protein that can be used by the food, feed and chemical industries, as well as a source of various bioactive compounds.



A decorative graphic consisting of several overlapping, wavy, green lines that resemble the shape of seaweed or algae, positioned behind the text.

Algae can be grown in aquaculture on poor quality farmland and in the ocean. Therefore, they cannot compete with areas suitable for terrestrial agricultural production. In addition, algae can be grown on an industrial scale in bioreactors, both indoors and outdoors, under optimized conditions. This makes algae a potentially sustainable and scalable source of protein for use in algae products to support the feeding of a growing global population and also in various industrial sectors. In addition, oceans and seas cover >70% of the planet's surface, enabling a large amount of this potential feedstock to be grown and harvested sustainably.

The use of algae as a food protein supplement or component is seen as an important way to improve human health, thanks to its rich composition in other macronutrients, as well as the presence of bioactive molecules such as carotenoids, PUFAs, bioactive peptides, as well as contributing to food sustainability. In this regard, further development and progress is needed to scale up aspects of the cultivation and processing of seaweed, taking into account operating cost reduction, consumer acceptance, safety and fulfillment of food regulations as new foods or protein components.

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Power and Hydrogen

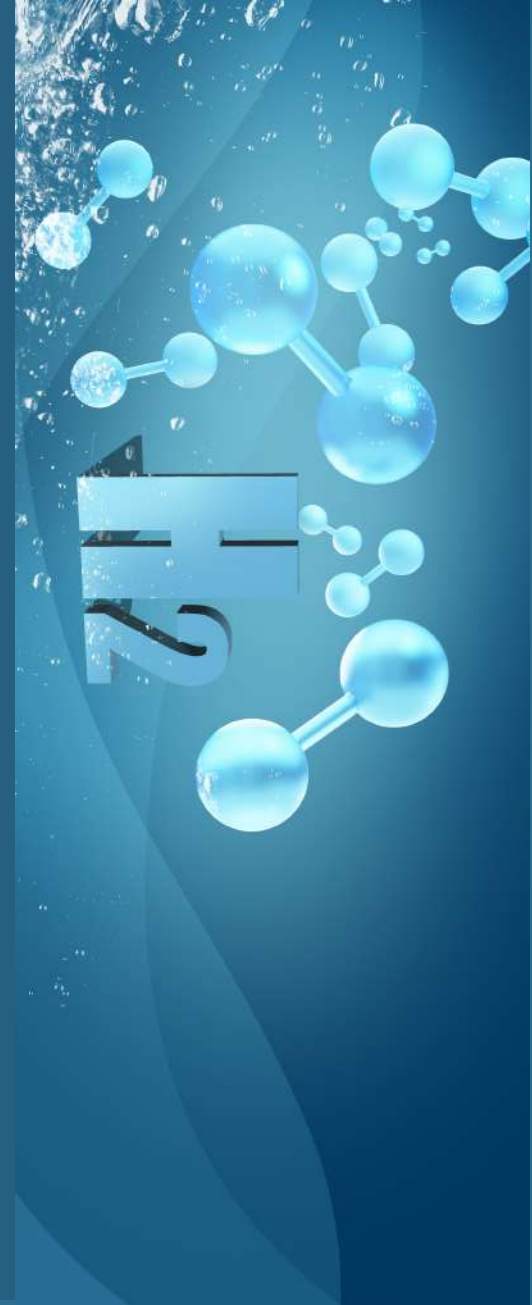
Turkey's Industrial Waste Heat Recovery Potential with Power and Hydrogen Conversion Technologies

Lect. Funda ATEŞ
Electronics and Automation Department

Turkey, one of the energy-dependent countries, spends billions of dollars on energy imports, and as a developing country, energy use is increasing exponentially, especially in industrial and residential applications, with the increase in the welfare of its people. Turkey's total annual energy consumption is close to 2000 PJ by 2019, with slightly less than half used by industry while the rest is shared by transportation and residential applications.

Turkey's total industrial energy consumption is around 900 PJ and its waste heat potential is around 71 PJ (≈ 2.24 GW). The rates of this waste heat were calculated as 40% at 100-200oC, 14% at 200-300oC, 6% at 300-400oC, 9% at 400-500oC and 31% at 500-1000oC.

The amount of waste heat and the temperature range differ according to the industrial sector. While most small businesses generate waste heat below 150oC, the paper, cement, plastics, textile, food and tobacco industries emit gases between 150-500oC. In addition, the metal, glass, ceramics and pig iron industries can emit waste heat at temperatures as high as 1000oC. The ratio of waste heat to total consumed energy varies according to the sectors, and the highest waste heat rate (approximately 15%) belongs to the iron and steel industry due to the processes carried out at very high temperatures to form metals.



The industrial waste heat rate and the waste heat rate from different sectors are given in Figure 1 with temperature ranges. While food/beverage, paper/pulp and non-ferrous metal production facilities emit gas at the most in the range of 100-200oC, waste heat at the highest temperature is emitted in the Iron/Steel, non-metallic minerals and petrochemical production sectors. As a developing country, Turkey is rich in energy-intensive and high-temperature operating facilities.

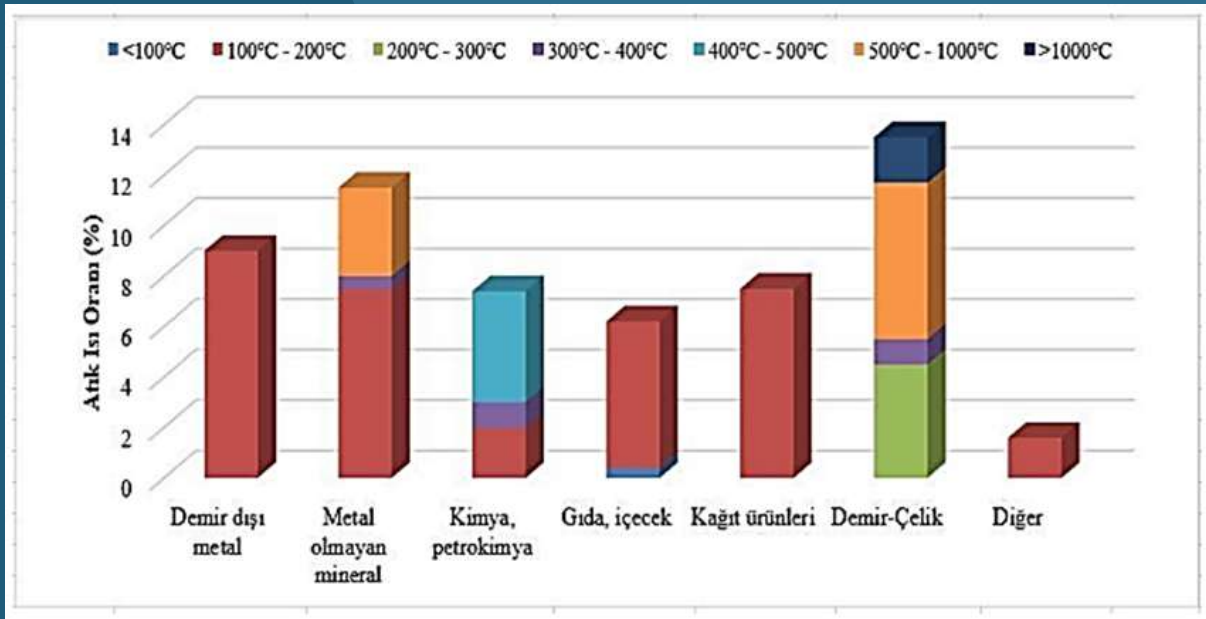


Figure 1. Waste heat ratio by industry branches and temperatures

Turkey's energy consumption is expected to double by 2050 and the use of waste heat recovery applications is expected to help alleviate the dramatic need for increased energy consumption. An average waste heat fraction of 9% will result in more than 140 PJ of waste energy by 2050. In this case, the use of waste heat for useful energy generation can also help alleviate the high burden of increasing energy requirements in the short and long term in the coming years.

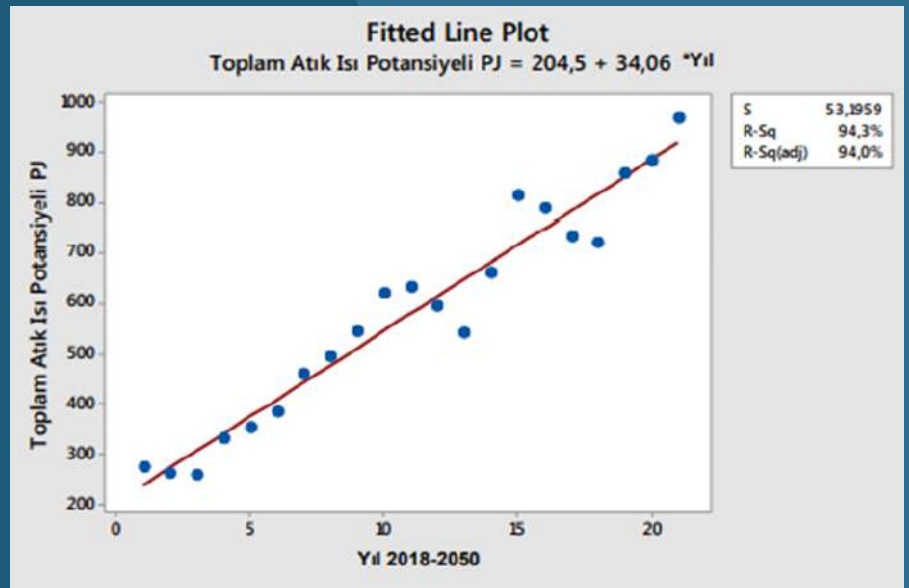


Figure 2. Total waste heat potential (PJ) between 2018-2050.

Recovery of waste heat can be accomplished in many ways, depending on the useful form of energy required. Further research is essential to exploit ultra-low temperature waste heat using heat amplification with chemical heat pumps to improve system efficiency. Kalina Cycle and Organic Rankine power systems are suitable candidates for low to medium temperature applications, while higher efficiency steam and gas turbine systems can be used with high temperature waste heat applications. It also has the potential to produce sustainable hydrogen by consuming less electricity while requiring high temperature operation.

As a clean and sustainable energy carrier, hydrogen is a holistic solution for the reduced environmental impact of fossil-based energy systems. For more than half a century, researchers have worked on many ways to produce hydrogen with different methodologies. The low-temperature decomposition of water requires high electricity consumption by electrochemical conversion, while the pure thermochemical decomposition of water requires very high temperatures. Proton Exchange Membrane Electrolysis (PEME) and Alkaline Electrolysis (AE) are the most advanced electrochemical conversion technologies that use electricity for hydrogen production.

sistem	Atık ısı miktar (MW)	Sıcaklık Aralığı (°C)	Yıllık Hidrojen Üretim Potansiyeli (ton)	Doğal Gaz Eşdeğeri (milyon m ³)	CO ₂ emisyon azaltım potansiyeli (bin ton)
APC-PEM	900	100-200	30.259	132.1	201.3
ORC-AE	450	200-400	11.610	50.7	77.2
ST-MgCl	189	400-500	13.122	57.3	87.3
ST-CuCl	284	500-750	20.207	88.2	134.4
GT-HyS	284	750-1000	33.160	144.7	220.5
TOPLAM	-	-	108.358	473.0	720.7

Table 1. Annual hydrogen production potential with natural gas equivalent and emission reduction.

Here, Turkey's total industrial waste heat potential is investigated and possible power and hydrogen technologies for waste heat recovery are discussed. Explore Turkey's overall waste heat-to-hydrogen recovery potential with selected technologies. As can be seen in Table 1, the annual hydrogen production potential of the power-hydrogen system pairs with the amount of waste heat measured at different temperature ranges was calculated in tons by using waste heat. According to the calculations,

A the highest efficiency was obtained from the gas turbine and the Hybrid-Sulfur thermochemical cycle. High temperature waste heat (iron and steel industry) is used for this duo.

- Turkey's annual waste heat potential is around 71 PJ and is expected to double in the next 30 years.
- The hydrogen produced is equivalent to 473 million m³ natural gas equivalent, which is more than 5% of Turkey's annual residential natural gas consumption. When natural gas is added to pipelines at certain rates, it is possible to reduce more than 720 thousand tons of CO₂ by preventing the use of natural gas. It can also be used to a certain extent for welding in heavy industry, for fertilizer production in agriculture, and also as a source in mobile applications and power generation.

CLUBS

TALK!

**PHOTO AND
VIDEO CLUB**



Our club, keeping in mind the technological advances; It was established to provide students with experience in the field of photography and video shooting, to make applications and to share the work done with both our university and our external stakeholders. The photography and video clubs, which organize many events with the guests of the sector employees, also ensure that the students have an idea about the sector with the experiences conveyed by the guests.

The fields of activity of the club are as follows:

- To organize photo exhibitions. To make photography workshops.
- To invite photographers to school and to organize conversations / events.
- Conversations and workshops with professionals working in the field of cinema.
- Publishing a digital or printed newspaper in which our school's news will be published.
- Participating in cinema festivals.
- Making movie screenings and film analysis at school.
- To organize trips to photography exhibitions in Istanbul.
- To organize cinema and video workshops.
- To organize journalism workshops.
- To organize events for print media.
- To open a booth for the development of the club and to increase the number of members.



OUR EVENTS

Within the scope of IGVS, Computer Aided Design and Animation Program, an exhibition event titled "The Image of Women in Turkish Mythology" was held, in which the students of the program participated with their works. The designs, in which the female characters in Turkish mythology were interpreted with a contemporary perspective, were highly appreciated.



An event on diction and eloquence was held by the Photography and Video Club operating under the IGVS, Audio-Visual Techniques and Media Production Department. Emel ÇELİK participated as a trainer and practices were carried out with the students. We would like to thank the Photography and Video Club consultant Lecturer Hatice SARIYAR, Club President Ebru BEKTAŞ and all the participants.

NEWS FROM IGVS



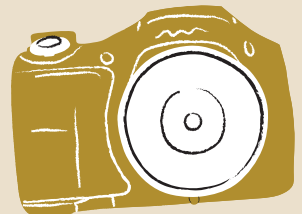
Lect. Zeynep Özcan's and Dr. Sezgin Savaş's article "A Trend in New Media: Instagrammable" was published in the proceedings book of the 5th International New Media Conference of Istanbul Gelisim University.

IGVS Public Relations and Advertisement Programs' Lecturer Atilla Akalın and Lecturer Meltem İşler Sevindi's, article named "Are Critical Theory and the Red Pill Movement Compatible?" has been published in the April issue of Turkish Online Journal of Design and Communication (TOJDAC). Access link is below

<https://dergipark.org.tr/tr/pub/tojdac/issue/68757/1064526>

The article titled "Research on the Effect of Spiritual Tourism on Mental Relaxation and Moral Recreation" by Lect. Arzu ÜNAL from IGVS Tourist Guidance Program has been published in the Journal of Social Sciences Studies (SSSJ). The access link is below.

http://www.sssjournal.com/Makaleler/39468057_4_96_ID3900_%c3%9cnal%20ve%20Demirkol_881-889.pdf



AGENDA OF PERSONNEL

As of 25.03.2022, Lecturer Levent BAKIR appointed once more as Head of Program at the Maritime and Port Management Program, Istanbul Gelisim Vocational School at our University.

Lecturer Fuat SAMI appointed as “Lecturer” staff at the Culinary Program, Istanbul Gelisim Vocational School at our University.

The Lecturer Atilla AKALIN was re-appointed as the Head of Program to the Public Relations and Publicity of the Istanbul Gelisim Vocational School of our University as of the date of April 01, 2022.

Dr. Duygu ÇELİK has been appointed to the cadre of the “Academic Member Dr.” of the Program of the Banking and Insurance of the Istanbul Gelisim Vocational School.

İzzet YAVUZ has been appointed to the “Researcher” cadre of the Programme of Electricity of the Istanbul Gelisim Vocational School.

Duygu ÇELİK has been appointed to the “Researcher” cadre of the Programme of the TÖMER Turkish Language Course of the Vocational School of Foreign Languages.

The Lecturer Gözde Sula AVERBERK was appointed to the “Lecturer” cadre of the Program of the Civil Aviation Transport Management Program of the Istanbul Gelisim Vocational School.

The Lecturer Muhammet Ömer ERDOĞAN was appointed to the “Lecturer” cadre of the Mechatronic Program of the Istanbul Gelisim Vocational School.

The Lecturer Muhammet Cihat MUMCU was appointed to the “Lecturer” cadre of the Program of Electrics of the Istanbul Gelisim Vocational School.

The Lecturer Metin ŞAHİN was appointed to the “Lecturer” cadre of the Program of the Computer Programming of the Istanbul Gelisim Vocational School.

The Lecturer Semanur ÖZCAN was appointed to the “Lecturer” cadre of the Program of the Cookery of the Istanbul Gelisim Vocational School.

The Lecturer Türker YAPAN was appointed to the “Lecturer” cadre of the Program of the Occupational Health and Safety of the Istanbul Gelisim Vocational School.

The Lecturer Zeynep ÖZCAN was appointed to the “Lecturer” cadre of the Program of the Public Relations and Publicity of the Istanbul Gelisim Vocational School.



MASTHEAD

COORDINATOR

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TRANSLATION COORDINATOR

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PROTECTION AGAINST VIRUS IS IN OUR HANDS



THE MOUTH AND NOSE SHOULD BE CLOSED WITH PAPER TOWEL DURING COUGHING AND SNEEZE. IF YOU DO NOT HAVE ANY WIPE, THE INSIDE OF THE ELBOW SHOULD BE USED.



CLOSE CONTACT SHOULD AVOID LIKE HANDSHAKE AND HUGGING.



IT SHOULD BE STAYED AWAY FROM CROWDED ENVIRONMENTS.



DO NOT TOUCH THE MOUTH, NOSE AND EYES WITH DIRTY HANDS.



HANDS MUST BE WASHED WITH WATER AND NORMAL SOAP FOR AT LEAST 20 SECONDS.



ALCOHOL CONTENT HAND ANTISEPTICS SHOULD BE USED IN CASE OF THERE IS NO WATER AND SOAP.


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Please Read QR Code.



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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.

