



ISTANBUL  
**GELISIM**  
UNIVERSITY

**WEEKLY PRESS RELEASE**

**NOVEMBER 2 - NOVEMBER 6, 2020**

**VOLUME 5 / ISSUE 4**



[www.gelisim.edu.tr](http://www.gelisim.edu.tr)

**AGENDA OF PERSONNEL**

According to the decision taken at the University Executive Board Meeting dated 04.11.2020 and numbered 2020/21, the Office of the “**Dean of Students**” was established.

**Lect. Ibrahim Halil YAŞAR** is assigned as a Dean of Students of Istanbul Gelisim University as of 05.11.2020.

**Asst. Prof. Yalçın PAMUK** has been appointed as the Acting Head of the Department of Aviation Management (Turkish) at the Faculty of Economics, Administrative and Social Sciences as of 03.11.2020.

**NEWS****Rescuers suffer the most from earthquake trauma****NOVEMBER 3** / **2020**

Psychiatrist Dr. Onur Okan Demirci, who stated that people affected by natural disasters such as earthquakes may experience a psychiatric condition called post-traumatic stress disorder, said: “Rescue teams are among the groups most affected by earthquake trauma. Post-traumatic stress disorder is frequently seen in crime scene officials such as search and rescue teams and medical teams that intervene.”

Stating that post-traumatic stress disorder can occur within days and months after an earthquake as well as years after an earthquake, Demirci said, “Psychological assistance processes of the victims should not be limited to days or months. Be alert to the emergence of possible trauma symptoms over

the years.”

You can visit [www.gelisim.edu.tr](http://www.gelisim.edu.tr) to see the detailed news.

**Pay attention to psychological disturbances that may be permanent after an earthquake**

NOVEMBER 6

2020



Pointing out that the effects of the earthquake on the mental and social well-being of every member of the society should not be ignored, Lect. Mehmet Başçillar said, “The psychosocial effects of the earthquake on the vulnerable groups of the society such as women, the elderly, children and the disabled can be quite severe”

“EARTHQUAKE DOES NOT ONLY AFFECT THE PEOPLE OF THE REGION”

Stating that the psychosocial effects of the earthquake can emerge after months, Mehmet Başçillar, lecturer at Istanbul Gelisim University Social Service Department, said: “The earthquake is considered a traumatic event because it causes injuries and deaths as well as feelings such as fear and helplessness. The earthquake threatens not only the people of the region, but also family members who are miles away, loved ones, search and rescue personnel and even the psychosocial well-being of millions of individuals who follow the developments in the earthquake zone at the top of the screens. Although it differs from person to person, emotional and behavioral changes such as fear, sadness, anxiety, helplessness, loss of appetite, forgetfulness, disruption in sleep patterns, abandoning daily routines can occur in individuals after an earthquake.”

*You can visit [www.gelisim.edu.tr](http://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.







## 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.



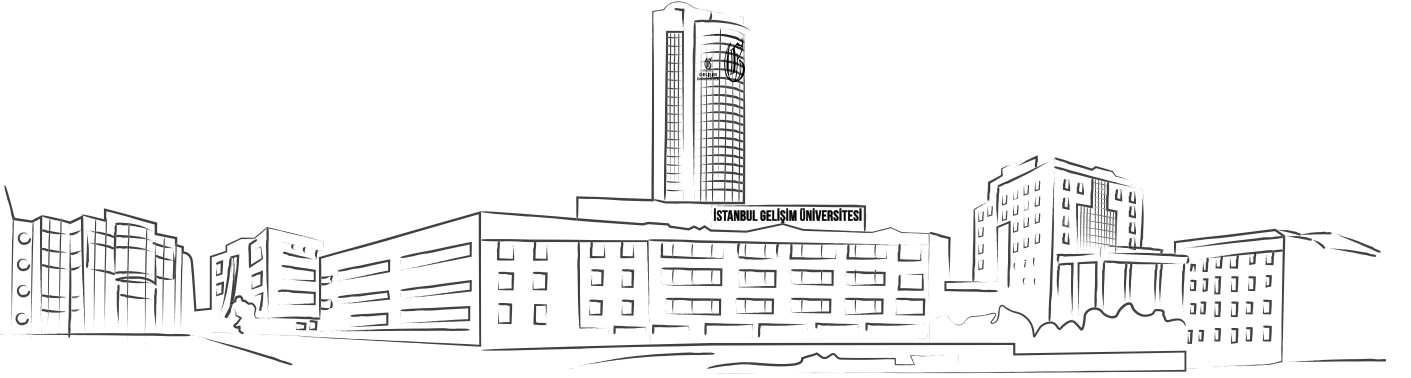
HANDS MUST BE WASHED WITH WATER AND NORMAL SOAP FOR AT LEAST 20 SECONDS.



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



ISTANBUL  
**GELISIM**  
UNIVERSITY



[www.gelisim.edu.tr](http://www.gelisim.edu.tr)

[f](#) gelisimedu [t](#) gelisimedu [@](#) igugelisim