İSTANBUL GELİŞİM UNIVERSITY

IGVS

Monthly Press Release

July

2022

Volume 2 / Issue 7

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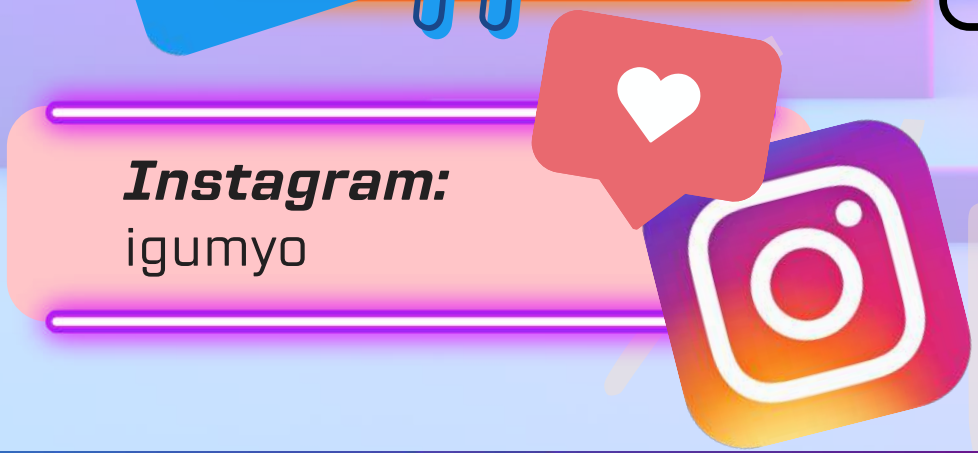
Dear Young People,

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 July 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. İsmail Cem AY



İSTANBUL GELİŞİM UNIVERSITY

ISTANBUL GELISIM VOCATIONAL SCHOOL
VOCATIONAL SCHOOL BULLETIN

July 2022

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WORLD UNIVERSITIES ARE RANKED ACCORDING TO THEIR 'POWER OF INFLUENCE': ISTANBUL GELISIM UNIVERSITY RANKED 24TH IN QUALITY EDUCATION!

Times Higher Education (THE) Impact Ranking 2021, the world university ranking organization, has been announced. In the ranking, Istanbul Gelisim University (IGU) has achieved a great success by taking the 24th place among the universities that provide the highest quality education in the world. In the category of 'Quality Education', Istanbul Gelisim University has achieved a great success by ranking 24th among 1240 universities worldwide. At the same time, the university ranked 1st, leaving 45 universities from Turkey in the ranking. Please click here for more information.

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ISTANBUL GELISIM 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 Gelişim 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 İstanbul 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.

822nd Among 4,126 World Universities

SCIMAGO INSTITUTIONS RANKINGS

World university ranking organization SCIMAGO 2021 results announced. In the evaluation, Istanbul Gelişim University was ranked 822th among 4 thousand 126 universities in the world.

The SCIMAGO 2021 world university ranking list, which is made by evaluating the research and innovation activities of world universities between 2015-2019 and web indicators for 2020, has been announced.

"21st in Economics, Econometrics and Finance"

SCIMAGO, the Spanish-based international higher education rating agency, measured the research performance, innovation output and web visibility of world universities. According to its research and innovation studies in the fields of Economics, Econometrics and Finance, Istanbul Gelişim University ranked 21st among the universities in Turkey, 7th according to its research and innovation studies in the field of environmental sciences, and 30th in Turkey according to its research and innovation studies in the field of mathematics. In the field of environmental sciences, Istanbul Gelişim University also managed to be the 300th among OECD country universities and 37th among Middle East universities.

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Happiness at Gelisim!

Istanbul Gelisim University **students' satisfaction** has been certified by TSI.

Istanbul Gelisim University registered its quality with the ISO 10002 Customer Satisfaction Management System Certificate given by the Turkish Standards Institute. It successfully completed the inspection carried out by TSI on 18-19-20 July 2022.

TSI APPROVED STUDENTS' SATISFACTION WITH THIS CERTIFICATE

İWith the Student Satisfaction and Complaint Management System carried out by the Dean of Students of Istanbul Gelisim University, it is aimed to manage the requests, expectations and complaints of the students more efficiently and to increase the satisfaction level in the services and activities offered to the students. IGU, which has achieved success both with the trainings it gives to its employees and the workshops it organizes and by evaluating and resolving the complaints and suggestions from the students through two different programs, was entitled to receive the certificate approved by the Turkish Standards Institute by meeting all the standards. Click to access detailed information.

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OUR ACADEMICS WRITE...

Lect. Metin ŞAHİN
Computer Programming Program

INTERDISCIPLINARY

Values formed by thought and thoughts formed by values are only one of the paths taken between sciences. (In normal conditions and in healthy individuals present here.) There are structures where all sciences unite under one roof. These structures are characters. (Numeric and alphanumeric.) The symbols in question differ for many countries in our world. Although this situation is seen as an obstacle to the "globality of science", there is also a common consensus on the basis of countries that this should be the case. (Just as any country stands out in many ways in a science or at least one subject in a science.) As with everything else, what is obtained at the end of "scientific studies" should have positive returns such as benefits, returns and gains to those who perform them. This situation and structure should have a place in human thought before certain procedures. There are many national and international institutions and organizations aiming to provide services in this sense throughout the world. The more general approach of “polyphony” should be “collective development”. (However, it cannot be said that this situation will go beyond being an ideal due to the current human being and their thoughts.) This is on the basis of those who evaluate science. Science, which causes or is the source of all these formations (in a positive or negative sense), is a structure different from the life nature of living things (especially humans) in and among itself. Because some variables meet in a formula. Formulas explain at least one natural event (in the past, present, or future) with a very large percentage if they are integrated and then resolved. There is a word that is used very often (interdisciplinary), but it is not enough to talk about the unity between the sciences. A concept that explains this is that although it is perceived differently, "fine arts and sports" should be referred to as science or interpreted in that way. In all sciences, there are 2 (two) situations that are the main difference. These are the use of numeric and alphanumeric characters for different operations. This is particularly evident in electronic devices.

If it had started with a different input approach than the character approaches used now when interpreting nature together with the experiences, electronic equipment would have been designed accordingly and the data they processed would have been within the framework of that logic. Although we divide the sciences into "numerical and verbal", this approach is not suitable for the concept of "polyphony" mentioned at the beginning. Because sciences do not need to be separated, but to show them whole and to be mentioned together. The deficiency in this subject in today's world is due to the distinction between "numerical and alphanumeric". So much so, that each of the parallel universes started with the formation of a "big bang" as a reference, and when we think of the universe we are in with this approach, it becomes clear that an "infinitely small volume" should not be separated in every sense, but rather constitute a unity due to its existence. However, there has been the use of extensions of science in the conflicts and the resulting wars. It should be such a new approach to science that it should be able to bring together mathematical formulas, literature and, as an extreme example, quantum physics.

Thus, the approach to the uncertainties of nature will shift in a different direction. This shows that a nature-like approach is needed. The situation in question here; Finding another planet suitable for life instead of a place that is no longer suitable for life, or making a planet suitable for life through science can be given as the most positive examples. Since such a situation is in question, according to us, "branches and subjects" may contain different dimensions in different parallel universes. Thought and the form of thought will guide everything in every sense.

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Occupational Health and Safety in Natural Gas Use

Lect. Türker YAPAN
Occupational Health and Safety Program

As it is known, natural gas is an important energy source that we need in our daily life, both for heating in winter and for cooking. However, natural gas contains many dangers and risks.

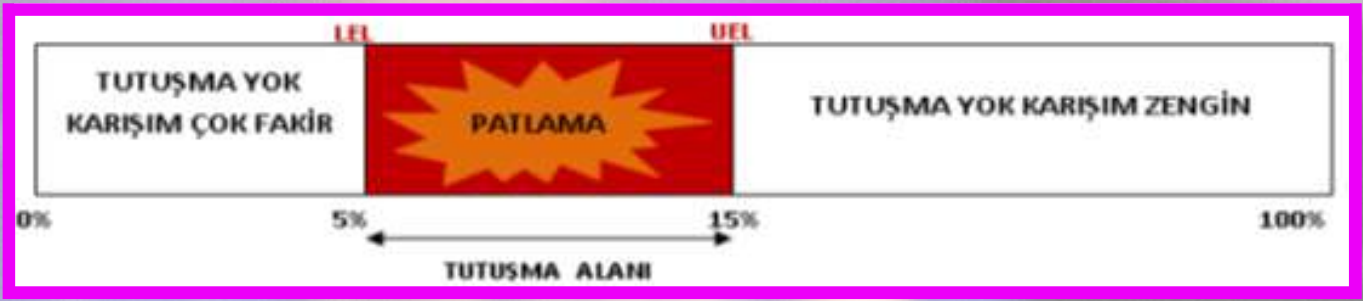
Methane gas (CH4) constitutes 95% of the composition of natural gas. It also contains other hydrocarbons such as ethane (C2H6), butane (C4H10), propane (C3H8) and gases such as nitrogen (N2), oxygen (O2), carbon dioxide (CO2), hydrogen sulfide (H2S) and helium (He). [1]

Natural gas is a substance that is not in liquid form under normal conditions (Boiling point is -161.6 °C). However, 254 liters of natural gas can be liquefied under high pressure and compressed up to 22 liters. In case of contact of liquefied natural gas with the human body, it can cause cold burns on the skin.[2]

Since methane gas in the structure of natural gas is in the class of "simple suffocating gases", it can cause health problems such as dizziness and / or nausea, since the amount of oxygen needed when inhaled will reach an insufficient level. This situation can reach a fatal level, especially in closed areas and long-term exposures. Natural gas is a colorless and odorless gas. For this reason, it is used in auxiliary substances such as THT (tetrahydrotheophene) and/or TBM (tertiarybutylmercaptan) as a odorant in order to detect gas leaks. [1]

It is necessary to be protected from the leaks of this dangerous chemical, which is used both in our homes and in industrial areas. Regular controls should be provided in the installation and combi boilers against natural gas leaks, and the installation pipes should be protected against corrosion. In case of any leakage, gas sensing systems (detectors) should be available in suitable quantities and in continuous operation.

In addition to being a substance with an easily flammable structure, natural gas can also turn into an explosive substance in case of contact with air. In the figure below, lower (LEL) and upper (UEL) explosion limits are given in contact with air in environments where natural gas is present.[2]



In order to prevent a possible explosion risk in building installations, it is very important to secure especially installation pipes and other connection ways. For example, in areas such as schools, there are a large number of entrances and exits of foreign vehicles such as transport or wholesalers. Therefore, the installation lines that can be found on the routes of these vehicles should be taken under extra protection against impact and the areas that the vehicles can reach should be sufficiently limited. Valves in the installation should also be protected against interference by foreigners, and should be kept under constant surveillance when it is not possible.

Experts emphasize the importance of ventilation/vent entrances in preventing natural gas explosions, which are frequently experienced especially in winter months, and emphasize that these air entry-exit points should not be closed. In summary, it is seen that there are 4 basic principles to avoid risks.

- Regular system maintenance and protection
- Keeping the ventilation points open all the time
- Presence of possible leak detection systems (gas detectors)
- Raising people's awareness.

Sources:

[1] Clifton A. Ericson, Hazard Analysis TechniquesforSystemSafety, Fredericksburg, Virginia, 2005.
[2] Doğal Gaz Piyasası Kanunu, Resmi Gazete Sayısı 24390, Resmi Gazete Tarihi: 02.05.2001, Ankara: T.C. Resmi Gazete, 2001.

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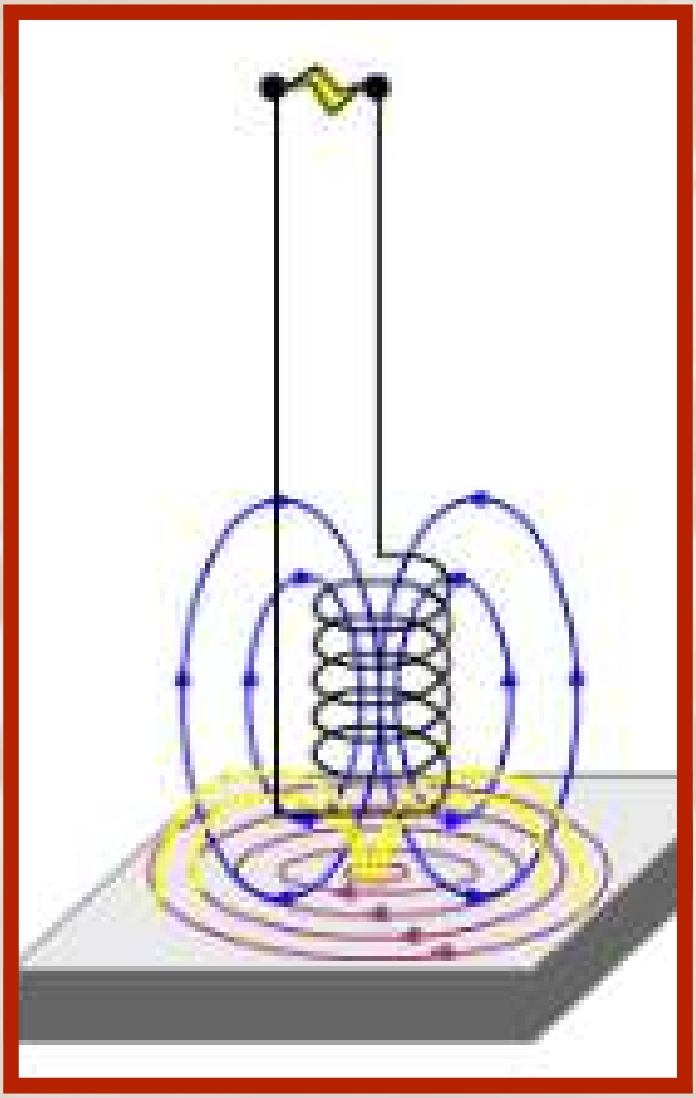
NON DESTRUCTIVE TESTING METHODS USED IN AVIATION

Lect. Nihal GÜL &
Lect. Orkun ÖZSAVANER
Aircraft Technology Program

There are five basic non-destructive testing methods used in aviation. These; Eddy currents method, ultrasonic test method, radiographic control, magnetic particle and liquid penetrant controls. These methods are described in order below.

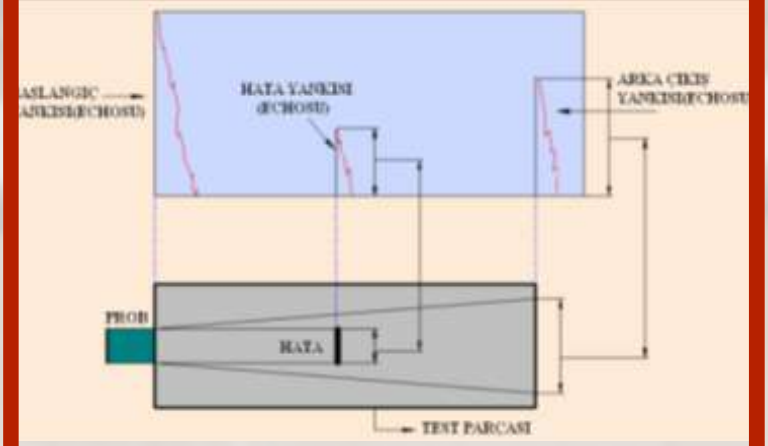
Eddy Currents Control

There are many applications of eddy current inspection applied to aircraft structures. These; discontinuity detection, corrosion and material thickness change detection, conductivity measurement and determination of coating thickness. The basis for the application of eddy currents is quite simple. Alternating current is applied to the coil in the probe and a magnetic field is created around the coil. When this magnetic field is approached to a conductive material, current is induced in the conductive material as the material will cut the magnetic field. Since the induced current is in the form of an eddy current, this test method is called the eddy current test. The resulting eddy current creates its own magnetic field. This magnetic field is called the secondary magnetic field and is in equilibrium with the primary magnetic field. This state of equilibrium is as follows.



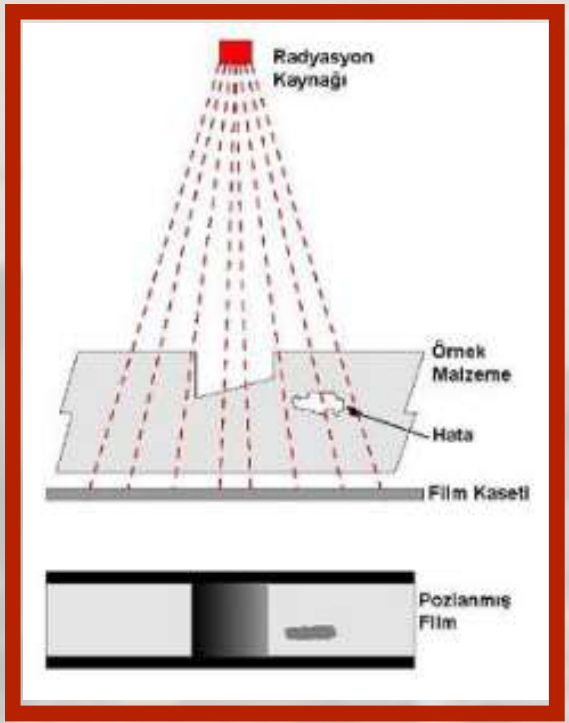
Ultrasonic Control

Ultrasonic control is one of the most common non-destructive testing methods and although the technical details and theory of the method are complex, the content that should be known in non-destructive testing applications is extremely simple. As a result of sending ultrasonic sound waves into the material, information about material properties, thickness and discontinuities is obtained. Ultrasonic control has a wide range of applications, from aviation to pipelines, from railways to the manufacturing sector.



Radiographic Control

The principle of radiographic control, which is one of the volumetric methods, is defined by two main functions. They are penetrating and perceptive. Here, the penetrating element is X and gamma rays, and the sensing element is films. Radiographic control is widely used in the industrial field. For example, it can be determined whether industrial products (pipes, steam boilers, aircraft parts, etc.) whose X-ray films are taken by using X-ray and gamma rays do not contain any errors. These processes are carried out with specially manufactured X-ray-producing or gamma-ray-emitting radioisotope-containing devices. Studies with X-rays are called X-rays, studies with gamma rays are called gammagraphy, and both are called radiography. This method is applied to ferromagnetic and non-ferromagnetic metals and other materials. X-rays are widely used in non-destructive testing, as they provide the opportunity to examine the internal structures without damaging the materials. Thickness changes, structural changes, errors, assembly details can be detected in materials with X-ray or gamma rays.



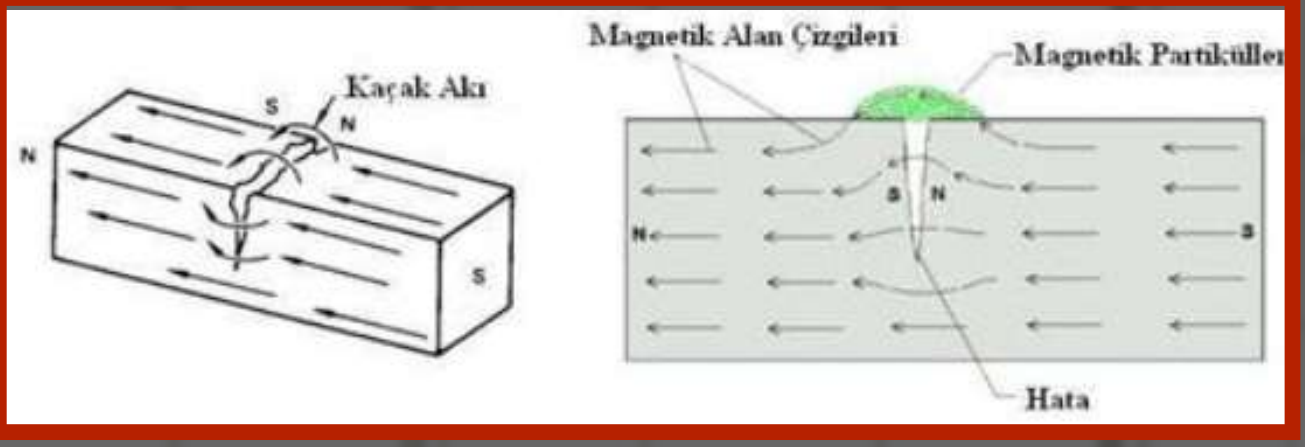
Liquid Penetrant Test

Liquid penetrant testing is a fast, simple, inexpensive and sensitive non-destructive testing method. It can be used in the control of many different materials, and it is a method applied to detect surface discontinuities formed during production or service. In addition, portable equipment is one of the factors that expand the application field of the method.

In the detection of discontinuities open to the surface in liquid penetrant inspection, it is of great importance that the surface of the part is clean and the view of the personnel who applies it is unproblematic. Liquid penetrant testing requires less training and skill than other non-destructive testing methods, but the operator needs to pay attention to part surface cleaning, process procedures and variables, and have comprehensive knowledge of where and how discontinuity may occur in the part to be checked. Detailed visual inspection of the surface of the part to be inspected is in the first place in the liquid penetrant test, as in all non-destructive testing methods. In this way, all the factors that may affect the control and some discontinuities can be detected.

Magnetic Particle Control

Since the free valence electrons in the outer orbits of the atoms of the substances are in random interaction with each other in the mass, the pole pairs are randomly oriented. Therefore, they do not affect the magnetism of the mass. On the other hand, an atom with full sub-valence energy levels cannot have a pole pair. If an atom has an unsaturated energy level in its sub-valence structure, in other words, if it contains a single electron, a magnetic pole pair is formed in the atom. Since there are many unfilled energy levels in materials such as Fe and Ni, atomic individuals have pole pairs. The behavior of atoms with magnetic pole pairs is different under the influence of magnetic field, and this behavior determines the magnetic type of materials.



When materials containing iron, nickel and cobalt are magnetized, they attract each other strongly; These materials are called ferromagnetic materials. Some materials are very weakly attracted by the magnetic field and such materials are called paramagnetic materials. Diamagnetic materials, on the other hand, are materials that are slightly repelled by a magnetic field.

The magnetic particle crack control method can inspect all steels and alloys as well as cast irons. Generally, surface and near-surface cracks can be detected. Flux leakage occurs in areas with cracks under the control of the parts. This change in magnetic field forms the basis of magnetic particle inspection. This scattered field, which is formed by a crack or any discontinuity, begins to attract the free iron and iron oxide powders applied to the surface during magnetization, dry or in suspension, and form a bridge over the defected area. In this way, the dust pile formed on the crack can be visually identified as a faulty area.

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The Internet of Things in The Automotive Industry

Lect. Elif SÜRER
Automotive Technology Program

The Turkish equivalent of the term "Internet of Things", whose English abbreviation is IOT, is the “Nesnelerin İnterneti”. The Internet of Things depends on technological devices to communicate with each other without human intervention. Thanks to these applications, it is ensured that objects work in sync with each other. So how did this concept enter our lives?

In 1991, a group of researchers and academics at Cambridge University were sharing a coffee machine in the building they were working in. Researchers, who had offices on the lower floors of the building, were tired of climbing dozens of stairs and finding the coffee machine empty. Based on this situation, they designed a system that captures three images of the coffee machine every minute and transfers them to their computers at their desks. This black and white image was enough to see the amount of coffee in the coffee pot. Coffee was one color anyway! All it took was a camera and image capture software. In this way, each academic could see how much coffee was left in the coffee machine downstairs on their own screen. This boring event led to the discovery of the existence of connected objects, and a new concept that appealed to almost every industry emerged.

Intelligent manufacturing technologies have become widespread in many activities such as utilities, industrial automation, electronic control systems, smart parking, real-time human and vehicle density monitors. Today, our automobiles, which are an indispensable part of our lives, have been developed not only by the technologies that affect the users, but also the production technologies thanks to the Internet of Things. If we give an example of the digitalizing development process, industry 4.0 applications and autonomous vehicles will be the most popular examples. Industry 4.0, which is described as the 4th Industrial Revolution, has been an important factor that will affect the production efficiency and quality in the highly competitive automotive industry. Virtualization, interoperability, autonomous management, real-time capability and modularity are among the principles of this revolution. In autonomous vehicles, the aim is to build a highly automated vehicle with the development of a reliable, useful and new type of integrated structure, taking into account the human factor. According to research, communication solutions based on artificial intelligence will continue to be an important milestone in the automotive industry in the future.

Today, millions of studies are carried out in the field of IOT in the USA, Europe and the Far East, which is considered to be the places where technology is most developed. In addition, the number of connected objects, estimated at more than 50 billion today, is expected to reach 1 trillion by 2030. In Turkey, this subject has just started to become popular and there are only a few companies engaged in research and development. Financial resources are needed to conduct more research on the Internet of Things, which is a milestone in the rapid development of the automotive industry. In addition, in order to adapt to the developing technology, the need for technical personnel to work in this field will be inevitable.

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CLUBS TALK!

FOOD TECHNOLOGIES CLUB

Our Food Technologies Club is a specialty club established within the body of Istanbul Gelişim University, Department of Health, Culture and Sports (HCS). Food Engineer Msc. Lecturer Kübra SAĞLAM, Head of Food Technology Program at Istanbul Gelisim Vocational School, carries out the consultancy of the club. Our club was established in order to organize social activities such as seminars, conferences, technical trips in the fields of Food Technology and Food Processing, to implement the ideas of individuals with R&D ideas and to carry out patent studies, to raise awareness of consumers about clean, healthy, reliable food production and consumption. Our club is an innovative and creative club that constantly develops itself and organizes events not only for Food Technology students, but also for everyone who is interested in the sector and wants to gain knowledge in this field.

Our club's fields of activity are as follows:

- Ensuring interaction between the sector and the student
- Participating in fairs in the field of food
- Carrying out R&D activities and patent studies
- Organizing technical trips
- Celebrating Food Days and raising awareness
- Organizing in-field seminars and conferences Carrying out workshops
- Organizing Career Talks

Click here to fill out the form for club membership.

OUR EVENTS

BAYKAR Technology Company Visited Our Vocational School

On Thursday, June 23, BAYKAR Technology Company made a visit to the Aircraft Technology Program of our Vocational School. During the visit, BAYKAR officials who visited our Vocational School and Aircraft Technology Program application workshops liked our application areas very much. During the visit, where interviews were also held on internship and post-graduation recruitment, the foundations for cooperation with our Vocational School were laid. With the contributions of our Vocational School director, Asst. Prof. İsmail Cem AY, interviews were held for our students to work at BAYKAR Technology Company after they were educated and graduated.

After the visit, BAYKAR Technology Company officials met with our Vocational School students and had a conversation about internship, job opportunities and the future of BAYKAR company. After the meeting, where the company and our students were satisfied, solid steps were taken to structure our cooperation and move it to a higher level.

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NEWS FROM IGVS

The article "Ultrasound-assisted enzymatic extraction of proteins from Gracilaria dura: Investigation of antioxidant activity and techno-functional properties", co-authored by IGVS, Food Technology Program Lect. Eda SENSU, was published in the Journal of Food Processing and Preservation. Click for access.

IGVS Food Technology Program Instructor Nurullah Zekeriya Akar's single-author article "Exopolysaccharides from Lactic Acid Bacteria: Functional Properties and Effects on Yogurt Texture" was published in Osmaniye Korkut Ata University Journal of the Institute of Science and Technology, which was scanned in TR DIZIN. Click to access the article.

The article titled "Considering the Participation of Individual Actors in the Image of the City with the Help of Digital Platforms: An Evaluation on Google Earth", written by Zeynep ÖZCAN, Lecturer of IGVS Public Relations and Publicity Program, with IGU GSF Deputy Dean Asst. Prof. Sezgin SAVAŞ, was published in Kastamonu Journal of Communication Studies. Click for access.

The article titled "How Institutional Psychosocial Risk Factors Affect Occupational Safety: An Empirical Study (Kurumsal Psikososyal Risk Etmenleri İş Güvenliğini Nasıl Etkiler: Amprik Bir Çalışma)" by Güfte CANER AKIN from IGVS Occupational Health and Safety Program was published in the Journal of Business Studies. Click for access.

IGVS, Air Logistics Program Lect. Atilla AYDIN's article titled "Changes and Transformations in the Employment Structure of the Turkish Economy" was published in the Journal of Interpretation-Management-Methods International Management-Economy and Philosophy. Click for access.

The article titled "The Effect of Dimensions of Brand Experience on Dimensions of Purchasing Cosmetic Products: A Comparison of Flormar and Mac Brands" by Lect. Gözde SULA AVERBEK from IGVS, Civil Air Transport Management - English Program, co-written with Assoc. Prof. Dr. Nurettin Ozan BAKIR, was published in the Journal of Social Sciences. Click for access.

MASTHEAD

İSTANBUL GELİŞİM UNIVERSITY

ADDRESS
Cihangir, Şehit Jandarma Komando, J. Kom. Er Hakan Öner St. No: 1, 34310 Avcılar/İstanbul

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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www.gelisim.edu.tr

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.