



HAPPY PEOPLE
HAPPY BEŞİKTAŞ

**RIZA
AKPOLAT**
MAYOR OF BEŞİKTAŞ

THE NOVEL CORONAVIRUS (COVID-19)

REFERENCE:
REPUBLIC OF TURKEY MINISTRY OF HEALTH



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TO THE ESTEEMED CITIZENS OF BEŞİKTAŞ



In consideration of the hot agenda of the Novel Coronavirus (Covid-19) cases, which also started to be detected in our country, and the increased prevalence of the outbreak globally; we would like to share with you the basic personal measures all of us should be taking to fight against this threat.

BASIC KNOWLEDGE ABOUT THE NOVEL CORONAVIRUS (COVID-19)

1. Covid-19 is a virus that causes respiratory tract infection.
2. Covid-19 can be transmitted through droplets emitted by coughing or sneezing of sick people by contacting the mouths, noses and eyes of the other individuals around; or by bringing the hands to the mouth, nose and eyes after touching the surfaces to which these droplets have adhered.
3. Covid-19 could be life-threatening by leading to lung infection (pneumonia) with the individuals who have diabetes, heart diseases, lung diseases, or a low immune system. According to the data obtained, this is usually the case for individuals over 50 years old and those who have chronic diseases.
4. It principally starts with symptoms of the upper respiratory tract diseases such as the sniffles and flu. People who have strong immune systems can recover within a period of one week without catching any other disease.
5. In this period, any disease finding related to upper respiratory and lower respiratory diseases should be evaluated well, and in cases of general condition disorders such as fever, cough, runny nose, difficulty in breathing, weakness, etc especially; medical help should be taken immediately in terms of diagnosis and treatment.
6. In cases of suspected coronavirus; the instructions of the Ministry of Health for the disease notice and transfer procedures to appropriate hospitals should be applied.
7. The procedures about how to act in such a scenario and the examination, treatment and quarantine rules regarding the suspicious case and the people it has contacted with have been determined and carried out very definitely by the Ministry officials.
8. Covid-19 tests are carried out only in the laboratories of the General Directorate of Public Health, which is under the control of the Turkish Ministry of Health. For this reason, suspected cases are performed in the hospitals determined by the Ministry as the reference hospitals regarding this outbreak.
9. Covid-19 is a virus and therefore antibiotics have no effect on it.

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The points that need to be taken into consideration and implemented as preventive actions are as follows:



1. In this period, please pay extra attention to the implementation of hygiene measures:
 - Wash your hands using soap and water for 20 seconds at minimum during the day and repeat this 3-4 times a day.
 - Increase your hand hygiene using disinfectant.
 - Be extra careful about the cleanliness of your environment and your personal hygiene as well.
 - Please avoid kissing, hugging and shaking hands.
 - Please avoid contacting dirty surfaces. Cover your nose and mouth using a disposable paper tissue when you cough or sneeze.
 - In case of having no tissue paper, please use the inner part of your elbows. Immediately throw away the used tissue paper in the trash, and wash your hands using soap and water.
 - Please avoid being closer than 1 meter to people who have symptoms like cold or flu.
2. Please implement a balanced and healthy diet in order to keep your immune system strong.
3. We recommend that you don't spend time in crowded places unless it is necessary, avoid travels that are not imperative for the time being and especially do not visit healthcare institutions unless it is mandatory.
4. Even for a standard flu disease, patients' resting at home prevents the spread of such diseases and protects especially the individuals in the risk group. Resting is also very instrumental in the treatment process of diseases and helps people to return to the normal life order in a shorter time.
5. People who have influenza and respiratory tract infections are advised to rest at home and see their doctors again if their situation deteriorates in any way. (fever, cough, difficulty in breathing, etc.)

We present to your attention these basic measures and knowledge aimed at protection against the Novel Coronavirus (Covid-19). We would like to emphasize once more the importance of your support in order to be able to carry out these processes in a healthier way altogether. Thank you for your cooperation.

We wish you healthy days!