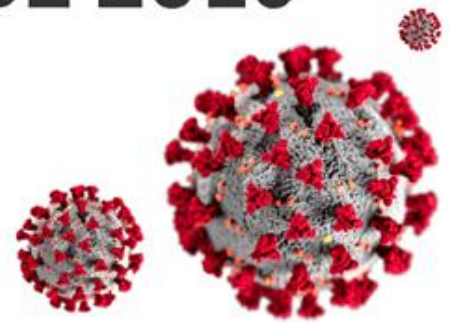




12/03/2020

www.angloturkishassociation.com

CORONAVIRUS DISEASE 2019 COVID-19



Coronavirus – covid-19 Latest News from the TRNC *given in good faith*

Please be aware if you are planning to fly to or from Northern Cyprus in the immanent future of the following information that has been put out to the general public in the TRNC.

The Government of the TRNC has tonight announced that the following conditions will apply from TONIGHT 12th March 2020 until 1st April 2020.

Citizens of Italy, Iran, Iraq, China, Korea, **UK**, France, Spain, Germany, Greece, USA, Netherlands, Denmark, Switzerland, Norway, Sweden, Singapore, Hong Kong, Belgium, Australia, Qatar, and Bahrain are prohibited from entering the TRNC via **ANY** access point (Land, Sea, Air), unless they have a residency permission, either Permanent or Temporary. In this case you will be able to enter upon proof, but will be required to self isolate at home for 14 days. **This will remain in effect until April 1st 2020, although may be extended.**

BORDER CROSSINGS (Road & Pedestrian)

Akyar and Yeşilirmak Crossing Gates are closed until March 22.

Metehan, Ledra Palace, Beyarmudu Crossing Gates will remain open for the time being.

Collective crossings by buses, excluding 10 persons from the Greek Cypriot side with the aim of a touristic trip, ceremonial and similar events have been stopped until March 15.

BORDER CROSSINGS (Air)

All charter flights to the TRNC have been stopped until April 1.

Flights to and from Turkey for the present time will continue as normal although there will be flight delays as planes will undergo a deep clean prior to departing for and from the TRNC..

Passengers on Transit Flights to the TRNC via Turkey may be denied access into Turkey by Turkish Authorities (please see advice from both your own Country's Government and that from the Turkish Government before attempting to travel).

BORDER CROSSINGS (Sea)

No current information.

Members of the public have been asked to not go abroad.

OTHER

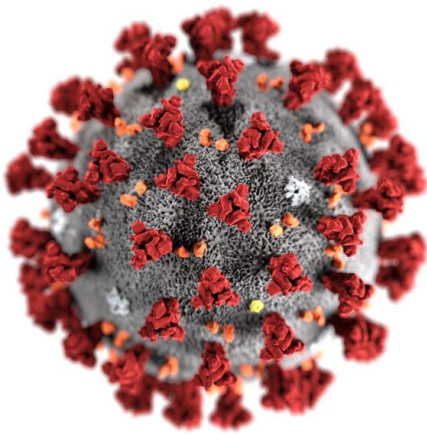
The school holiday period is extended until 22 March.

All school activities have been suspended until 3 April, 2020.

All other public gatherings such as cinemas, theatres, concerts and rallies are cancelled until 22 March.

ADDITIONALLY

The Ministry of Health will take all necessary measures in accordance with the Communicable Diseases Law against all those who do not comply. This will come into force as of midnight tonight until April 1. If it is deemed necessary, the situation will be re-evaluated.



General Advice given by our Association on the understanding that our Association is not a medical expert.

We receive and willingly transmit this information to all of this clear, simple and accessible information, which describe exactly what it is. The virus, how it transfers from one person to another and how it can be neutralized in everyday life.

Corona virus infection does not cause a cold with a dripping nose or catarrhal cough, but a dry and dry cough: this is the easiest thing to know.

The virus does not resist heat and dies if exposed to temperatures of 26-27 degrees: therefore often consume hot drinks such as tea, herbal tea and broth during the day, or simply hot water: hot liquids neutralize the virus and it is not difficult to drink them. Avoid drinking ice water or eating ice cubes or snow for those in the mountains (children)!

For those who can do it, expose yourself to the sun!

1. The virus crown is quite large (diameter about 400-500 nanometers), therefore any type of mask can stop it: in normal life, special masks are not needed.

On the other hand, the situation is different for doctors and health professionals who are exposed to heavy virus loads and have to use special equipment.

If an infected person sneezes in front of you, three meters away they will drop the virus on the ground and prevent it from landing on you.

2. When the virus is found on metal surfaces, it survives for about 12 hours. So when you touch metal surfaces such as handles, doors, appliances, supports on trams, etc., wash your hands well and disinfect them carefully.

3. The virus can live nested in clothes and fabrics for about 6/12 hours: normal detergents can kill it. For clothes that cannot be washed every day, if you can expose them to the sun and the virus will die.

How it manifests itself:

1. The virus first installs itself in the throat, causing inflammation and a dry throat sensation: this symptom can last for 3/4 days.

2. the virus travels through the humidity present in the airways, descends into the trachea and installs in the lung, causing pneumonia. This step takes about 5/6 days.

3. Pneumonia occurs with high fever and difficulty breathing, it is not accompanied by the classic cold. But you may have the feeling of drowning. In this case, contact your doctor immediately.

How can you avoid it:

1. Virus transmission occurs mostly by direct contact, touching tissues or materials on which the virus is present: washing hands frequently is essential.

The virus only survives on your hands for about ten minutes, but in ten minutes many things can happen: rub your eyes or scratch your nose for example, and allow the virus to enter your throat ...

So, for your own good and for the good of others, wash your hands very often and disinfect them!

2. You can gargle with a disinfectant solution that eliminates or minimizes the amount of virus that could enter your throat: in doing so, you eliminate it before it goes down into the trachea and then into the lungs.

3. Regularly disinfect the PC keyboard and mobile phones.

The new corona virus NCP * may not show signs of infection for many days, * before which it cannot be known if a person is infected. But by the time you have a fever and / or cough and go to the hospital, your lungs are usually already in 50% fibrosis and it's too late!

Taiwanese experts suggest doing a simple check that we can do on our own every morning:

Take a deep breath and hold your breath for more than 10 seconds. If you successfully complete it without coughing, without discomfort, a sense of oppression, etc., this shows that there is no fibrosis in the lungs, indicating essentially no infection.

In such critical times, do this check every morning in a clean air environment!

These are serious and excellent advice from Japanese doctors who treat COVID-19 cases. Everyone should make sure that their mouth and throat are moist, never DRY. Drink a few sips of water at least every 15 minutes. WHY? Even if the virus gets into your mouth ... water or other liquids will sweep it away through the esophagus and into the stomach. Once in the belly ... Gastric acid in the stomach will kill all the virus. If you don't drink enough water more regularly ... the virus can get into your trumpets and lungs. It is very dangerous.

Share this information with your family, friends and acquaintances, for * solidarity and civic sense * !!!!

If you think you have or appear to have any of the symptoms described in this email please **DO NOT TRAVEL TO OR FROM THE TRNC** but self-isolate and contact the Ministry of Health in the country you reside in.

TRNC Ministry of Health Emergency Numbers are **0533 8501188 & 05488501188**

UK Ministry of Health Emergency Number is **111**

PLEASE BE AWARE that our Association Events, Tours, Social (lunchtime) Gatherings and Member Clinics may be cancelled at short notice because of Coronavirus (Covid-19), in such circumstances *we apologise now in advance* and will endeavour to provide sufficient notice of any such occurrence.

Please visit our website for information on our Events, Tours, Social (lunchtime) Gatherings and Member Clinics

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