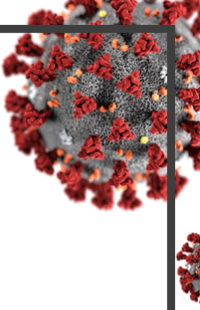




**Hadi Gidelim**

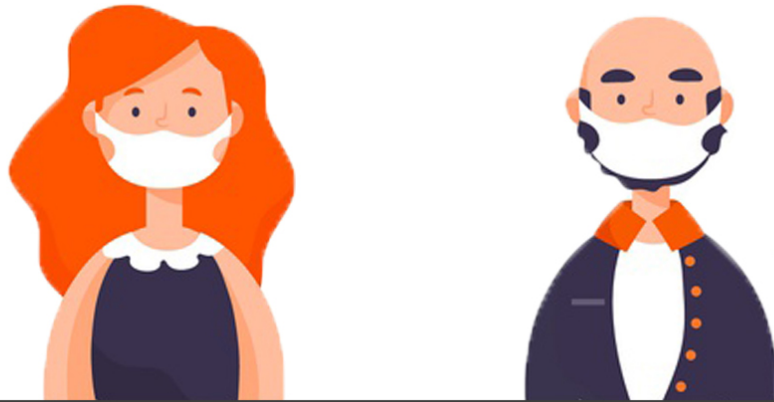
- Our lifestyle has changed a lot these days because of Covid-19!



## — What is Covid-19?

- Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.
- Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.
- The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.
- The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).
- At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments.

- **To prevent infection and to slow transmission of COVID-19, we have to do the following:**
- Wash our hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Maintain at least 1 metre distance between us and people coughing or sneezing.
- Avoid touching our face.
- Cover our mouth and nose when coughing or sneezing.



# QUARANTINE

- So basically the best way to prevent infection is to **Quarantine** ourselves for a while.
- Thousands of people are in or facing a period of quarantine or Isolation as a result of coronavirus risk or infection.
- At the best of times, staying away from loved ones, peers and colleagues would be a challenge, but adding the spectre of a life threatening infection to the mix elevates this to a high stress experience.

## ● Outbreaks can be stressful !

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people! Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

— Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs



## Everyone reacts differently to stressful situations!

- How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.
- People who may respond more strongly to the stress of a crisis include:
  - Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19.
  - Children and teens
  - People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders
  - People who have mental health conditions including problems with substance use

- We are here to prevent the harms of loneliness and stress of quarantine with **Hadi Gidelim**

- In **Hadi Gidelim** you can hang out with your friends in cafes, restaurants even bars and clubs in vr world!
- It means you will go to your favourite place from your couch in your home!
- In the meantime **Hadi Gidelim** application use your device front camera to scan your face and share it exactly as your character face in vr cafe, so you can feel even more friendly with your friends!
- You can download the application in your phone and use your phone as a screen in vr glasses or you can download it on your pc and use it with your seperate vr glasses.

- **But whats is Hadi Gidelim exactly?**

- Unfortunately ,during quarantine people get bored in home and also cafe, restaurant and generally cities entertainment and food providers are in a danger of bankruptcy.
- With **Hadi Gidelim** as a cafe owner you can make money in quarantine time with renting your cafe tables for a limited time and as a consumer you can reserve a table with your friends and have fun!

Dont worry just make yourself  
a drink  
and put your vr glasses on !

### **Hadi Gidelim !**





Imagine  
experience a  
new way of  
having fun with  
**Hadi Gidelim !**

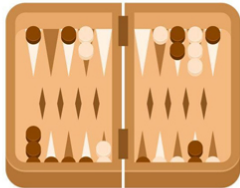


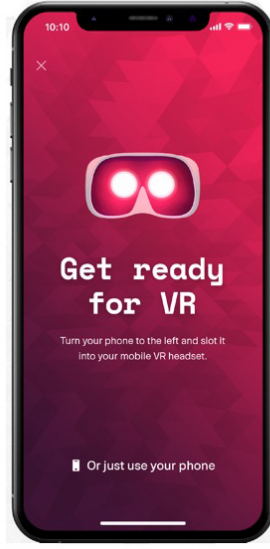
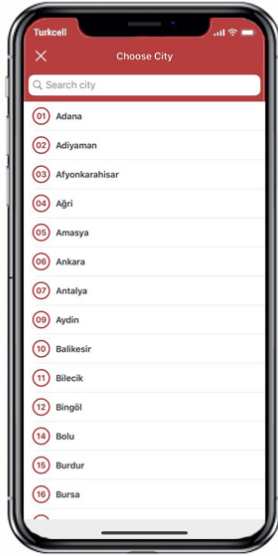


- We know that in Turkish Culture **Tavla** has a special place.
- So let's have more fun !
- You can play tavla while enjoying your Turkish kahve or Turkish tea in the vr world of **Hadi Gidelim** !



- We didn't forget about football matches!
- Watch your favourite teams live or memorable matches in your favourite cafe in **Hadi Gidelim** !





**And most important one,**

**Don't miss your family and friends if they are far from you and living in another city or country!  
Even after quarantine you can meet them anytime anywhere!**

**Don't forget we will break every limitations !**

- Dear cafe owners, you won't have the old limitations !
- You can give your cafe tables to as many people as you want without any limits! it means not only you don't need to worry about your financial situation, but also you will earn more money than before!
- Dear consumers, don't worry about your favourite table at the cafes! you can have it anytime you want!

**Hadi Gidelim ! WE DON'T BELIEVE IN LIMITATIONS!**