



INFLUENCE OF SOCIAL DISTANCING ON COVID-19

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ABSTRACT

As we see how fast COVID-19 is growing all over the world. It generally affects the people with the low immunity and disease like breathing issue cancer or kidney problems. In the wake of this government has issued some of the guidelines to prevent ourselves from this virus. Basically it is a virus so it transmits from one body to another through eyes, nose and mouth in a medium of water droplets. Showing the guidelines issued by a government was first emphasized on social distancing there's a beautiful line quoted by a great author that is prevention is better than cure which means it is better to take prevention then getting cured after the disease attacks you. Incrementing covid-19 social distancing is the most important thing that everyone needs to prevent themselves from this. Lockdown was also measured to do social distancing by keeping the most of the public inside the houses so there is least number of contact and spreading of virus in the human body. Generally people who are in essential services move elsewhere in the house so that the chain of Covid19 could break.

Keywords: Corona, Social distancing, COVID 19

INTRODUCTION

Covid-19 is a disease also known as coronavirus that began in December 2019 in a small city of burhan in China then it was spread all over the world. After four months it was declared as a pandemic by the world health organisation. There were four countries that hittedhard by the coronavirus that are China USA Italy Spain, today there are more than 15 million peoples affected by coronavirus all over the world and there are more than 8 million deaths as seen till yet. Buy a few resources there is some data which says that 5% of the whole population will die due to this pandemic if the vaccine is not available till 2021. The measure issue of transmitting coronavirus is communication and togetherness of the people as it spread due to the water droplets everyone need to covered there freeze basically there nose mouth so if one is affected by the Corona covid-19 then the droplet from his mouth or nose didn't get in the contact with other people which give rise to a making a chain of covid-19. Wearing a mask is just not to protect you from getting affected but the major is social distancing. Social distancing is the only thing that could save you from getting affected from the coronavirus but as people didn't think and take care not to move here and there without thinking that it is a pandemic and is spreading on a high rate. Social distancing is not but a distance of 6 feet or 2 metre that doesn't allow the virus to attack you at this distance so this is the basic reason why the government is emphasizing everyone to maintain a social distance among themselves. To prevent oneself from covid-19 social distancing is a very necessary precautionary measure that is followed in every department and should be followed by every one to break the chain and thus pandemic social distancing is very very important. Since it is a virus it's make a chain from one body to another body then from another to another to break this virus chain then need to keep Asif away elss this change will keep on increasing and affecting the whole world and the approximation of other data is searches

will be proved correct despite of spending so much money and getting down the economy of the government the results will be zero [1-5].

NECESSITY OF SOCIAL DISTANCING

Social distancing is actually very necessary because whoever is affected with covid-19 if sneezes in a public place in front of anyone then it releases million of viruses at that place which are alive on a body or on any surface for some duration so if anyone touches that place that droplets move to their hand and then if with the same hand they touch their nose the chain of virus will build.

We don't know who is affected and who is not so we need to take precautions because everyone has old people and childrens in their home. If we have immunity they don't have it so we also have to take care of them. That's why social distancing is very necessary we don't know that the person we are talking to is either affected or not maybe they have sneezed in hand and shake the same hand with you so you will also get affected by it. Social distancing contains a distance of six feet from the person along with not touching anyone in a public place that is no shake hands no exchange of hugs and others. This is a very precautionary measure that we need to make ourselves and our family safe and secure.

We should take care of social distancing which is the world recommended solution preventing you and your family from covid-19 virus which is also declared as a pandemic. Maintaining a distance and not coming in contact with only solution and yourself from this disease because it has a chain formation which affect you somehow if you visit so places randomly ok into contact with something who has any symptom for whom I have came contract in anyone that is affected by coronavirus so keeping distance is only solution save yourself from getting a block in a chain of this virus [7].

EFFECTS OF SOCIAL DISTANCING

Social distancing prevents you and your family from getting a block in a chain of coronavirus but also helps others to be safe and secure from this disease. Maintaining a social distance is a very precautionary measure which is the only way to prevent yourself. Since it is a chain formation virus breaking the chain is must to stop the transmission from one body to another which could be done only by maintaining a distance making yourself away from everyone. Roaming here and there at this time will hit you hard so try not to visit outside or if the visit outside try to maintain a distance which is very important. The effect of this distance can be easily seen among those affected peoples who are making themselves away from getting contact with anyone. It can't be read to you without your wish because if you are maintaining a distance wearing a mask thing that is a guideline of the government then there is the least chance that you will get affected.

Social distancing is also followed in a public place by the closure of school, college, religious places, cinema hall etc. It is also followed in the general shop and other vendors in the view of high transmission of COVID-19 as everyone knows that it is the only way to protect yourself from getting infected. Self isolation is far better than getting isolated in the hospital. It is not tough to keep a distance with everyone but it's important. Youth of the generation is not following and the effects have already been seen in countries like the USA and China where youth took this pandemic lightly and the effect of this is paid by the whole country. To stop the transmission, social distancing is the only way to break the chain and stop or slow down the rate of spreading this COVID19 pandemic.

So to stop this pandemic this is very important strictly follow the guidance of the government and world health organisation who says that social distancing and breaking the chain is the only way to stop the

transmission of coronavirus or to slower than the rate of transmission among the people as we have seen that is multiplying 2 times in approximately 20 to 25 days which is quite unstoppable. It is very necessary to stop connecting with people and getting in contact. The result of getting in contact with the people can easily be seen in China as well as in the USA where the coronavirus has reached its peak and the people are now scared of the disease when half of the country is in hospitals. In India we can see that where the social distancing guidelines are following that areas are quite safe than others. There are countries like Italy where coronavirus has reached its peak but due to the medical facility the situation came under control despite of it they have lost many of the lives in this period so we can see that if the countries with the best medical facilities can't stop or control the virus is then the country like India which does not have that much of facility in Medical line and only way to save ourselves and our country is social distancing and the guidelines offered by the ministry of health and affairs which gives reports and guidelines everyday to yourself and asking us to maintain social distance as much as possible to break the chain get back to normal days in our life [8-11].

CONCLUSION

We can see how social distancing is important for us and everyone to think to check it from this deadly virus which multiplies itself 20 times in one second so we can see how fast transmission can a CA and one person can affect how many persons or an area that is affected from coronavirus. Lockdown was done in India to maintain social distance and to make you learn about the social distancing and its uses and effects and to tell how useful it is for us to be safe and secure but we can't stop a working and officers so the lockdown has opened but the government also emphasizes on to maintain the social distance because everyone knows the social distance is only way to stop the spread of coronavirus covid-19 among kids and adults whose lives are more tough to be saved than the youth and young generation as they have low immune in their body and Covid19 attacks quickly to those people who have low immune.

So it is better to keep social distancing and follow all the guidelines that are given by our government to make a safe and secure this Pandemic as everyone knows the government is working too tough to maintain its economy and workers in hospitals police municipal corporation who are working daily to protect you to serve you and save the nation from this deadly virus and to actually tell you the culture of India which is to say namaste than to say hi and hello exchange the hugs between the two. Best part of coronavirus and social distancing is that it told us the ethics of our country to our young generation who missed all that culture where people used to respect them by joining their hands and bowing their heads. So apart from the best part the worst part is the transmission rate of this disease is much greater than its mortality rate which is much dangerous for others so maintain social distance and prevent others from getting affected through it.

We just need to keep this thing in your mind that social distancing is only tool through which we can serve our nation as well as a family to save them from this covid-19 there is no vaccine of this we can say social distancing and wearing a mask are the only vaccine who can prevent you from these diseases and it's better to follow all the guidelines by the government because they are doing their best and finding the best solutions to save us and the nation from this pandemic so we can enjoy our life as before this pandemic that is before March 2020. To enjoy that life back the single thing we need to do is to maintain a social distance from everyone and get in the least contact with the people coming back home from outside and those who are working in offices where the protection is least.

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