

“Social distancing” a boon to prevent covid-19: a mini review

Abstract

Social distancing, or physical distancing usually 6 feet, is a set of infection control measures with intention to stop or slow down the spread of a contagious disease specially COVID-19. A Main objective of this article is to bring awareness and importance regarding social distancing among peoples across the globe to prevent such a deadly pandemic disease/viral disease COVID-19. We all knew that the current we all facing the problem of pandemic deadly disease COVID-19 which had epicenter in Wuhan province, China since December-2019 and has already spread across the globe and it claimed 1,75,000 plus lives and 23 lakhs plus infected people still 4th may 2020 and still not under control in most of the parts in the world except few countries. Accurate treatment and vaccination not yet found for the same even though after struggling hard from most developed countries such as USA, UK, Australia, Israel, Italy etc. Why social distancing required? To prevent spread of pandemic/viral diseases, to control the spread of viral disease such as COVID-19, to lead healthy life style and to save people lives.

Keywords: COVID-19, China, W.H.O, social distancing and prevention

Volume 7 Issue 2 - 2020

Vijayaraddi Vandali,¹ Kamel Abdi,¹ Desai BS,² Shivraj S Mangyal³

¹Department of Nursing, Komar University of Sciences and Technology, Iraq

²Senior Pharmacist, GIMS, Karnataka, President Government Pharmacist Association, India

³MBBS, Junior Resident, India

Correspondence: Vijayaraddi Vandali, Department of Nursing, Komar University of Sciences and Technology, Rajasthan, India, Email vijayvandali84@gmail.com

Received: April 15, 2020 | **Published:** June 30, 2020

Objective

To bring awareness and importance regarding social distancing among peoples across the globe to prevent deadly pandemic disease/viral disease COVID-19.

Introduction

Social distancing, or physical distancing, is a set of infection

control measures aims to stop or slow down the spread of contagious diseases, at present situation concerned to COVID -19 a deadly pandemic which already spread across almost 99% of the countries in the world.

Social distancing is deliberately increasing the physical space usually 6 feet between peoples to avoid spreading the contagious disease. It reduces the chances of catching COVID-19 (Figure 1).



Figure 1 Image shows social distancing.

What is isolation?

For people who are confirmed to have COVID-19, **isolation** is appropriate. Isolation is a health care term that means keeping people who are infected with a contagious illness away from those who are not infected. Isolation can take place at home or at a hospital or care facility. Special personal protective equipment will be used to care for these patients in health care settings.

What is social distancing?

A distance is the particular aspect to stay away from each other at least 6 feet distance to prevent spread of pandemic/viral diseases specially COVID-19.

It’s a most effective and easiest way to prevent, reduce and control the spread of disease without any cost for the individuals (Figure 2).



Figure 2 Image shows social distancing.

Conclusion

Social distancing is everyone’s responsibility to maintain and follow it strictly by self-motivated not to follow for the purposes of formality or due to government order. Must everyone follow it strictly and sincerely then definitely we will make wash out or to prevent this deadly pandemic COVID-19 from the whole world at the earliest.

Funding

None.

Acknowledgement

I would like to thank my parents, my wife, my children’s and my uncle and aunt.

Conflict of interest

None.

Why social distancing required?

1. To prevent spread of pandemic/viral diseases.
2. To control the spread of viral disease such as COVID-19.
3. To lead healthy life style.
4. To save people’s lives.

What is required for social distancing?

- a. Actually nothing is required but needs patience
- b. Needs some daily needs such as food, water etc
- c. Needs few medications to manage minor ailments at home.
- d. Need some gadgets for entertainment such as TV, Internet, Mobiles, articles, books etc (Figure 3).



Figure 3 Image shows peoples maintaining the social distancing in India while buying/purchasing daily needs at store.

References

1. World health Organization. Coronavirus. 2020.
2. Vijayaraddi Vandali, BS Desai. Corona Virus Outbreak: A Mini Review. *Journal of Nurses Voice and Impact*. 2020;12(2):1–3.
3. Alarm Grows as Markets Tumble and Death Toll Rises. *The New York Times*. 2020.
4. Coronavirus, Social and Physical Distancing and Self-Quarantine. 2020.
5. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine>
6. Sawicki SG, Sawicki DL. Coronavirus transcription: a perspective. *Curr Top Microbiol Immunol*. 2005;31–55.
7. Kuljić-Kapulica N. SARS corona virus--a new dilemma. *Med Pregl*. 2005;58(1):43–46.