# A Review of the Corona Virus Outbreak and Importance of Social Distancing

**\*Rajesh Gupta**
**\*\*Aditi Khandelwal**
**\*\*\*Aditya Khandelwal**

## Abstract

The 2019 novel coronavirus outbreak and spread of the associated disease (COVID-19) is a rapidly evolving situation. To manage the threat of continued new coronavirus infection and the risk to public health caused by COVID-19, health professionals need up-to-date information and guidance on global surveillance, infection control measures and identifying and caring for people with COVID-19. The presented paper enlightens the corona outbreak situation and the social distancing safety measure. This paper describes all the preventions and actions taken by the state and central government of India. Citizens are required to fulfil their responsibilities and duties to stop the disease from spreading.

## Introduction

Social distancing is a non-pharmaceutical infection prevention and control intervention implemented to avoid/decrease contact between those who are infected with a disease-causing pathogen and those who are not, to stop or slow down the rate and extent of disease transmission in a community. This eventually leads to decrease in spread, morbidity and mortality due to the disease [1]. In the event of an infectious disease outbreak, the government may require the public to take measures to limit and control the spread of the disease. This research paper provides information about social distancing [2], quarantine, and isolation with respect to the current pandemic going on in the world: COVID 19.

The government has the right to enforce laws and regulations related to public health, if people within the country get sick with highly contagious diseases that have the potential to develop into outbreaks or pandemics. Since a pandemic cannot be stopped once it has started, health experts do not know how much damage will be caused by the species. Once pandemic [3] new coronavirus is found in our area, social distancing measures will be used early on to slow the spread of the disease

and provide our community with the valuable time needed to be better prepared. Social distancing is important because COVID-19 is most likely to spread from person-to-person through- direct close contact with a person while they are infectious or in the 24 hours before their symptoms appeared, close contact with a person with a confirmed infection who coughs or sneezes, or touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face. So, the more space between you and others, the harder it is for the virus to spread.

### The Coronavirus Outbreak Becomes Pandemic

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS) [4]. The most recently discovered coronavirus causes coronavirus disease COVID-19. COVID-19 is the infectious disease caused by the most recently discovered coronavirus. The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea.

The outbreak was first identified in Wuhan, Hubei, China, in December 2019, and was recognized as a pandemic by the World Health Organization (WHO) on 11 March 2020. As of 22 March, more than 308,594 cases of COVID-19 have been reported in over 180 countries and territories, resulting in more than 13,069 deaths and 95,829 recoveries. Out of these 199,696 active cases, 189,753 are in mild condition and 9943 are in critical condition [5]. In India, there are 332 cases reported out of which 24 have been recovered and 5 deaths. On March 22nd, 2020, time 2:20 pm, no new case is reported. Rajasthan has reported 24 cases, including two foreigners [6].

### Ways of Social Distancing

Now that the new coronavirus and COVID-19, the illness it causes, are spreading among more people in India and other countries, phrases such as "social distancing," "self-quarantine" and "flattening the curve" are showing up in the media. What do they mean, and how might they apply to us, our family and our community? While it may be disappointing to hear that so many sports events, cruises, festivals and other gatherings are being cancelled, there is a public health reason for these measures [7]. These cancellations help stop or slow down the spread of disease allowing the health care system to more readily care for patients over time. Cancelling events that are likely to draw crowds is an example of **social distancing**. There can be many ways of social distancing.

### 1. Social distancing at home-Households to reduce the spread of germs:

- As mentioned, practise good hand and sneeze/cough hygiene
- Avoid handshaking and kissing
- Regularly disinfect high touch surfaces, such as tables, kitchen benches and doorknobs
- Increase ventilation in the home by opening windows or adjusting air conditioning

- Visit shops sparingly and buy more goods and services online
- Consider whether outings and travel, both individual and family, are sensible and necessary

## 2. Households where people are ill (in addition to the measures above)

- Care for the sick person in a single room if possible
- Keep the number of carers to a minimum
- Keep the door to the sick person's room closed and, if possible, a window open
- Both the sick person and the people caring for them should wear a surgical mask when they are in the same room
- Protect other vulnerable family members, such as people over 65 years or people with a chronic illness, including, if practicable, finding alternative accommodation

## 3. Social distancing in the workplace to reduce the spread of germs in the workplace:

- Stay at home if you are sick
- Stop handshaking as a greeting
- Hold meetings via video conferencing or phone call
- Defer large meetings
- Hold essential meetings outside in the open air if possible
- Promote good hand and sneeze/cough hygiene and provide hand sanitizers for all staff and workers
- Take lunch at your desk or outside rather than in the lunchroom
- Clean and disinfect high touch surfaces regularly
- Consider opening windows and adjusting air conditioning for more ventilation
- Limit food handling and sharing of food in the workplace
- Reconsider non-essential business travel
- Promote strictest hygiene among food preparation (canteen) staff and their close contacts
- Consider if large gatherings can be rescheduled, staggered or cancelled

## 4. Social distancing in schools to reduce the spread of germs in schools:

- If your child is sick, do not send them to school (or childcare)
- Sanitise hands when entering school and at regular intervals
- Defer activities that lead to mixing between classes and years
- Avoid queuing and consider cancelling school assemblies
- Promote a regular hand washing schedule
- Clean and disinfect high touch surfaces regularly

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- Conduct lessons outdoors where possible
- Consider opening windows and adjusting conditioning for more ventilation
- Promote strictest hygiene among food preparation (canteen) staff and their close contacts

**5. Social distancing in public To reduce the spread of germs:**

- Sanitise your hands wherever possible, including entering and leaving buildings
- Use tap and pay rather than handling money
- Try and travel at quiet times and try to avoid crowds
- Public transport workers and taxi drivers should open vehicle windows where possible and regularly clean and disinfect high touch surfaces

**Measures Taken By the Indian Government for Social Distancing**

Ministry of Health and Family Welfare, Govt of India issues guidelines [8] to prevent and to stop spreading covid-19. These guidelines are to be enforced for the citizen of India till March 31st 2020.All educational institutes remain closed, any type of gathering, any event etc. Today[22nd March 2020] India is observing a "JANTA CURFEW "from 7.00 am to 9.00 pm as announced by our PM Shree Narendra Modi.PM Modi also urged people to come in their balconies/verandas to clap at 5 pm to show gratitude and respect to the soldiers and health workers for their constant support to us. Rajasthan Chief Minister Ashok Gehlot on Saturday directed a "complete lockdown" in the state, except for essential services, till March 31. There will be a "complete lockdown", barring essential and medical services, in the state from March 22-March 31 to contain the spread of novel coronavirus and keep people safe[9]. The Maharashtra government also announced restrictions and shut down in the state. The measures included shutting down of all non-essential services in the state including private offices. CM Uddhav Thackeray flanked by Chief Secretary Ajoy Mehta and State Health Minister Rajesh Tope in a televised address said that the government had appealed for people to stop overcrowding in public spaces, trains and buses [10]. Similarly other states in India also took several such preventive measures to curb the spread of the new coronavirus. Central Govt. has directed 75 districts across the country where coronavirus cases were identified to remain in lockdown mode till 31st of March 2020. All people coming from abroad are being checked and quarantined on showing the symptoms of the COVID 19. Those detected with coronavirus are being treated and taken care of in isolation.

**Conclusion**

Being aware of the symptoms and the incubation period of the coronavirus is very important. All the precautionary guidelines being issued by the Health organizations (like WHO) like washing hands for at least 20 seconds, properly sanitizing door handles, mobile phones, maintaining physical distance, avoiding touching eyes, nose and mouth, etc should be strictly kept in mind as there is no specific medicine, vaccine or antiviral treatment for this disease. India has stepped into the third stage of Coronavirus outbreak [11]. So, it is very important to flatten the curve by taking necessary safety measures to wipe out the disease from India and from the world also.

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*Rajesh Gupta & Aditi Khandelwal & Aditya Khandelwal*

**\*Assistant Professor,
Govt. College, Sawai Madhopur
\*\*Student
IInd Year, B. Tech IIT Delhi
\*\*\*Student
IInd Year, BE NSIT Delhi**

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