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Social distancing Prevent the Spread of Coronavirus

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Abstract		**Short Communication**

Social distancing means maintaining a distance or space between people to help prevent the spread of the disease. To help slow the spread of COVID-19 and reduce the risk of infection, stay away from others at least 6 feet (1.8 meters). Maintaining physical spacing is important, even if you're not sick. Coronavirus spreads easily through the spray of small droplets resulting from coughing and sneezing. It can also spread through daily contacts, such as shaking hands, sharing things, or touching common surfaces. Some people may not have symptoms, but they can still transmit the virus to others. Even when they feel better, they may continue to spread the virus for some time.

Keyword: Social distancing, coronavirus, quarantine, isolation

PHYSICAL DISTANCING IN THE HOME

- Respects "personal space," even among family members.
- Don't share your personal stuff.
- Keep the surfaces so touched clean.
- Watch out for things like phones, remotes and door handles.
- Reduce guest visits within your home. This includes family members who do not live with you.
- Don't visit other people's homes, especially if they're older.
- Do not allow children to schedule group play or overnight visits.
- Exercise at home or abroad.
- Set up a "patient room" to use if symptoms develop on a family member.
- Make hand washing a habit for everyone as soon as they enter the house.

How does the Coronavirus spread?

(COVID-19) (Coronavirus Disease 2019) is a disease caused by a new type of coronavirus called SARS-CoV-2. The virus spreads easily from person to person. Based on what is currently known, there are several ways the virus may spread**:**

- When a person who is carrying the virus coughs or sneezes, respiratory droplets can settle on the mouths or noses of nearby people.
- Droplets in the air containing the virus can be inhaled into the lungs.
- The virus may spread through direct contact with a person, such as shaking hands.
- The virus may spread when a person touches a surface contaminated with the virus and then touches his or her eyes, nose or mouth. The virus can live on some surfaces for up to a few days.

What does "curve flattening" mean?

The "curve" is used to show the number of people who have been infected with COVID-19 simultaneously. COVID-19 virus, which causes COVID-19, spreads easily through close contact with others. Many people get sick at the same time. This makes it difficult for doctors and hospitals to treat everyone.

The goal of social distancing is to slow the spread of the virus or flatten the curve. If people stay at home and avoid contact with each other, the virus will not spread quickly. Fewer people will be infected at the same time. People will still get sick, but this will happen at a slower rate, making the curve more flat. This will help doctors and hospitals care for people with COVID-19, especially those who are very ill.
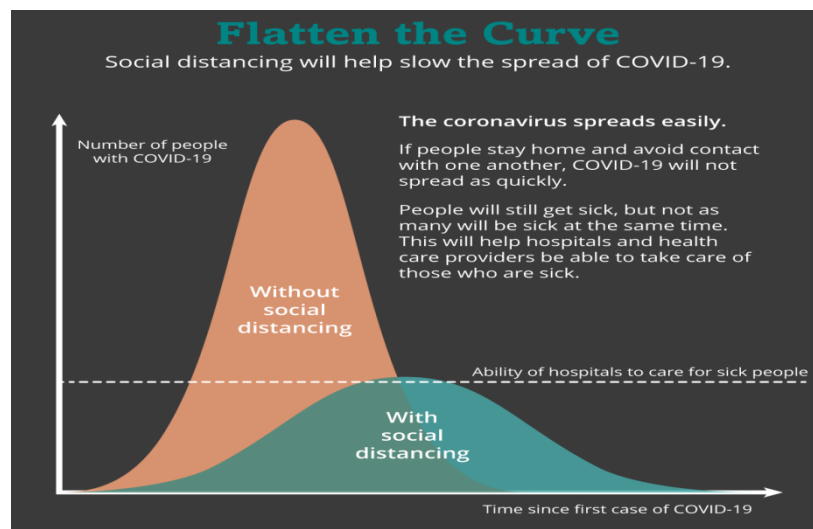
Social spacing, quarantine and isolation - what's the difference between them?

Social distancing suggests limiting close communication between you and others in your community, even if you're not sick or at risk. This is a voluntary practice to help stop the spread of COVID-19.

Quarantine or self-quarantine refers to staying at home and avoiding contact with others because you are at risk of contracting COVID-19 due to possible exposure to the virus. If you are in quarantine, you should take steps to avoid transmission to others in your home: wash your hands regularly, don't share household items, make sure you sleep in a separate bedroom and use a separate bathroom. Health departments,

government officials, or county officials may also require quarantine.

A person who has been exposed to the virus but has not shown any symptoms should perform self-quarantine for 14 days. After 14 days without symptoms, you are not at risk of developing COVID-19.

Isolation refers to the confirmation of COVID-19 infection or suspected infection and more caution should be taken to avoid transmitting the virus to others. Isolation may occur at home or in the hospital. Caregivers should wear protective equipment to reduce the risk of infection.

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