# CORONA VIRUS DISEASE - 19 AND SOCIAL DISTANCE: A REVIEW STUDY

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**Abstract:**
 Covid-19 is one of the infectious disease, it spreading world widly  with lives peoples, There is no accurate medicine for covid-19,  Co-vaccine, Covishield treatment developed primarily to control corona virus symptoms. This review article gives us to discuss about social distancing and tracing of cases. As per china report there are no positive cases in 309 cities.China having 34 cities have confirmed cases as on 13 april 2020. Covid-19 is a one of the infectious  health problem, Covid-19 spread to person to person by the positive people of society.  Covid-19 cases need to quarantine them and where they are contacted required to trace and identify the person to quarantine and followup is essential for 14 days. After that after that suggestion will be advice by health workers to continue self quarantine  for 14 days. Highly careful  is essential to find out in between positive cases and negatives cases. WHO designed and created partners in globally for specific field workers toimplement in many countries of the world. Developesmartphones are very helpfulto find the related cases in around us through the arogyasetu app. Daily and regular self report are necessary to track symptoms and signs covid-19. If there are found positive cases or indications of illness medical advice is important to take care and to control of severe condition. GPS location and Blue tooth  signals are very helpful to identify the contact. Mobile net work connection are required to take report of data and changes in the people. Those who are having smart phones they may excluded from the approaches the tracing tools. Various countries in the world deployed digital tools to find out the covid-19 positives cases.
**Key words:** Health, Quarantine, Tracing tools, Social distance.

**Introduction:**
Covid-19 is a one of the respiratory infectious disease it will increase by SARS – CoV -2. The covid-19 disease mainly effects on respiratory system. It will spread through nose and mouth to respiratory systen, primarily it is spread by droplet of saliva, when discharge from infected person through nose and mouth. Covid-19 disease spread to people in different types of respiratory symptoms. It will develop initial stage mild to moderate, moderate to severe stage. This is starting from cold, fever, cough and tiredness. It is also showed other occasional symptoms like  chest pain, difficulty in breathing and loss of speech.  Covid 19 depending on the physical and mental wellness and modification. Maintain minimum  distance between the people especially in those who are suffering from cough cold. Avoidance are better to needed to control unnecessary travel. Before spreading of covid-19, Almeid and Tyrrel introducedhuman  corona virus HCoV-229El. Avian virus born in 1931, It was divided into Gamma corona virus, Beta corona virus, Beta corona virus affected on human, they are in different types . The virus that cause covid-19.

**Strategies for Social Distance:**
Now days many peoples are suffering from various infectious diseases. Covid-19 also one of the  effective disease it responds gradually outbreaks as a infectious disease. Isolation also one of controlling method, Covid-19 spread and transmitted to person to person in the society from directly or indirectly. These virus are called such as SARS and MARS. The disease involving factors are prevention and control. Find, Manage, Source are the three core elements of isolation. In early days  china restricted to patients and close the contacts, cancelled the public activities to  use of the medical masks and occasional washing hands. China have taken

strong controlling measures in Wuhan. Where there is spreading infection there was concentrated, started careful screening in major cities. Isolated foreign visitors. Formulated covid-19 care centers, controlled each travels in the different areas .Allowed one person for every two days to go to market for necessities, between two meters distance advised in the public places.Permitted to contactless delivery for each item. According to recent research studies these controlling measures showed good result and reduced the positive cases in china. Every where they can achieve highly effective in all the places of the world wide.

**Cleaning and Controlling measures of Covid-19:**

1. Cleaning of vegetables and fruits are essential before cutting and cooking.
2. Clean and wash the fruits and vegetables with a running water.
3. Avoid wash or clean vegetables and fruits with a soap, detergent washing power with chemical water.
4. Keep the safe food and foo products keep away from infectious agents.
5. Regular using of mask are very helpful to prevent others infectious disease.
6. Maintain restriction and don't touch your eyes, nose with mouth and shake your hands with others.
7. Regular bath are needed with every round of home visit, wash your hands and cloths regularly.
8. Regular breathing exercises are essential, healthy sleep, healthy food are needed.
9. Everyone are needed regular wash hands in every half on hour.

**Social Distancing:**

Corona virus disease spread throughout the world as a pendamic, covid-19 transmission due to lack of medication or absence of medication. According to evaluation of social distance it may reduce by social distance, it is also one of the health care system. Social distance measure like closing of the schools, irregular attendance of work place, isolation of positive cases, contacts reduced with positive cases, these social distancing measures are proved the decreasing the infection. Social distancing measures are pre-pendamic model studies reduces in between contact with the community. When the educational institutional closed, students live with only family members in the working time. Non – attendance in work place, Workingemployes limit also reduced for office duty. They are provide alternate days to do their duty at a day time.Reduces the contacts,These highly controlling measures in daily number of cases, at the work place 50% of employees absent in the working area. Home isolation are increased it may be 90% in adults,100% in children. At the time of isolation automatically reduced cases.When isolated 90% adults and 100% of children illness reduced up to 30%. While the following of social distancing measures reduced in virus spread or reproduction. It is also one type of SARS outbreaks in 2003. There is no medication for covid-19, Mainly the aim of social distancing need to slow down transmission and it will reduces the hospitals expenses, lower the mortality rates, It will increases the health care services. That is why it is considered one of the social health awareness.

**Covid-19 Cases observation as on 21/07/2020 as per arogyasetu app**

| State | Positive cases | Recover cases | Death |
|---|---|---|---|
| Karnataka (Total upto date) | 67,420 | 23,795 | 1403 |
| Karnataka (As on 21-07-2020) Within 24 hours | 3,648 | 730 | 72 |

| Country | Positive cases | Recover cases | Death |
|---|---|---|---|
| India (Total upto date) | 11,55,191 | 7,24,578 | 28,084 |
| India (As on 21-07-2020) Within 24 hours | 37,148 | 24,491 | 587 |

State /Union Territories wise covid-19 cases in India

| State | Positive cases(upto date) | Recover cases(upto date) | Death(upto date) |
|---|---|---|---|
| Maharastra | 3,18,695 | 1,75,029 | 12,030 |
| Tamilnadu | 1,75,678 | 1,21,776 | 2,551 |
| NCT of Delhi | 1,23,747 | 1,04,918 | 3,663 |
| Karnataka | 67,420 | 23,795 | 1,403 |
| Andhra Pradesh | 53,724 | 24,228 | 696 |

| Uttarpradesh | 51,160 | 30,831 | 1,192 |
|---|---|---|---|
| Gujarat | 49,353 | 35,678 | 2,162 |
| Telangana | 46,274 | 34,323 | 422 |
| West Bengal | 44,769 | 26,418 | 1,147 |
| Rajasthan | 30,390 | 22,195 | 568 |
| Bihar | 27,646 | 17,433 | 217 |
| Haryana | 26,858 | 20,226 | 355 |
| Assam | 25,382 | 17,095 | 58 |
| Madhyapraesh | 23,310 | 15,684 | 738 |
| Odisha | 18,110 | 12,910 | 97 |
| Jammu & Kashmir | 14,650 | 8,274 | 254 |
| Kerala | 13,274 | 5,616 | 43 |
| Punjab | 10,510 | 7,118 | 262 |
| Jarkhand | 5,756 | 2,810 | 53 |
| Chattisgarh | 5,561 | 3,944 | 25 |
| Uttarkhand | 4,642 | 3,212 | 55 |
| Goa | 3,853 | 2,361 | 23 |
| Tripura | 3,079 | 1,845 | 7 |
| Puduchery | 2,092 | 1,265 | 29 |
| Manipur | 1,925 | 1,307 | 0 |
| Himachalpradesh | 1,631 | 1,067 | 11 |
| Ladakh | 1,195 | 1,007 | 2 |
| Nagaland | 1,021 | 484 | 0 |
| Arunachalapradesh | 790 | 285 | 3 |
| Chandigarh | 737 | 518 | 12 |
| Dadar and nagar Haveli and Daman and Diu | 684 | 448 | 2 |
| Megalaya | 466 | 66 | 4 |
| Sikkim | 305 | 92 | 0 |
| Mizoram | 297 | 168 | 0 |
| Andaman and Nicobar | 207 | 152 | 0 |
| Lakshadweep | 0 | 0 | 0 |

**Life span of corona**

Corona virus life span: Various studies mentioned different types of life span of corona virus. One study showed one day on cloths, up to two days on the glass, four days living on stainless steel and 7 days on outer layer of a medical mask. It will living on 24 hours on card board.

**Conclusion:**

The novel corona virus disease pneumonia is transmitting disease, as per the evolution of social distancing measures such as lockdown, isolation, home quarantine, showed highest reduction in the infections, it is also achievable solution. Non contacting in 90% of work place higher contacts are reduced. 50 to 70% of cases are reduced. It is also saved hospitals expenditures and decreases cases increases health measures.  It also very helpful for controlling the covid-19 cases.

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