Living with fatal Corona virus: Social Distancing and Quarantine

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Abstract: *In late December 2019, the novel Coronavirus emerged from Wuhan city of China at first and then travels to the rest of the cities of China, the entire globe including our country India. The Disease is officially termed as Corona Virus Disease-2019 (COVID-19) by W.H.O on February 11, 2019. It is also named as Severe Pneumonia with Novel Pathogens by Taiwan CDC, the Ministry of Health. It is a notifiable communicable disease of the fifth category. Person to person transmission may occur through droplet or contact transmission and if there is a lack of Stringent infection control or if no suitable Protective equipment available so far. At present, there is no definite treatment procedure for COVID-19. More and more researches are still going on in different laboratories to invent medicine for that virus is under investigation. To promptly identify patients and prevent their spreading, Physicians should be aware of the travel or contact history of the patient with compatible symptoms. Social distancing, i.e., reducing interaction between individuals helps to slow down the spread of the virus has become the new norm. Social distancing and Quarantine are the two best measures to prevent mass infection of Covid-19.*

The outbreak of Corona Virus Disease, 2019 (COVID-19) has created a global health crisis that has had a deep impact on the way we perceive our world and our everyday lives. In December 2019, an outbreak of mysterious pneumonia identified with fever, dry cough, fatigue and occasional gastrointestinal symptoms happened in a seafood wholesale wet market, the Huanan Seafood Wholesale Market, in Wuhan, Hubei province of China. The COVID-19 belongs to the same family of virus-like SARS and MERS. The first outbreak was reported in the market in December 2019 and infected about 66% of the staff there. That wet market was closed down on 1st January 2020 after the announcement of an epidemiologic alert by the local health authority on December 31, 2019. However, in January thousands of people in China including many provinces such as Hubei, Zhejiang, Guangdong, Henan, Hunan, etc. including cities like Beijing and Shanghai were badly attacked by the rampant spreading of the Corona Virus. Moreover, the fatal virus travels to other distant countries like Thailand, Japan, the Republic of Korea, Viet Nam, Germany, Italy, France, Spain, the United State of America and India also. On 11th March 2020, the World Health Organization declared it a global pandemic. The first case of the COVID-19 pandemic in India was reported on 30th January 2020. As of 15 May, while writing this Paper confirmed 81,970 positive cases and 2,649 death in the country. The pathogen of the outbreak was later identified as a novel beta-corona virus, named 2019 novel Coronavirus (2019-nCoV) and recalled to our mind the dreadful memory of the severe acute respiratory syndrome (SARS-2003, caused by another beta- coronavirus that happened seventeen years past. Global transport and the popularity of tourism are the main factors for the spread of COVID-19.

The origin of the 2019-Nov is not clear although it might come from the Wuhan wet market of China and later on spreads to the rest of the globe. Some health experts announced that China's

"wildlife market "had a certain link with several infectious diseases including HIV, and Ebola has its origins in close contact between human and wild animals. In this way, this looks set to be the case of COVID-19. Some Scientists have claimed that Coronavirus originated from Bats. Normally virus spreads easily if animals are kept in cramped, dirty conditions like market cages and can quickly spread to customers through bodily fluids.

The others claimed that the novel Corona Virus (nCoV) may have been accidentally leaked by an intern working at the Wuhan Institute of Virology in China. Initially, the lab employee was accidentally infected before spreading this virus among the common people outside the lab in Wuhan city. Whatever it may be a source of the origin of COVID-19, we have to sure and accept the truth that the birth point of that disease is always from the land of China. The role of China regarding supply the exact information to world people about the cause of an outbreak of pandemic Coronavirus and its causalities to her country in its early stage is now under suspicion. The continuance of the operation of Air service to the rest of the world is also another question mark of China's role to handle the situation of that dreadful virus in its early stage. Most of the countries are already alleged that the severe nature of human mass infection and death may be averted if they got accurate information about that virus from China in an early stage.

Corona Travels

From China to the rest of the world, that dreadful virus travels by airways. The whole world both the developed nations of Europe, America and third world countries like India are worst affected and struggling with this Coronavirus. It will be better to present brief ideas, how the developed nations of the world faced severe fatalities due to the corona crisis. Even some of the leading political leaders of the world were also infected by this fatal virus and managed to save their life in the end. It will be worthwhile, to visualize the picture of the COVID-19 situation in different developed nations of the world.

United Kingdom

More than 236,711 people have been infected by Coronavirus in Britain with confirmed 33,998 death cases as of 15, May 2020, while writing my research paper. Even the Prime Minister of Britain Boris Johnson was also infected by this virus with mild symptoms and struggles with his life and manages to get new lease of life at the end.

Italy: Italy was the first country in Europe with a major outbreak of the Coronavirus. The report says that much more likely died from the infection at home or in the nursing home without being diagnosed. Lombardy in the north part of the country the hardest-hit region, accounting for nearly one-half of the latest cases registered as of 15 May 2020. So far, Italy has registered over 223885 positive cases and an estimated 31,610 COVID-19 confirmed deaths have been reported in the country as of 15th, May of 2020.

Spain: Another European nation comes in the second table list with more than 274,367 COVID-19 infected people in the country. Nearly more than 27,459 confirmed patients in the country have lost their battle in the Coronavirus as of 15th May.

France: France stands fifth in the global virus tally. That country has reported 179,506 positive cases and 27,529 people to have succumbed to death in the European nation because of COVID-19 as of 15th May 2020.

Russia: According to the report by TASS, a Russian news agency the number of COVID-19 Cases in Russia has risen to 106,498 positive cases while fatalities have crossed 7099 as of 15th May 2020. Russia's Prime Minister Mikhail Mishustin and Russia's President Vladimir Putin's spokesman Dmitry Peskov were also tested positive and now under the process of treatment. Even two ministers Culture Minister Olga Lyubimova and Construction Minister Vladimir Yakushev also tested positive.

U.S.A: Even the world's superpower America was worst affected by this COVID-19. The United States Of America became the first country in the world to have more than 800,000 confirmed cases of Covid-19 since the start of the pandemic according to the Baltimore-based university with confirmed 58,355 confirmed death. The death toll of America due to Corona is equivalent to the number of American soldiers who lost their lives in the two decade long Vietnam war. New York City was the epicenter of the Corona virus outbreak in the U.S and nonessential businesses are ordered to stay closed till May 15.

INDIA: Finally Covid-19, pandemic reached in Indian soil on 30th January 2020 (the first case reported) originating from China. As of 16 May, the Ministry of Health and Family Welfare has confirmed a total of 85,940 positive cases which surpassed the official report of China and 2752 confirmed death cases all over the country. On the other hand, a large number of cases continued to get detected in big urban clusters. Maharastra the most affected state recorded 29,100 positive cases while its death toll rise to 1068, Tamilnadu crossed 10,000 marks while Gujurat pushes its tally to 9,932 reported as of 15 May 2020.

Lockdown Situation: The Government of India has imposed a lockdown, but it is extremely difficult to quarantine people in India, particularly in slums and rural areas where many migrant workers have gone. Hundreds of thousands of them at least have returned to their native villages and have probably spread the virus.

 On 22 March 2020, India observed a fourteen-hour voluntary Janata Curfew at the instance of Prime Minister Narendra Modi. Then, the Government enforced the lockdown situation in 75 districts where COVID-19 cases had occurred including all major cities of India. The First phase of countrywide lockdown which starts from 24th March continued for 21 days. Thereafter on 14th April, the Prime Minister extended the ongoing nationwide lockdown up to 3 May 2020 which is called the second phase of lockdown. On 1st May, the third phase of lockdown across the country was further extended by two more weeks (14 Days) till 17, May 2020.   The fourth phase (4.0) of lockdown will be declared very soon on 16 May 2020 as already indicated by Prime Minister's address to countrymen on the television screen with certain relaxation of movement in green and orange zone. The fourth phase (4.0) of lockdown is yet to announce while writing my paper. Indian Government has responded more stringently than the other countries in tackling the pandemic situation.

Activities during the Lockdown Situation: The basic purpose of the declaration of lockdown is to limit the spread of the Corona Virus telling 1.3 billion Indians to stay at home during the lockdown time. This lockdown restricts have brought the country to a standstill, emptying Market Places, grounding flights, halting Railways and Public transport services (including Bus/Taxi /Auto) and putting millions of people out of work. People are asked not to go outside their home except to buy essential foods and medicine with Police personnel on the street to enforce the ban. Even people are asked to wear a compulsory face mask and maintain a social safe distance from others while they queue for purchasing their food and grocery items. All the

business establishments remained closed except grocery shops, vegetables and pharmacies remain open. Broadly speaking Railways, Metro services, Bus and Taxi operation, Cinema Halls, Shopping Malls, and other non-essential shops exuding all the emergency service providers, public gathering, temples, etc. remained closed during a lockdown situation.

Migrants Problem: The Migrant Workers problem makes the biggest challenge for the country during this lockdown situation. When Factories and Workshops shutdown that impacted millions of migrant labour had lost their income and situation like food shortage, and uncertainty about their future arise. Millions of migrant workers were seen walking or Bi-cycling hundreds of kilometers on the highway to go back home, some with their families. Many were arrested by policemen for violating the lockdown rules. Some workers caught at the interstate border, forest between the states and even on boats to cross the dangerous sea. Some migrant workers died due to exhaustion, others died accidents on the roads after walking or hiding in the vehicles. In Aurangabad, sixteen migrants died on 8th May 2020 after a freight train ran over them while they were sleeping on the Railway tracks. In this way, the migrant's problem raises a lot of questions to the civilized modern people and their democratic system. The misery of migrants is more worsen than the situation of pandemic COVID-19.

Social Distancing: The second component of this research paper corresponds to Social Distancing. Being a social animal, it makes a lot of confusion to me before narrating this portion. Is it possible to maintain social distance everywhere? Though it is a difficult practice to follow social distancing in everyday life we are bound to obey the guidelines to save our precious life at first. Social distancing also called "Physical distancing" means keeping space between you and other people outside your home. In addition to everyday steps to prevent KOVID-19, keeping space between you and others is one of the best procedures so that we have to avoid being exposed to this fatal virus and slowing its spread locally and across the country and world. Limit close contact with others outside your household indoor and outdoor spaces. Since people can spread the virus before they know they are sick, it is important to stay away from others when possible even if you have no symptoms. Social distancing is especially important for people who are at higher risk for the severe illness of COVID-19.

COVID-19 spreads mainly among the people who are in close contact for a prolonged period. Generally spread happens when an infected person's coughs, sneezes, or talks and droplets from their mouth or nose are lunched into the air and land in the mouths or noses of the people nearby. The droplets can also be inhaled into the lungs. But recent studies confirmed that, the people who are infected but don't have any type of symptoms likely also play a role in the spread of Covid-19. It may possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their mouth, nose, or eyes. COVID-19 can live for hours, or days on the surface, depending on factors such as sunlight, humidity, and types of surface. Social distancing helps limit opportunities to come in contact with contaminated surfaces and infected people outside the home.

The following tips about social distancing help the human being away from viruses and mass infection.

1. Not going outside unless, it is necessary reasons to go out only to buy food, get medical care, etc.
2. Always prefer Home Delivery Grocery Service.

3. Ensuring to maintain a distance of at least 6feet away from others during marketing time.
4. Always cover your mouth and nose with a cloth face covering when around others, including when you have to gout in public or market place.
5. Avoid gathering of any size outside your households such as a friend's house, park, restaurant, shops, or public places.
6. Avoid using any kind of public transportation, ridesharing, or taxi if possible.
7. If you are a student or parent talk to your school about the option of a digital model of teaching

So in this way, social distancing is an essential way to slow down the spread of COVID-19.

QUARANTINE: The concept of quarantine was first used by the Venetian people of Italy in 1127 to get relief from leprosy disease and later on widely used in response to the Black Death. Many years later, Britain used the quarantine procedure systematically to save its people from plague disease. In recent times, most of the modern nation-states of the world practice this quarantine procedure to control the COVID-19 virus. The effective successful implementation of mass quarantine practices in different cities of China encouraged the other country to adopt this unique method to minimize the spread of the Corona virus. In the present situation, extensive quarantines were applied throughout the world during the COVID-19 Pandemic. Ethical and practical considerations need to be considered when applying quarantine to people. Quarantine practice differs from country to country.

Coronavirus disease 2019 (COVID-19) is caused by a new virus that has spread quickly throughout the world.COVID-19 spreads easily between people who are in close contact, or through coughs and sneezes. Most infected people suffer from mild flu-like symptoms but some are seriously ill and even die. There is no effective treatment or vaccine for COVID-19. So other ways of slowing and controlling its spread are needed. One of the World Health Organisations (W.H.O) recommendations for controlling this disease is quarantine. Quarantine is the separation and restriction of movement or activities of persons who are not ill but who are believed to have been exposed to an infectious agent or disease, to monitor their symptoms and ensure the early detection of cases. Quarantine is completely different from isolation, which is the separation of ill or infected persons from others to prevent the spread of infection or contamination.

As per COVID-19 regulation, just after arrival all the returnee both abroad and outside the state must be registered his detailed history of travel and contact must be recorded. Every person on return from a foreign land or any other state of India shall have to compulsorily stay in quarantine for 14 days observing the guidelines issued by Health and Family Welfare Department and the task of managing the Panchayat level quarantine facility (Temporary Medical Centres) has been assigned to the Sarpanch of the concerned Grampanchayat and they have been empowering to enforce the provision of quarantine. Compulsory COVID-19 testing will be conducted on all quarantined patients. Those who tested positive will be referred to nearby COVID-19 hospital for medical treatment. In the case of the negative tested quarantined patient after completion of 14 days, he will be allowed to go home. But in many cases, that person under quarantine are tasting COVID-19 positive after the quarantine period of 14 days and again asked to extend the period of quarantine against COVID-19. Strict observance of Standard Operation Procedure (SOP) must be followed for the creation of a quarantine centre. Multipurpose of a health worker or AYUSH doctors

should be engaged shift wise to monitor the health condition of quarantined people. Even, this health worker will counsel each person at the time of admission to the quarantine center. Apart from this, the manager of the quarantine centre should be ensured to provide basic facilities like rooms with an adequate number of toilets with strict sanitation practice, uninterrupted electricity, good quality food, including hand wash, etc. to all the quarantined people. No visitors, unauthorized persons including food from outside will not be allowed to the quarantine centre. The local police station will monitor the security of the quarantine centre from time to time basis.

State response to tackle COVID-19: The duties and responsibilities of the State and its people became double during the crucial time of the COVID-19 pandemic. The Government has taken every step to ensure the safety of its citizen. The State should come forward and take exemplary action to provide all types of health facilities to save the life of millions. The foremost duty of the State is to make adequate arrangement of more COVID-19 testing centres as well as setting up COVID hospital. Early detection of COVID-19 and their treatment is the priority of the State towards its people. Apart from that, the State should play a key role and make all arrangements of the safe return of its people from outside to their respective home. In this case, the traveler should co-operate with the State and its strict guideline. Being a welfare state, the State should supply ration to all the poor people ensuring not a loss of single life due to starvation.

On the other hand, the response of citizens also redoubles in the pandemic situation. People should not be panic and give all moral support to State to curb down the COVID-19. A good COVID-19 citizen is not only expected to wear a mask and observe social distancing but also encourage others to do so. He should also, to the extent possible, support all government initiatives to tackle the pandemic. He is also expected to have the moral courage to report to the authorities about those who are knowingly or unknowingly, attempting to derail the march towards victory over the Coronavirus.

 People should follow all the guidelines issued by the State for smooth management of Covid-19, particularly to maintain social distancing and not to violate the guideline which may be a risk factor for others. In this crucial situation, people should have cooperated and distributed food or daily need goods to needy people. The rich and affluent people should come forward and donate money to the State for better management of the COVID-19 pandemic. It may be mentioned that the cooperation between the State and its people is highly essential to combat the crisis of COVID-19. Certainly, COVID-19 has become a huge threat for India, however, due to Government insight and timely co-operation of the people of India; it will get ended very soon. Above all, we the citizen of India should take a pledge to get into the habit of standing in a queue, symbolically as well physically not only now but always and every time.

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