

MAINTAINING THE SOCIAL DISTANCE AT COMMUNITY

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Introduction: Covid-19. Coronavirus family of viruses which may cause illness in animal or humans. In humans several corona virus are known to cause respiratory infection from the common cold to more severe diseases such as a Middle East respiratory syndromes the most recently, Discover corona virus covid-19 It is new virus and disease unknown before the outbreak began Wuhan in China in December 2019. The most common symptoms of covid-19 or fever and dry cough. Some patients may be and pain nose connection running nose sore throat. These symptoms are usually and begin gradually. Some people become infected but do not develop any symptoms and do not feel unwell. Most people about 80% recover from the disease without needing special medicine. 1 out of every 6 people who get covid-19 become seriously ill and develop difficulty breathing older people and those with underlying medical problems like blood pressure high problems are diabetes are more likely to develop serious illness people with fever cough and difficulty breathing should seek medical attention.

How to put a Mask take off and dispose takeoff mask?

#. Touching the mask clean hands with an alcohol based hand sanitizer or soap and water.

Take the mask and inspect for holes.

Ensure the proper side of mask face outward.

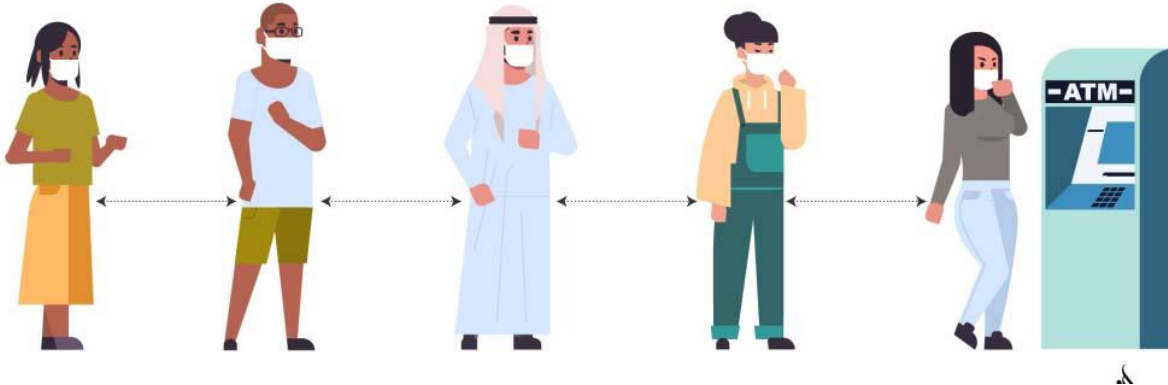
Play some music to your face pinch the metal strips.

Faster using the mask remove the elastic loop from behind the head while keeping the mask away from your face and clothes to avoid touching potentially contaminated surface of the

mask.

COVID-19 **Social distancing**

Maintain 1.8 metre (6 feet) of distance at all times if in public



#Protect your mental well being. During lockdown time series take up an indoor hobby like play carom board chess, Rummy card singer songs listening to the music ,watch the movie meditations The Yoga spectra other games. Social distancing protocol is prepared and adaptors pursuant to the country Of Los Angeles April 10, 2020. Safe for at home order for control of covid-19 and is effective April 15, 2020.

Why Practice Social Distancing?

Covid-19 when an infected persons coughs, sneezes or talks droplets from their mouth or nose are launched into the air and nor are land in the mouth or noses of the people nearby. the droplets can be also be in haled into the lung. recent studies indicate that people were infected but do not have symptoms likely also play a role in spreading of covid-19.



Picture: Shopkeeper and Social Distance at Reciving food kits

TIPS FOR SOCIAL DISTANCING:

Follow Guidance Authorities Where You Live.

- A. Prevention is better than cure
- B. Medicine you need to shop for food are medicine Gregory store or pharmacy stay at least 6 feet having from others.
- C. Cover your mouth and nose mask covering
- D. Avoid gatherings is of any size outside your household such as a friends house restaurant shop any other place. this advice applies to people of any age including teens younger adults. children should not have in person play dates while school is out to help maintain social connection while social distancing.
- E. From home when possible.
- F. If you are a student our parent talk your school about options for distance learning.
- G. Stay connected while staying away:

It is very important to stay in touch with friends and family do not live in your home. call video chat stay connected using social media everyone reacts differently stressful situation hand having to social distance you are self from someone you love can be difficult

8) You need or someone care about ok feeling over whelmed with emotions like sadness depressions or city or feel like you want to harm yourself or other call to the helpline.

HOW TO PROTECT YOURSELF AND OTHER:

1. The best way to prevent illness is to avoid being exposed to this virus

2. Some recent studies instead at covid-19 maybe people who not showing symptoms.
3. Wash your hands open with soap and water for at least 20 seconds specialty after i have been public place or after bowling nose coughing.
4. Use hand sanitizer fat content at least 60% alcohol. avoid touching your eyes no and mouth with unwashed hands.
5. Close contact with people who are sick even inside your home.
6. Clean and this disinfect frequently surface daily this includes tables do not light switches countertop and this phone keyboard toilets and sink.
7. If surfaces are dirty clean them use detergent or so and water prior to this infections.
8. please call toll free number 1075 city government of india 24x 7 helpline.

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