



CORONA VIRUS CONTROL MEASURES: SOCIAL DISTANCING OR PHYSICAL DISTANCING?

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Abstract

The research examines one of the World Health Organization (WHO) measures to reduce the spread of COVID-19 which is distancing but there is a serious controversy in the use of this measure that is either "social distancing" or "physical distancing". The research utilizes secondary sources of data and most information were explained pictorially. The research discovers that social distancing connotes distancing between different groups and class in the society whereas physical distancing refers to maintaining a gap between two or more persons irrespective of group and class to avoid contact. The paper concludes that the right word to use is physical distancing rather than social distancing. As part of the effort to reduce COVID-19 spread, it is recommended that physical distancing should be encouraged and practiced at all times rather than social distancing.

Keywords: collaboration, conflict management, organisational performance, Japan

INTRODUCTION

After the emergence of the world's infectious corona virus COVID-19, the world has been affected by it, even some events have come to a halt from sports, religious meetings, government functions, implementation of

projects to list but few. The outbreak first occurred in December 2019, in a Chinese city, Wuhan. The virus is in the order of Nidovirales belonging to the Coronaviridae family. The pandemic portrays a crown-like thorn on the virus' outer surface, and is thus called a corona virus.

According to WHO (2013), the virus can infect any person irrespective of age but the elderly and those with established health problems or challenges are more susceptible to contact with the virus than any other group of individuals. It is found that those with high risks of coming into contact with the virus are those who are in daily contact with infected persons. The signs include nausea, fever, dry cough, shortness of breath, pneumonia, exhaustion, kidney failure and other breathing

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difficulties etc. Therefore, the virus may be transmitted through contact with contaminated products, sneezing or cough of an infected person, etc., daily hand washing, social distancing of at least two feet, face mask is recommended.

As part of policy, to list but steps around the world to contend with COVID-19's spread, the WHO and NOGs. One of these measures is social distancing, and other measures include: city locked down, shut down, restriction of movements, practices of personal hygiene etc. According to Boguna et al. (2004) and Helfgott and Gunnison (2008), social distance is the distance between different GROUPS in society, thus, it could distance but social distancing is the measure of closeness or affection that an person or group feels towards another individual or group in a social network, or the degree of confidence that one group has towards another, and the extent to which views are considered to be identical. It is determined by level of tolerance towards others, and how much social contact they have with people whose characteristics are outside their social standard. Social distance on the other hand refers to the level of acceptance people have of others outside of their own social group or class. This level of acceptance is defined by their general feelings toward others, and the amount of social interaction they have with people whose characteristics are outside of their social norm. Social distance is a measure of perceived difference (or distance) among groups. As a social construct, social distance is a familiar issue. Many common phrases refer to social distance, such as 'out of your league' and 'birds of a feather flock together. Some social characteristics that lead to social distance include but not limited to race, ethnicity, age, gender, and economic class, marital status, educational status, work status, health status etc. all these determined how an individual relates with one in the society.

Overview of Corona Virus

Coronaviruses are a group of enveloped viruses that have genomes of non-segmented,

single-stranded, and positive-sense RNA. Besides infecting a variety of economically important vertebrate species (such as pigs and chickens), six coronaviruses are known to infect human hosts and cause respiratory diseases. Severe acute respiratory syndrome coronavirus (SARS-CoV) and Middle East respiratory syndrome coronavirus (MERS-CoV) among them are zoonotic and highly pathogenic coronaviruses that have resulted in regional and global outbreaks Coronavirus has a distinctive morphology, the name derived from the outer fringe, or corona of embedded protein envelope.

Coronaviruses are a wide family of viruses, some of which cause disease in humans and others which circulate between mammals and birds. Animal coronaviruses will occasionally spread to humans, and instead spread among humans. In recent years, zoonotic coronaviruses have formed causing human outbreaks such as coronavirus disease 2019 (COVID-19), severe acute respiratory syndrome (SARS), and respiratory syndrome in the Middle East (MERS).

The two remaining signs are a fever or a dry cough, which can cause breathing issues at times. The cough here refers to a persistent dry cough presentation. That means coughing for more than an hour, or getting three or more episodes of coughing in 24 hours.

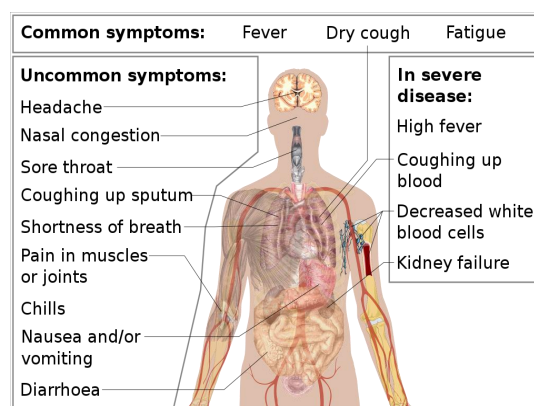


Figure 1. Common symptoms of COVID-19
Source: 2019 coronavirus disease (COVID-19)

Up to 37,8C body temperature will make you feel warm, cold or shivery. There has also been recorded a sore throat, headache and diarrhea

and a loss of smell and taste can also be a symptom. It takes an average of five days to begin showing the symptoms, but a few people will get them much later. The World Health Organization (WHO) says the time of incubation will last up to 14 days. The US Centers for Disease Control and Prevention (CDC, 2020) revised its list of signs on 18 April 2020 to watch for, including: 1) chills, 2) repeated chill shaking, 3) pain in the muscle, 4) checkers, 5) mouth sore, 6) new taste and smell loss.

The society is encouraged to comply with health protocols as depicted in Figure 2, namely: 1) Avoid touching eyes, nose and mouth with unwashed hands; 2) Keep a safe distance (about 6 feet or 2 arms long) from people who are ill, even inside your house; 3) Keep yourself physically isolated from other people outside to avoid virus transmission by people without symptoms; 4) Stop group-gathering.

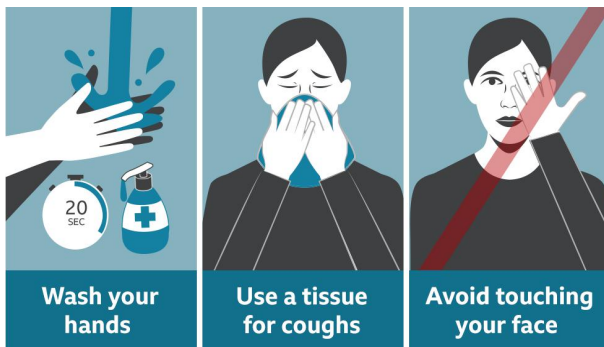


Figure 2. Health protocols
Source: Gallagher (2020)

Understanding Social Distancing and Physical Distancing

The phrase to be used for this measure is 'physical distancing' not 'social distancing'. The virus in question, which has disrupted human race and activities since the beginning of 2020, cannot be seen with physical eyes, it is not an optional virus/infection such as HIV/Aids, Syphilis, Staphilicocoarus, etc. where an individual can take in account approved preventive measures over come being infected with the virus. Consequently, if society tends to practice social distance rather than physical

distance, it implies that a certain group e.g. race, ethnicity, age range, gender, and economic class, marital status, educational status, employment status, health status can all be infected with the virus within the society. However, the opposite is the case in physical distance where all human beings retain meters given their friendship and the affiliate that they share in common ("What's the difference between", 2020). Aziz (2020) put forward the following:

The term "physical distancing" has been used by the World Health Organization (WHO) instead of "social distancing" as a way of avoiding the transmission of the novel coronavirus from people to people.

Physical distancing thus entails the gap or space between individuals. It will help to restrict the spread of COVID-19 (Maragakis, 2020). Since coronavirus is transmitted primarily via respiratory droplets, particularly while people are coughing or sneezing, it is recommended that a healthy physical distance be maintained regardless of their social connections to decrease transmission. WHO recommends staying more than one meter (three feet) away from the nearest user, while some health experts suggested keeping at least two meters away from others. According to Martin W. Bauer in Aziz (2020), on a comparative note, the physical distance is measured in meters or centimeters. This is the geographic distance from individual A to person B while a measure of distance across social boundaries is 'social distance.'

CONCLUSIONS

When a fresh pandemic potential virus arises, community-based prevention measures are often the most readily available approach to curb the spread of the virus before the vaccine is available. This rapid analysis indicated that physical distancing techniques could be effective measures to minimize transmission and alleviate the effects of the virus pandemic. Signals of continuing community transmission that involve the identification of reported cases of COVID-19 with no epidemiological connection to travelers or identified cases, or

more than three generations of transmission. Individual responsibility for implementing recommended measures at the personal level cannot be over emphasized.

Recommendations

The media house should maintain the tempo of daily awareness programme on “Corona Virus Disease” and improve in her efficiency. Other agencies and parastatals, both Governmental Organizations and Non – Governmental Organizations should enhance and sponsor awareness programmes of disease outbreaks in the country (Effiong et al., 2020). Populace should adopt physical distancing rather than social distancing in curbing the spread of the virus. Compliance with WHO guidelines measure to curb the menace of the virus must be followed strictly to obtained result. People should be properly educated on this disease condition and encouraged to maintain physical distancing. Prompt attention to medical conditions that reduces immunity and makes them susceptible to infection.

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