

Understanding “Quarantine,” “Social Distancing,” and “Lockdown” during “COVID-19” Pandemic in Response to Global Health: A Conceptual Review

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Abstract

This study comprehends how non-pharmaceutical approaches such as “quarantine,” “social distancing,” and “lockdown” help to impede the extent of the severe COVID-19 pandemic. The abrupt, surfacing, and evolving circumstance of this infection was thought to be defended, imperative, and implemented through these approaches as a core component of the quick response in the arena of a global health emergency. In this pursuit, a logical conceptual framework is developed using a qualitative method by reviewing literature along with analyzing numerous documents and reports. Based on information from some countries, this exploration centers around significant approaches and the embraced socio-health policy used as a preventive framework leading to the quarantine, social distancing, and lockdown for the transmission of the virus headed for the community. Studies have shown that populations flowing from the sources of the outbreak pose a higher level of risk in the destination area than other factors such as topographical vicinity, physical contact, and interaction. This study, therefore, suggests some draconian socio-health policies to be imposed, such as quarantine, social distancing, and lockdown measures to cripple the transmission of the virus. The sooner such measures are implemented, the shorter will be the term of the endemic. Finally, the findings have important implications for the policymaking to be adopted globally as well as nationally preventive strategies.

Keywords

Quarantine, Social Distancing, Physical Contact and Interaction, Lockdown, Containment, COVID-19, Global Health Emergency

1. Introduction

The current COVID-19 epidemic indicates the presence of the third novel coronavirus in the twenty-first century after SARS in 2003 and Middle Eastern Respiratory Syndrome in 2013. There is a place for coronaviruses in the Coronaviridae family in the order of Nidoviruses. The outer surface of the coronavirus presents crown-like spikes; subsequently, it was named a coronavirus (Wang et al., 2020). Indications range from temperature and flu to coughs, sore throats, weariness, and shortness of breath. There is proof that it spreads from individual to individual. However, good hygiene can forestall the contamination (Chavis & Ganesh, 2019; Chen et al., 2020; Deng & Peng, 2020). With the overall dissipation of SARS-CoV-2 cases out of China, some countries have started periphery measures, including sign screening and restricting travel to and from China (Centers for Disease Control and Prevention, 2019; Public Health Agency of Canada, 2020). In December 2019, the pandemic of COVID-19, achieved by the genuine exceptional respiratory issue coronavirus 2 (SARS-CoV-2), created in Wuhan, and within a month, spread to most of the countries around the world (Dong et al., 2020).

The World Health Organization has announced the epidemic of coronavirus, as novel in the general welfare crisis around the world, confirming the need for an increasingly planned global response before the outbreak of the disease spreads to countless countries and regions. From this point of view, the concepts of quarantine, social and physical distancing, and lockdown have been used widely in the arena of global health. The term “quarantine” is utilized to mean halting the spread of manufactured maladies. As indicated by the Centers for Disease Control and Prevention (CDC), quarantine becomes estranged and constrains the association of individuals who are not symptomatic but unprotected towards an infection (Gordon, 2020). Alternatively, social distancing is a measure taken to decrease contact with someone else comprising the non-pharmaceutical countermeasures (NPCs) that expect to diminish ailment transmission, and thus, lessen the weight on human services (Anderson et al., 2020; ECDC, 2020).

In addition, the term lockdown refers to an emergency protocol related to public quarantines (Resnick, 2020) which is an emergency protocol that frequently inhibits individuals from leaving an area. Quarantine, social and physical distancing, and lockdown remits in reaction to the Covid-19 epidemic have brought up a critical issue “How long will these restrictions last?” Therefore, it

was acclaimed that the virus infection is transmitted to humans through coughing, sneezing, breathing drops, or due to close contact with humans. In any case, to exterminate the infection, more work is required to be done in the parts of the recognizable proof as the transitional way of zoonotic source that made the transmission of the infection to people (Riou & Althaus, 2020; Parry, 2020; Li et al., 2020).

The analysis of the non-pharmaceutical COVID-19 epidemiological framework not only for medical convenience but also for community policy and health care infrastructure can predict a variety of community infectious diseases related to potential damage in an epidemic situation, damaging the economy and endangering the psychological suffering and symptoms of mental complaint in the case of individual health. Extensive outbreaks of infectious diseases such as COVID-19 have been linked to mental illness and symptoms of cerebral ailment (Bao et al., 2020). Psychiatrists around the world should be aware of these manifestations, their connections and their management strategies by 2020, precisely with the precautions necessary for a combination of population (Yang et al., 2020) and the precautions necessary to prevent the spread of COVID-19 (Liu et al., 2020a). We should be aware of oversights in the existing literature, which needs to be filled over time through more extensive clinical experience and research. Together, considering the consequences of COVID-19, we need to re-imagine and recreate the global health field (Adams et al., 2019; Holmes et al., 2014).

Beside the non-pharmaceutical approaches, there also have some restorative systems for psychological instability and emergency notwithstanding sans drug strategies. With regards to more explicit restorative methodologies, the proposition incorporate the advancement of groups of specialists gaining practical experience in managing touchy sensations (Duan & Zhu, 2020); preparing of network wellbeing laborers in the early parts of psychological wellness care (Duan & Zhu, 2020); utilization of online overviews to evaluate the degree of emotional well-being issues (Liu et al., 2020b); improvement of online substance for emotional wellness instruction (Liu et al., 2020a); arrangement of internet guiding and self-improvement administrations (Liu et al., 2020b); utilization of basic characters as a type of offbeat telepsychiatry interview (Xiao, 2020); advancement of coordinated telemedicine administrations for indicative purposes just as advising (Zhou et al., 2020); and the need to make online psychological wellness administrations open to low-pay people (Yao et al., 2020). These effective and imperative strategies offer the expectation of providing mental health care in an easily accessible manner without any increase in the risk of infection. However, they rely on the availability of trained manpower and infra-structures, and it is not known how much these methods will be adopted by the general public. Moreover, they have not yet been tested or validated in the respective target populations. Under the stated above circumstances, it may presume that the analysis of the non-pharmaceutical COVID-19 epidemiological framework not

only for medical convenience but also for community policy and health care infrastructure can predict a variety of community infectious diseases related to potential damage in an epidemic situation, damaging the economy and endangering individual human health.

Some research contentions direct this paper to arrive at its decision, for example, 1) what would be the socio-economic consequences of imposing large-scale “quarantine”, “social distancing”, and “lockdown”? 2) Do the potential advantages of huge scope exceed the conceivable antagonistic results? Considering the present situation expressed over, the principal target of this examination is to comprehend the social outcomes under the circumstances of these non-pharmaceuticals draws near. We will introduce this paper from the perspective of firstly, COVID-19 as public health emergency of global apprehension; secondly, quarantine’ as a public health practice, thirdly, “social distancing” as interventions of preventing “physical contact and interaction”, and fourthly, “lockdown” as an emergency protocol of containment. Although this focus has created numerous insights into epidemics and understands key outcomes and lessons. In this article, we adopt policy solutions from its perspective, considering the consequences of the COVID-19 epidemic that could serve as guidelines for the national and international arena.

2. Methods

2.1. Research Design

The research is descriptive in nature based on the consequences of corona affection for global health concerning issues. A conceptual, logical framework has been created using qualitative methods through literature review and document analysis. The design of this research review predominantly concentrations on the non-pharmaceuticals approaches of mitigating COVID-19 endemic through “quarantine”, “social distancing”, and “lockdown” measures in response to global health.

2.2. Search and Selection Strategy

The study mainly emphasizes on the non-pharmaceuticals strategies to avoid COVID-19 by using the public and social methods of “quarantine”, “social distancing”, and lockdown for understanding health emergencies in the arena of global health. The survey caused to notice a wide scope of auxiliary cut-source data, including diary articles, government archives, strategy reports, and gathering papers. A diary article search was produced using the Google researcher of recovered articles and course books, and electronic writing databases, for example, Google Scholar, The Lancet, Journal of Clinical Medicine, Eurosurveillance, The Routledge, BMJ, and PloS ONE. “quarantine,” “self-quarantine,” “social distancing,” social and physical distancing,’ “lockdown,” “isolation” such keywords were utilized in the search string without thinking about any limitation of language to distinguish prospective available readings.

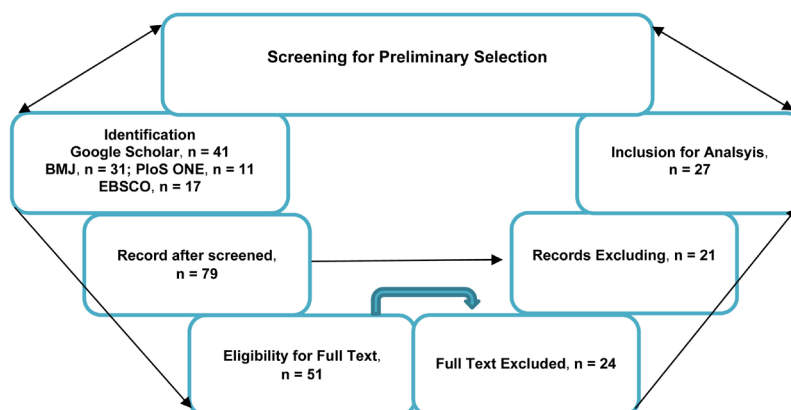


Figure 1. Flow diagram of study assortment.

In addition, missing readings were identified by examining the reference list of selected articles. Meanwhile, studies that: 1) identical publications 2) complete articles are not available 3) review of unrelated literature and 4) do not provide adequate information or assistance regarding the recommendation of their proposed policies. However, a few research articles that have been selected for analysis to meet the goals of this study are a new phenomenon. The steps taken to manage the current search are presented in **Figure 1**. National archival document and policy reports come from the World Health Organization Centers for Disease Control and Prevention (CDC), government departments, and published research literature. **Table 1** presents the summary of the major studies included in this paper.

Table 1. Summaries of the major studies on “quarantine,” “social distancing,” and “lockdown” during “COVID-19” pandemic.

Author/s and Year of Publication	Research Title	Methodology/Approaches	Summary of Research Findings	Journal/Source
Wang, C., Horby, P. W., Hayden, F. G., & Gao, G. F. 2020	A novel coronavirus outbreak of global health concern.	Quantitative, Epidemiologic methods (EM); (clinical) data collection	Disclosure of information related to rapid control is the highest priority of disease control and prevention.	The Lancet
Chen, Z. M., Fu, J. F., Shu, Q. Y. et al. 2020	Diagnosis and treatment recommendations for pediatric respiratory infection caused by the 2019 novel coronavirus.	Quantitative, Epidemiologic methods (EM); (clinical) data collection.	The medical personnel of the quarantine division should be well-appointed with conduit defense precincts separating the medical personnel and patient channels; exhausting gloves cannot substitute hand sanitizer; adhere to stringent inspection rules for isolated pediatric patients, and ask visitors to maintain private fortification in accordance with pertinent laws if required; optimization of treatment modalities to decrease the occurrence of interaction of treatment staff with patients; and the patient should pay attention to strict elimination and disinfection of discharge and defecation.	World Journal of Pediatrics

Continued

Deng, S. Q., & Peng, H. J. 2020	Characteristics of and Public Health Responses to the Coronavirus Disease 2019 Outbreak in China	Quantitative, Epidemiologic methods (EM); (clinical) data collection, e.g., Clinical Manifestations; Laboratory examination; Chest Imaging;	Contrasted with SARSr-CoV and MERSr-CoV, mortality in SARS-CoV-2 Coronavirus patients have a relatively higher danger of disease. From the investigation of extreme instances of Covid pneumonia in this novel, a blend of coronary illness, diabetes, hypertension, cerebral localized necrosis, and incessant bronchitis has risen as the main source of death.	Journal of Clinical Medicine
Dong, E., Du, H., & Gardner, L. 2020	An interactive web-based dashboard to track COVID-19 in real time.	Case Study, Semi-automated incarnate information stream approach; Primary Data Collection (Source: DXY); Google Sheets, and GitHub repository.	The dashboard is especially useful for scheduling COVID-19's first reported cases in new countries or territories.	The Lancet Infectious Diseases
Anderson, R. M., Heesterbeek, H., Klinkenberg, D., & Hollingsworth, T. D. 2020	How will country-based mitigation measures influence the course of the COVID-19 epidemic?	Quantitative, Epidemiologic methods (EM), large-scale serology survey, clinical virological data collection	-COVID-19 is likely to spread at least in the early stages before the effects of any activity are felt in free countries. About 60% of the population will be infected.	The Lancet
Riou, J., & Althaus, C. L. 2020	Pattern of early human-to-human transmission of Wuhan 2019 novel coronavirus (2019-nCoV)	Quantitative, Epidemiologic methods (EM); Infectious Index Secondary Cases.	The underlying rearing number of 2019-NCOV ought to be all around 2.2 (90% high fixation span: 1.4 to 3.8), demonstrating the chance of endurance in human-to-human transmission. Irresistible highlights show up in comparable structures that demonstrate the danger of intense respiratory disorder related COVID (SARS-Cavi) and pandemic flu spreading around the world.	Eurosurveillance
Parry, J. 2020	Pneumonia in China: lack of information raises concerns among Hong Kong health workers.	Cluster reported case studies (Local, provincial, and national health commissions).	Outbreaks of pneumonia in the Chinese city of Wuhan for unknown reasons have forced establishments in neighboring of China e.g., Macao, Hong Kong, and Taiwan to footsteps up boundary reconnaissance, fearing it could indication a novel and thoughtful intimidation to communal well-being.	The BMJ news-The British Medical Journal
Li, Q., Guan, X., Wu, P. et al. 2020	Early Transmission Dynamics in Wuhan, China, of Novel Coronavirus-Infected Pneumonia.	Quantitative, Epidemiologic methods (EM), laboratory confirmed cases.	In view of the laboratory examination, there is proof that human-to-human conduction happened in mid-December 2019 in close contact; use of comparable elements requires extensive exertion to decrease disease.	New England Journal of Medicine
Rothstein, M. A. 2015	"From SARS to Ebola: Legal and Ethical Considerations for Modern Quarantine".	Qualitative, Evaluation Methods [Turning Point Model State Public Health Act (TPMSPHA); the Model State Emergency Health Powers Act (MSEHPA)]	Identifying problems when necessary and effective in identifying implementations should separate the following ethical principles and guide public health officials on how to make decisions: 1) requirements, effectiveness and scientific reasoning; 2) proportionality and minimum breach; 3) humanitarian assistance services; And 4) public fairness.	Indiana Health Law Review

Continued

Nussbaumer-Streit, B., Mayr, V., Aulia, D. et al. 2020	Quarantine alone or in combination with other public health measures to control COVID-19: a rapid review.	Cohort studies; Case-Control-Studies; Case Series; Time Series; Interrupted Time Series; and Mathematical Modelling Studies; searched PubMed, Ovid MEDLINE, WHO Global Index Medicus, Embase, and CINAHL	The grade proof specification is rated very low. Very little conclusive evidence indicates that the impact of segregation of travelers from a country with a wide range of events and reduced mortality was minimal (2 modeling studies in SARS).	Cochrane Database of Systematic Reviews
Barbera, J., Macintyre, A., Gostin, L. et al. 2020	Large-Scale Quarantine Following Biological Terrorism in the United States. Scientific Examination, Logistic and Legal Limits, and Possible Consequences.	Multiple public health interventions disease control measure, primary public health strategy, and scientific principles.	In most cases, other less extreme public health activities may be more effective and may inadvertently create adverse reactions.	JAMA-The Journal of the American Medical Association
Brooks, Samantha K.; Webster, Rebecca K.; Smith, Louise E. et al. 2020	The psychological impact of quarantine and how to reduce it: rapid review of the evidence.	Mixed Methods; MBI-GS = Maslach Burnout Inventory-General Survey; GHQ-30 = General Health Questionnaire-30; PTSD-RI = Post-Traumatic Stress Disorder Reaction Index; Kessler 10 Psychological Distress Scale.	The most reviewed study found negative sensitive special effects, including indications of anxiety, misperception, and irritation. Stressors include isolated periods, fear of contagion, obstruction, monotony, insufficient supply, derisory evidence, fiscal loss and stigma. A few specialists have recommended long haul impacts. In circumstances where isolate is esteemed essential, authorities should isolate a larger number of individuals than would normally be appropriate, give clear thinking and data on the convention for isolation, and guarantee satisfactory gracefully.	The Lancet
Habibi R., Burci G. L., de Campos T. C. et al. 2020	Do not violate the International Health Regulations during the COVID-19 outbreak.	Qualitative	Science-supported measures that are compatible with public health risks and can be anchored with human rights are measures that can be applied to address public health risks.	The Lancet (comments)
Harris, M., Adhanom G., Tedros et al. 2020	COVID-19.	Qualitative-Focus Group Discussion	Data from many countries clearly show that people under the age of 50 make up a significant portion of the patients needed for hospitalization.	World Health Organization
Ryan, J. R. 2008	“Response and Containment: Lessons from the 1918 Pandemic Can Help Communities Today”. Pandemic Influenza: Emergency Planning and Community Preparedness.	Mixed Methods	Living through epidemics and physical isolation can cause significant damage to psychological health, so it is significant to preserve in touch with esteemed ones.	CRC Press
Fong, M. W., Gao, H., Wong, J. Y. et al. 2020	Nonpharmaceutical Measures for Pandemic Influenza in Nonhealthcare Settings-Social Distancing Measures.	Mixed Methods, Systematic Literature Reviews,	Social distance can be an effective intervention in the system reducing infection and reducing an impact influenza epidemic.	Emerging Infectious Diseases

Continued

Pearce, K. 2020	What is social distancing and how can it slow the spread of COVID-19?	Compiled information	Isolation refers to the separation of infected or infected or known or trusted people from people who are not infected to preclude the extent of the ailment. On the other hand, quarantine in general refers to any person or people who are reasonably thought to have had an infectious disease but have not yet become symptomatic of those who have not been exposed to the potential spread of the disease.	The Hub. Johns Hopkins University
Prem K, Liu Y, Russell TW, et al. 2020	The effect of control strategies to reduce social mixing on outcomes of the COVID-19 epidemic in Wuhan, China: a modelling study.	Quantitative; Epidemiologic methods (EM); Deterministic stage-structured SEIR model	The physical distance system was the most effective and the impact of the physical distance system was distinguished by the extent of the infection and the role that school children played in the endemic.	The Lancet Public Health
Goli. S. 2020	Coronavirus: The lockdown and its consequences.	Opinion	Sudden lockdowns, a significant number of private hospitals, shut down essential medical services and pharmacies and continue to cause huge losses in population and health outcomes.	The Deccan Herald
Cunliffe, R. 2020	Extending the lockdown could have deadly consequences.	Opinion	People who are financially unstable have statistically shorter lifespans. Long-term unemployment is associated with alcoholism and depression. Children from low-income families face much more uncertain futures. The emergence of family breakdown, a huge unemployment and an inevitable consequence of keeping people in their homes, is an economic and social expense.	The City A.M.
Marin, B. 2017	Welfare in an Idle Society? Reinventing Retirement, Work, Wealth, Health and Welfare.	Mixed Methods, Case Studies, Comparative Analysis of Empirical evidence	The advanced government assistance state is tied in with keeping up a fragile equalization, and this parity is being accomplished (or not) by purported age contracts. This implicit understanding is a more intrinsic, unwritten and new implicit agreement.	The Routledge
Lawanson, O. & Evans, O. 2019	Human Capital, Structural Change and Economic Growth in Developing Countries: The Case of Nigeria. Economics of Human Resource: Issues, Challenges & Opportunities	Mixed Methods, Case Studies,	The impact of human capital growth is even more significant when a country enters the kind of structural change that demands highly skilled workers suggesting that the lower the share of traditional theoretical activities, the higher the economic growth.	University of Lagos Press
Lee V. J., Chiew C. J., and Khong W. X. 2020	Interrupting transmission of COVID-19: lessons from containment efforts in Singapore.	Singapore's Approach,	Initial exposure of cases through reconnaissance and the search for belligerent contacts in the vicinity of known cases have facilitated to extent the outbreak in Singapore.	Journal of Travel Medicine

Continued

Wu, K. K., Chan, S. K., Ma, T. M. 2005	Posttraumatic stress after SARS.	Quantitative; Epidemiologic methods (EM); Regression analysis,	Post-Traumatic Stress Disorder (PTSD) can occur in critically ill patients. Risk factors associated with mental health problems.	Emerging Infectious Diseases
Rico-Urbe, L. A., Caballero, F. F., Martín-María, N., et al. 2018	Association of loneliness with all-cause mortality: A met analysis	Quantitative; Meta-analysis, Secondary database analysis	Depression detrimentally affects absolute mortality and this impact is fairly more grounded in men than in ladies.	PLoS One
Huaxia, 2020	China publishes timeline on COVID-19 information sharing, int'l cooperation.	Editorial	The virus knows no national boundaries and the epidemic does not isolate any nation. Only through commonality and collaboration can the global community overcome the epidemic and protect the collective motherland of people. A score of high susceptibility alone does not convict a country for the weak consequences associated with a disease outbreak. -Immediate global response to beleaguered, apt and ethnically penetrating intermediations in public health, healthcare, event administration, and management can help mitigate infectious disease outbreaks, as exemplified in Nigeria, Senegal, and Mali throughout the 2014 Ebola epidemic.	The Xinhua
Moore, M.; Gelfeld, B. & Okunogbe, A.T. Christopher, P. 2016	Identifying Future Disease Hot Spots: Infectious Disease Vulnerability Index	Mixed-methods		The Research Gate

3. Quarantine' as Public Health Practice

At present, the world is encountering the beginning times of a global epidemic. The episode of coronavirus infection (COVID-19) has been proclaimed a General Wellbeing Crisis of Worldwide Concern (PHEIC) by WHO, and the infection has now spread to such a large number of nations and regions. Although not much is known about the virus as the cause of COVID-19, we do know that it was transmitted through direct contact with an infected person's respiratory tract (directly due to coughing and sneezing). People can likewise be tainted from contacting surfaces polluted with the infection and contacting their face (e.g., eyes, nose, and mouth). While COVID-19 keeps spreading, it is significant that networks make a move to forestall further transmission, lessen the effects of the episode and bolster control measures (*The Social Science in Humanitarian Action Platform, 2020*).

Quarantine is a constraint on the development of individuals and products that are planned to spread illness or irritation. It combines with regular illnesses and illnesses to develop a person who may be presented with an infectious disease, but there is no confirmed clinical finding. Especially in quarantine clinical prisons, where people who are assured of being infected by a contagious disease are disconnected from the wellbeing population (CDC, 2020). The word quarantine comes from quarantine, meaning "forty days", which was used in the Venetian language of the 14th - 15th centuries, and it was decided during the Black

Death plague that all ships had to be wrecked before the passengers and crew could reach the shore. It followed *trentino*, or thirty-day confinement period, first executed by the Republic of Ragusa in Dalmatia (modern Dubrovnik, Croatia) in 1377 (Ronald & Weber, 2009; Mayer, 2018). Quarantine may be used on the other hand with *cordon sanitaire*, and notwithstanding the way that the terms are associated, *cordon sanitaire* suggests the constraint of improvement of people into or out of a portrayed geographic zone, for instance, a system, to shield a sickness from spreading (Rothstein, 2015). Quarantine is the separation and limitation of the development of individuals who have possibly been presented to an infectious ailment to find out on the off chance that they become unwell, so diminishing the danger of them tainting others (CDC, 2017).

As of late, quarantine has been utilized in coronavirus sickness 2019 (COVID-19) flare-ups (Nussbaumer-Streit et al., 2020). At present, there is no successful pharmacological mediation or immunization for the treatment or anticipation of COVID-19. Hence, non-pharmacological general wellbeing frameworks, for example, quarantine, social distancing, lockdown, and isolation are the main successful approaches to react to nature.

The far-reaching utilization of quarantine presents various arranging and usage challenges. These incorporate where the isolation period would be spent, how the wellbeing status and the consistency of those in isolation would be checked, how their fundamental needs would be met, and whether those in isolation would endure monetary outcomes or social separation. Generally, contextual investigations have indicated that isolated consistency in significant pandemics is lower when people, in general, do not bolster its utilization. Quarantine is significant in decreasing occurrence and mortality during the COVID-19 pandemic. Early usage of quarantine and joining quarantine with other general wellbeing measures is essential to guarantee viability. One of the World Health Organization's suggestions for controlling the ailment is quarantine. For quarantine to be ground-breaking, three (03) conditions must be met. In the first place, the affliction must be adequately transmissible in its agonizing period or as it so happens in its interesting stage. Second, it must be conceivable and viable to recognize all, or for all intents and purposes all, individuals hatching the contamination. Third, contaminated individuals must consent to the states of the isolate (Barbera, et al., 2001).

For instance, an irresistible person who doesn't require clinical consideration might be viably quarantined inside their home, as opposed to being kept in a medical clinic or other office utilized as a confinement place. Laws approving required repression should likewise guarantee that essential needs are met, including satisfactory sanctuary, nourishment, water, and sanitation. They ought to likewise accommodate suitable treatment and social insurance, and regard the social or strict desires for quarantined or confined people to the best conceivable degree. National laws ought to likewise incorporate procedural protections, by giving people who are the subject of a quarantine or isolation request the option to look for a survey

by a court inside a sensible time (WHO, 2017). Quarantine ought to be executed distinctly as a major aspect of a complete bundle of general wellbeing reaction and control measures and, as per Article 3 of the Global Wellbeing Guidelines (2005), be completely conscious of the nobility, human rights, and principal opportunities of people (The Social Science in Humanitarian Action Platform, 2020).

Additionally, quarantine can have negative mental impacts, for example, posttraumatic stress indications, disarray, and outrage, which can prompt unfriendly long-haul mental impacts (Brooks et al., 2020). Right now, WHO and the US Center for Disease Control and Prevention (CDC) suggest 14 days of quarantine for people who were in close contact with an affirmed case, in light of the evaluated brooding time of SARS-CoV-2 (Jernigan, 2020; WHO, 2020). As indicated by the International Health Regulations 2005 that oversees the administration of sickness episodes in 196 nations, any general wellbeing estimates must be founded on logical proof and proposals from WHO (Habibi et al., 2020).

The utilization of quarantine also raises a few moral concerns. Numerous individuals accept that quarantine comprises a ridiculous reduction of individual freedom, while others consider it to be a basic part of transferable illness control. Barbera and partners have additionally tended to the issue of huge scope quarantine with regards to organic, psychological oppression (Barbera et al., 2001). In their view, the adequacy of quarantine is faulty and not supported on a mass premise. They demonstrate that quarantine activities can cause harm. They do bring up that there are a few issues that should be tended to, and they present three (03) significant inquiries for a specific episode, for example, 1) Do general wellbeing and clinical investigations warrant the burden of enormous scope quarantine. 2) Are the execution and upkeep of enormous scope quarantine plausible? 3) Do the potential advantages of huge scope quarantine exceed the conceivable antagonistic results? In rundown, at that point, quarantine is an obtuse tool to use in the control of irresistible ailments. Be that as it may, in certain conditions, it is one of the main potential methods for reacting to an irresistible infection risk like COVID-19.

4. “Social Distancing” as Interventions of Preventing “Physical Contact and Interaction”

Social distancing, or physical distancing (Harris et al., 2020; Hensley, 2020; Venske & Schwyzer, 2020), is a great deal of non-pharmaceutical prescriptions or measures taken to hinder the spread of an irresistible sickness by keeping up a physical division among people and lessening the events people come into close contact with each other (Johnson et al., 2020). It incorporates keeping a division of six feet or two meters from others and going without amassing in immense social events. Social distancing measures are progressively viable when the irresistible ailment spreads by means of bead contact (hacking or wheezing); direct physical contact, including sexual contact; backhanded physical contact (e.g., by contacting a defiled surface); or airborne transmission (if the microorganism can make due noticeable all around for extensive stretches) (Ryan, 2008). The meas-

ures are less successful when a disease is transmitted fundamentally by means of tainted water or nourishment or by vectors, for example, mosquitoes or different bugs. Network-level social distancing measures are required in equal ECDC REPORT Direction for social distancing measures planned for limiting the spread of SARS-CoV-2 3 with control endeavors at whatever point it turns out to be evident that regulation alone is not, at this point adequate as a method for postponing the pinnacle of the pestilence, diminishing the pinnacle size to secure human services limit, or ensuring defenseless gatherings in danger of serious results (**Figure 2**).

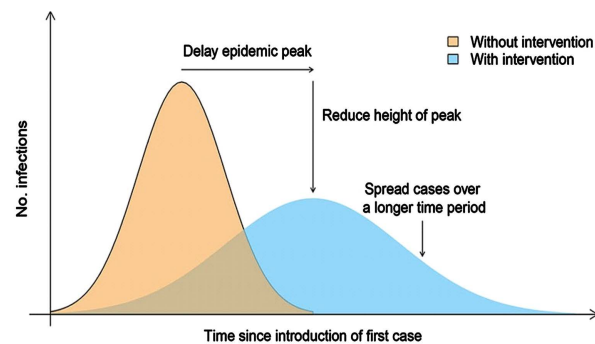


Figure 2. Intended impact of social distancing measures as non-pharmaceutical interventions for COVID-19 pandemic. Adapted from ECDC, 2009 & CDC, 2017 (cited from, Fong et al., 2020).

The Centers for Disease Control and Prevention (CDC) have portrayed social distancing as a lot of strategies for lessening recurrence and closeness of contact between individuals to diminish the danger of transmission of sickness. During the 2019-2020 coronavirus pandemic, the CDC changed the meaning of social distancing as remaining out of assembly settings, keeping away from mass get-togethers, and looking after separation (roughly six feet or two meters) from others when possible (Pearce, 2020). Social distancing is deliberately extending the physical space between people to swear off spreading ailment. At any rate, staying six feet from others lessens your chances of getting COVID-19. Wear a material where social distancing cannot be polished, particularly in territories of critical network-based transmission.

Social distancing measures may be kept up for a considerable length of time or years until viable antibodies or antivirals are accessible. Be that as it may, this is an important moment in human society so we can imagine how it could have been established differently (Long & Moore, 2013).

As Long (2020) has written: “Although they could be viewed as ‘social distancing’ or ‘self-isolation’ because the household will not interact with others during the 14-day quarantine period, they could equally be thought of as a form of social containment. Quarantines are effective because they give the virus no-where to go. Their efficacy in this regard is fundamentally a collaborative accomplishment. This point is of crucial importance to how we envisage and de-sign coronavirus response when it comes to ‘non-essential’ social contact.

While the rhetoric of 'social distancing' leads us to view our social interactions with others as a threat to both us and them, encouraging a strategy of radical withdrawal and raising the frightening prospect of loneliness and atomisation, a language of social containment allows us to see our network of relationships as tools that we can collaboratively manipulate in order to contain and control the virus's spread whilst still enjoying the varied companionship we need for a life worth living (Long, 2020: pp. 5-6)".

However, maintaining social distance is exceptionally elementary during COVID-19 pandemic. This is on the grounds that when an infected individual snuffles or hacks, his fine spit, which is called 'droplet' in English, spreads noticeable all around outside. These droplets are crammed with contaminations. In the event that somebody contacts where these particles are falling with their hands, and afterward on the off chance that somebody contacts those messy hands with them, or assuming those particles enter someone's body through breathing at short proximity, the individual is probably going to be infected. Conversely, if someone doesn't spend a lot of time with other people, if they don't get too close to others, they are less likely to get infected (BBC Bangla News, 25 March 2020).

Amy Fairchild, Dean, College of Public Health, the Ohio State University has depicted a momentous opinion that the social distancing is the most un-prohibitive intends to contain a pandemic. Whatever the term, thinking about distant and widespread misconceptions. Social distance is not equivalent to isolation. Isolation smears at what time someone is suspected to have been stigmatized or introduced to the novel's coronavirus as the cause of COVID-19. While urban communities and states have the opportunity to reach out to the public, the message is not that everyone needs to stay home and stay away until the epidemic is over. Or maybe, the message is that none of us should invest energy in the rooms where people gather. This implies that each of us should have any rate three and preferably six feet of gap between us and the person close to us. Social distance may seem straightforward, yet with some basic hand washing exercises joined, it is effective. However, it only works in situations where we acknowledge that we owe each other everything we can to stop the epidemic (Fairchild, 2020, March 18). Disadvantages of social distancing can incorporate dejection, decreased profitability, and the loss of different advantages related to human connection.

5. "Lockdown" as an Emergency Protocol of Containment

Lockdown techniques can likewise be known as "shielding set up", and this might be a progressively reasonable term to use with understudies. Lockdown systems ought to be viewed as a reasonable and proportionate reaction to any outside or inner episode which can possibly represent a danger to the security of staff and students in the school. Systems should mean to limit interruption to the learning condition while guaranteeing the security of all things considered and staff (Surrey, 2016). Notwithstanding, lockdown meas-

ures and constraint raise genuine worries in the populace, as they are ancient history of a corrupted European past, going back to attacks of urban areas in the medieval times and bubonic plague flare-ups. There is no uncertainty that lockdown will extraordinarily decrease 2019-nCoV cases because of the decrease in the auxiliary cases from the network. Be that as it may, long-haul confinements on the development of traffic and data represent an extraordinary test on the strength of a social framework (Anonymous, 2020, pp. 227-228). Control of network transmissions is accomplished by the conclusion of instructive foundations, organizations, airspace, and games. High-hazard people, for example, those more seasoned than 65 or having incessant comorbidities with no side effects, are additionally required to self-quarantine to diminish the probability of COVID-19 withdrawal (The Public Health Ontario Canada, 2020).

Life under lockdown brings numerous difficulties, and there have been numerous examples of individuals ridiculing exhortation on social distancing or isolation. However, the more individuals submit to it, the more successful it will be. Not many of the nations that have actualized full lockdown are focusing on a date when they will lift limitations, in any case, since they should perceive how the pandemic develops. They are additionally holding on to see which of the numerous medications and antibodies that are being explored may prove to be fruitful. Until there is a suitable antibody, it is highly unlikely other than a social limitation to stop the spread of the infection. Regardless of whether full lockdown is achievable to keep up for a long time is easy to refute, and it is conceivable that a few nations may vacillate among inflexible and less unbending measures for the remainder of the year. Most nations are holding back to perceive how their lockdown and quarantine measures are decreasing instances of the infection.

Social and monetary impacts of lockdown and different mediations and thump on consequences for wellbeing, including psychological wellness and relational brutality, ought to likewise be observationally assessed and consolidated into future models (Prem et al. 2020). The shutting down of private medicinal services offices, particularly in the litter towns and urban communities that deal with an extensive extent of the absolute social insurance weight, will have extreme ramifications for those with incessant illnesses and the individuals who need it. The lockdown frenzy and emergency are positively going to influence results for pregnant ladies. For example, the constrained versatility and vilification of bleeding-edge wellbeing laborers are hurting the healthful needs of pregnant ladies and new moms and their infants. Further, the lockdown may initiate abnormalities in acquiring Antenatal Consideration Administrations (ANCs), which have a potential danger of causing wellbeing difficulties and important maternal and child mortality (Goli, 2020). Additionally, monetarily flimsy individuals have factually lower futures. Long-haul joblessness is associated with liquor abuse and melancholy. Youngsters in low-pay families face undeniably increasingly shaky fates. Family breakdown, the ascent of which is an unavoidable outcome of both mass joblessness and catching individuals in their homes,

has a financial and social cost (Cunliffe, 2020).

6. Discussion

The findings of this review are substantial which reconnoitered that as the number of people infected with the global epidemic COVID-19 increases day by day and the advice to take the necessary precautions to survive and cure the virus and as a group of drug-free measures, the words “social distancing”, “quarantine” and “lockdown” have been repeatedly used. However, the main purpose of this measure is to reduce the chances of avoiding contact with a person carrying an infectious syndrome. At the same time to reduce the transmission of the disease and above all to reduce the mortality rate so that the infected person does not spread the infection to others. Furthermore, medication-free measures in this case are an effort by citizens around the world to reduce the spread of the Covid-19. Every time people meet or physically intermingle or communicate, they exchange germs or microbes, which then spread to other people they meet, interact, etc., and thus spread viral infections.

Additionally, social distancing means stepping out of the house and/or community only when there is a need and reason for something, including for work, for necessities, or many other reasons. When people isolate themselves inside the house, they also protect themselves from getting infected. Practicing a person’s social distance means protecting himself, but the whole society completely stopped from practicing the virus by practicing it.

On the other hand, quarantine refers to the free movement of people to prevent the spread of an infectious disease or epidemic and sometimes restrictions on the transportation of certain goods. If someone is at risk of contracting an infectious disease and if he or she does not have a definitive diagnosis, he/she is kept in a state of quarantine as well as discussing the disease and illness. Isolation and quarantine are two close concepts. However, there are subtle differences between the two. Quarantine is to carefully isolate potential (but not sure) at-risk patients. On the other hand, the name of isolation (or separation) is to keep the infected and infected person completely separate from the healthy population.

It is well-known that the health is major to a prosperous beneficial society, while free for all and infection can cover creation, usage, amusement, travel, and all things considered thriving (Marin, 2017; Adeola & Evans, 2018; Lawanson & Evans, 2019; Nwaogwugwu & Evans, 2019; Fourie, 2020). Prosperity cataclysms, for instance, the Ebola contamination in West Africa, the Middle East Respiratory Issue erupt in the Republic of Korea, and the climb of COVID-19 have overall prosperity impacts just as wide-running money related interferences. As various countries have executed mandatory quarantine or even enormous lockdown, concerning the coronavirus flare-up turns into a worldwide pandemic, looking at the impacting variables of the transmission of COVID-19 and the viability of the huge scope quarantine quantifies in China not just adds to our comprehension of the regulation of COVID-19 yet additionally gives bits of

knowledge into future anticipation neutralize comparable irresistible ailments.

Besides, the severe quarantine and general wellbeing estimate forced in late January altogether diminished the transmission pace of COVID-19. While numerous financial components moderate the spread of the infection, the real populace stream from the source represents a higher hazard to the goal than different factors, for example, geographic closeness and likeness in monetary conditions. Since no particular antiviral operator is accessible for the treatment of this contamination, and there is no immunization (CDC, 2020), the control measures, presented both in China and different nations, planned to forestall the transmission. Non-pharmaceutical mediations were acquainted with the decrease in the effect of the COVID-19 flare-up in Wuhan. Under the setting of a huge scope progressing episode, contact examples would definitely move from their standard conditions. Even though contact examples can be gathered from revealed social contact information that remembers data for which setting the contact occurred in, such examinations are frequently centered around high-salary nations (Huaxia, 2020) or specific high-thickness territories (Parry, 2020). This constraint can be tended to by measuring contact designs in the home, school, work, and different areas over a scope of nations dependent on accessible data from family unit level information and nearby populace segment structures (Moore et al., 2016).

Diminishing physical communication, famously known as “quarantine”, “social distancing”, and “lockdown” has been publicized by numerous nations. Nonetheless, after individuals neglected to rehearse these non-pharmaceuticals approaches during the beginning stages, there is an extraordinary opportunity to spread the pandemic harshly. The helpless WHO, as of late, changed the term “social distancing” to “physical distancing” to cause individuals to feel less desolate and disconnected. A prior meta-examination had inferred that forlornness is a hazard factor for all-cause mortality (Rico-Urbe et al., 2018). Individuals living ceaselessly from their families for training or work, or in any case isolated from their friends and family are at a higher hazard for creating psychological wellbeing issues, for example, misery, uneasiness, and so on. Old individuals living alone are likewise significantly inclined. While social media is helping individuals in being increasingly associated amid physical isolation, it is likewise a significant wellspring of bits of gossip and bogus data adding to the pressure. As more nations select lockdown, the drawn-out mental effect of the conditions stays easy to refute.

There is restricted information accessible on the psychological wellness part of past clinical episodes. Some writing shows that perilous clinical ailments can prompt indications related to PTSD following recuperation (Wu et al., 2005). The inquiry therefore emerges: would we say we are going towards a psychological wellness disaster?

Outbreaks and health crises, for example, the new COVID-19 pandemic posture numerous moral and general wellbeing inquiries on the best way to enough react and control transmission. The general design is to protect populaces edu-

cated and. To do as such, general wellbeing systems coordinated at the network level, broadly, or globally, here and there require limiting any one person's privileges to the opportunity of development and relationship, for instance, utilizing measures, for example, quarantine in light of a legitimate concern for the more noteworthy populace (Leary, 1994). All things considered, during pandemics, it is pivotal to screen the usage of general wellbeing systems with cognizant regard for human rights, particularly of those people living with an incapacity (UN General Assembly, 2007). Absence of comprehensive, helpful reaction, disregard, and division from relatives are regular methods for infringement of privileges of these kids. Considering the continuous COVID-19 pandemic, it is critical to bring issues to light of the individual and aggregate human rights to similarly get to administrations and guarantee that all individuals are treated with pride and regard. Anticipation is the most impressive wellbeing advancement methodology. Subsequently, it is fundamental to have an essentially more grounded and progressively viable methodology for worldwide reconnaissance for significant pandemic and scourge irresistible illness dangers. The equivalent applies to a human rights approach for philanthropic reactions. Having rights-based procedures and devices set up before the occasions happen is key for a comprehensive reaction.

7. Conclusion

Finally, the findings of this conceptual review suggest that the effectiveness of these non-pharmaceuticals measures taken to prevent COVID-19 infection and death is uncertain. It largely depends on the behavior of the world's population and the effectiveness of these non-pharmaceuticals, like any other drugs, will depend on the time, amount, and duration of its imposition.

In this investigation, the outcomes demonstrated that infection conceptive examples are firmly connected with human social conduct and hence, preventive strategies measures and individual conduct. Social isolation and COVID-19 affirmation tests accessibility are obligatory for any nation arrangement since they are the most solid and focalized types of getting the best attractive answers for lessening network infection transmission and leveling the bend objectives. Nations across the board network communication need to monitor the China approach, with wide-coming to (and potentially disagreeable) versatility limitations, restricted social connection, and dropped get-togethers. Individuals ought to be firmly urged to remain at home and work from home whenever the situation allows.

Moreover, all nations need to proceed with substantial challenging, practical circumstance identification, brief isolation, thorough interaction following, and implementation of quarantine, everything being equal, regardless of which period of the flare-up they are in. A separated hazard-based regulation technique is required dependent on the various phases of the flare-up, with various measures during the various periods of the reaction. Nations with no or barely any recognized cases and just constrained neighborhood transmission need to put re-

sources into forceful case recognition by testing for COVID-19 in every single atypical pneumonia and all instances of intense respirational contamination. A wide net ought to be thrown on interaction following with lawfully authorized usage. As we have seen that Singapore (see, [Lee et al., 2020](#)) figured out how to contain COVID-19 with such procedures yet without lockdown or significant social disturbance by expanding all endeavors to hinder new communication chains and monitoring groups.

All nations ought to quickly enact the most significant level of National Reaction. The executive's conventions to guarantee the entirety of government and all-of-society approach anticipated to comprehend COVID-19 with non-pharmaceutical processes. This incorporates completely captivating people in general on the earnestness of, and their job in, the reaction. Strategy producers need to guarantee that the prepared study of disease transmission groups is set up, alongside quarantine offices, overhauled medical clinic work processes, and research center procedures (who to test, how, and in which lab). Reconnaissance should be extended to test all patients with nonconforming pneumonias for COVID-19, and COVID-19 testing should be added to existing observation frameworks for flu-like disease and serious, intense respirational contaminations. The interest in offices, the number of test packs, individual defensive gear, and drug reserves ought to be estimated to empower scale up. Wellbeing frameworks differ whereby individuals in under-resourced nations will be especially in danger. Powerless nations will thus require remarkably strengthened help from different nations. WHO unreservedly gives online assets that incorporate instructional classes, downloadable normalized case report structures, direction on clinical administration and contamination control, the security of medicinal services laborers, and numerous other specialized direction archives.

The issue of "social distancing" has made a sort of phonetic connotation among people from different walks of life. A few groups understand the theme well and a few groups don't know about the hold back by any stretch of the imagination. Therefore, most people are not aware of the conceivable importance and impacts of "social distancing" on their national and social life. Consequently, the state needs to take unique measures from the urban to rural level to make individuals conscious and cognizant about the "social distancing". Healthcare providers involved in healthcare needs to be informed and volunteered to mass people for ensuring a community-based "social distancing". Furthermore, one very important thing is that the general public also needs to be made aware of the issue of "quarantine", "social distancing", "lockdown", and "isolation" so that people do not assimilate anything erroneous or exaggerated. Since something erroneous or exaggerated issue easily spreads very fast in society and eventually it is established as a kind of myth. One thing that must be established in national life through the state assembly is that "quarantine", "social distancing", "lockdown", and "isolation" may not be the panacea for COVID-19; however, these are more than just medicines because they can be made a significant

hindrance to the spread of the corona epidemic.

Moreover, Covid-19 has simultaneously damaged the world economy, the treatment of disease systems, especially non-communicable diseases, conventional disease prevention programs, primary health care, and family planning systems. Now that many countries are lifting their imposed social and economic sanctions, it's time to think about how effective the lockdown will be in preventing health care disasters and leveling the playing field.

Due to the fancy nature of Covid-19, it is also a challenge to determine the duration of the “social distancing”, “quarantine” and “lockdown”. Some countries have said they have had to educate the public about the risks before implementing these measures. On the other hand, the countries that are now suffering from severe economic losses by these measures are only doing so to see more deaths in the future. However, the number of potential deaths can be reduced only if an effective vaccine is given to a wider population and the infection is prevented by reducing the rate of infection as the result of practicing non-pharmaceuticals measures efficiently and effectively.

Conflicts of Interest

The authors declare no conflicts of interest regarding the publication of this paper.

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