

# The Impact of Covid-19 on Society

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## Abstract:

Corona viruses are a large family of viruses which may cause illness in animals or humans. In humans, several corona viruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). Most people (about 80%) recover from the disease without needing hospital treatment. Around 1 out of every 5 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. If possible, it is recommended to call the health care provider or facility first, so the patient can be directed to the right clinic. If you have minor symptoms, such as a slight cough or a mild fever, there is generally no need to seek medical care. Stay at home, self-isolate and monitor your symptoms. Follow national guidance on self-isolation. However, if you live in an area with malaria or dengue fever it is important that you do not ignore symptoms of fever. Seek medical help. That we should know that the wealthy, friend, a wife and a kingdom may be regained but when this body is lost may never be acquired again.

**Key Words:** Corona viruses ,COVID-19, Health Care, Health, Society.

## Introduction:

Corona viruses are a large family of viruses which may cause illness in animals or humans. In humans, several corona viruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered corona virus causes corona virus disease COVID-19.

The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include aches and pains, nasal

congestion, headache, conjunctivitis, sore throat, diarrhea, loss of taste or smell or a rash on skin or discoloration of fingers or toes. These symptoms are usually mild and begin gradually. Some people become infected but only have very mild symptoms. The present paper makes an attempt to describe the impact of Covid-19 on society.

### **The Impact of Covid-19 on Society**

Most people (about 80%) recover from the disease without needing hospital treatment. Around 1 out of every 5 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart and lung problems, diabetes, or cancer, are at higher risk of developing serious illness. However, anyone can catch COVID-19 and become seriously ill. People of all ages who experience fever and/or cough associated with difficulty breathing/shortness of breath, chest pain/pressure, or loss of speech or movement should seek medical attention immediately.

If possible, it is recommended to call the health care provider or facility first, so the patient can be directed to the right clinic. If you have minor symptoms, such as a slight cough or a mild fever, there is generally no need to seek medical care. Stay at home, self-isolate and monitor your symptoms. Follow national guidance on self-isolation. However, if you live in an area with malaria or dengue fever it is important that you do not ignore symptoms of fever. Seek medical help.

When you attend the health facility wear a mask if possible, keep at least 1 meter distance from other people and do not touch surfaces with your hands. If it is a child who is sick help the child stick to this advice. Seek immediate medical care if you have difficulty breathing or pain/pressure in the chest. If possible, call your health care provider in advance, so he/she can direct you to the right health facility. People can catch COVID-19 from others who have the virus.

The disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks. These droplets are relatively heavy, do not travel far and quickly sink to the ground. People can catch COVID-19 if they breathe in these droplets from a person infected with the virus. This is why it

is important to stay at least 1 meter) away from others. These droplets can land on objects and surfaces around the person such as tables, doorknobs and handrails.

People can become infected-by touching these objects or surfaces, then touching their eyes, nose or mouth. This is why it is important to wash your hands regularly with soap and water or clean with alcohol-based hand rub. The time between exposure to COVID-19 and the moment when symptoms start is commonly around five to six days but can range from 1 – 14 days.WHO is assessing ongoing research on the ways that COVID-19 is spread and will continue to share updated findings.

COVID-19 is mainly spread through respiratory droplets expelled by someone who is coughing or has other symptoms such as fever or tiredness. Many people with COVID-19 experience only mild symptoms. This is particularly true in the early stages of the disease. It is possible to catch COVID-19 from someone who has just a mild cough and does not feel ill.Some reports have indicated that people with no symptoms can transmit the virus. It is not yet known how often it happens.

WHO is assessing ongoing research on the topic and will continue to share updated findings. Practicing hand and respiratory hygiene is important at ALL times and is the best way to protect others and yourself:When possible maintain at least a 1 meter distance between yourself and others. This is especially important if you are standing by someone who is coughing or sneezing. Since some infected persons may not yet be exhibiting symptoms or their symptoms may be mild, maintaining a physical distance with everyone is a good idea if you are in an area where COVID-19 is circulating.

If you have been in close contact with someone with COVID-19, you may be infected. Close contact means that you live with or have been in settings of less than 1 metre from those who have the disease. In these cases, it is best to stay at home..However, if you live in an area with malaria or dengue fever it is important that you do not ignore symptoms of fever. Seek medical help. When you attend the health facility wear a mask if possible, keep at least 1 metre distant from other people and do not touch surfaces with your hands. If it is a child who is sick help the child stick to this advice.

If you do **not** live in an area with malaria or dengue fever please do the following:

- If you become ill, even with very mild symptoms you must self-isolate
- Even if you don't think you have been exposed to COVID-19 but develop symptoms, then self-isolate and monitor yourself
- You are more likely to infect others in the early stages of the disease when you just have mild symptoms; therefore early self-isolation is very important.
- If you do not have symptoms, but have been exposed to an infected person, self-quarantine for 14 days.

If you have definitely had COVID-19 (confirmed by a test) self-isolate for 14 days even after symptoms have disappeared as a precautionary measure – it is not yet known exactly how long people remain infectious after they have recovered. Follow national advice on self-isolation. Self-isolation is an important measure taken by those who have COVID-19 symptoms to avoid infecting others in the community, including family members.

Self-isolation is when a person who is experiencing fever, cough or other COVID-19 symptoms stays at home and does not go to work, school or public places. This can be voluntarily or based on his/her health care provider's recommendation. However, if you live in an area with malaria or dengue fever it is important that you do not ignore symptoms of fever. Seek medical help. When you attend the health facility wear a mask if possible, keep at least 1 meter distant from other people and do not touch surfaces with your hands. If it is a child who is sick help the child stick to this advice. If you do not live in an area with malaria or dengue fever please do the following:

- If a person is in self-isolation, it is because he/she is ill but not severely ill (requiring medical attention)
- have a large, well-ventilated with hand-hygiene and toilet facilities
- If this is not possible, place beds at least 1 metre apart
- Keep at least 1 metre from others, even from your family members
- Monitor your symptoms daily
- Isolate for 14 days, even if you feel healthy

- If you develop difficulty breathing, contact your healthcare provider immediately – call them first if possible
- Stay positive and energized by keeping in touch with loved ones by phone or online, and by exercising yourself at home.

To self-quarantine means to separate yourself from others because you have been exposed to someone with COVID-19 even though you, yourself, do not have symptoms. During self-quarantine you monitor yourself for symptoms. The goal of the self-quarantine is to prevent transmission. Since people who become ill with COVID-19 can infect people immediately self-quarantine can prevent some infections from happening. .

In this case:

- Have a large, well-ventilated single room with hand hygiene and toilet facilities
- If this is not available place beds at least 1 metre apart.
- Keep at least 1-metre distance from others, even from your family members.
- Monitor your symptoms daily
- Self-quarantine for 14 days, even if you feel healthy
- If you develop difficulty breathing, contact your healthcare provider immediately – call them first if possible.
- Stay positive and energized by keeping in touch with loved ones by phone or online, and by exercising yourself at home.

However, if you live in an area with malaria or dengue fever it is important that you do not ignore symptoms of fever. Seek medical help. When you attend the health facility wear a mask if possible, keep at least 1 meter distant from other people and do not touch surfaces with your hands. If it is a child who is sick help the child stick to this advice.

- Research indicates that children and adolescents are just as likely to become infected as any other age group and can spread the disease.
- Evidence to date suggests that children and young adults are less likely to get severe disease, but severe cases can still happen in these age groups.

- Children and adults should follow the same guidance on self-quarantine and self-isolation if there is a risk they have been exposed or are showing symptoms. It is particularly important that children avoid contact with older people and others who are at risk of more severe disease.

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most countries around the world have seen cases of COVID-19 and many are experiencing outbreaks. Authorities in China and some other countries have succeeded in slowing their outbreaks. However, the situation is unpredictable so check regularly for the latest news.

We can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 metre distance between yourself and others. Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.
- Avoid going to crowded places. Why? Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 1 metre.
- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others. Why? Avoiding contact with others will protect them from possible COVID-19 and other viruses.
- If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
- Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities. Why? Local and national authorities are best placed to advise on what people in your area should be doing to protect them

While some western, traditional or home remedies may provide comfort and alleviate symptoms of mild COVID-19, there are no medicines that have been shown to prevent or cure the disease. WHO does not recommend self-medication with any medicines, including antibiotics, as a prevention or cure for COVID-19. However, there are several ongoing clinical trials of both western and traditional medicines. WHO is coordinating efforts to develop vaccines and medicines to prevent and treat COVID-19 and will continue to provide updated information as soon research results become available.

The most effective ways to protect yourself and others against COVID-19 are to:

- Clean your hands frequently and thoroughly
- Avoid touching your eyes, mouth and nose
- Cover your cough with the bend of elbow or tissue. If a tissue is used, discard it immediately and wash your hands.
- Maintain a distance of at least 1 meter from others.

While initial investigations suggest the virus may be present in faeces in some cases, to date, there have not been reports of faecal-oral transmission of COVID-19. Additionally, there is

no evidence to date on the survival of the COVID-19 virus in water or sewage. No. Antibiotics do not work against viruses; they only work on bacterial infections.

COVID-19 is caused by a virus, so antibiotics do not work. Antibiotics should not be used as a means of prevention or treatment of COVID-19. In hospitals physicians will sometimes use antibiotics to prevent or treat secondary bacterial infections which can be a complication of COVID-19 in severely ill patients. They should only be used as directed by a physician to treat a bacterial infection.

Currently, there is not enough evidence for or against the use of masks (medical or other) in healthy individuals in the wider community. However, WHO is actively studying the rapidly evolving science on masks and continuously updates its guidance.

**Medical masks** are recommended primarily in health care settings, but can be considered in other circumstances (see below). Medical masks should be combined with other key infection prevention and control measures such as hand hygiene and physical distancing.

### **Healthcare workers**

Medical masks and respirators such as N95, FFP2 or equivalent are recommended for and should be reserved for, healthcare workers while giving care to patients. Close contact with people with suspected or confirmed COVID-19 and their surrounding environment are the main routes of transmission, which means healthcare workers are the most exposed.

Anyone who is sick, with mild symptoms such as muscle aches, slight cough, sore throat or fatigue, should isolate at home and use a medical mask according to WHO's recommendation on home care of patients with suspected COVID-19. Coughing, sneezing or talking can generate droplets that cause can spread the infection. These droplets can reach the face of others nearby and land on the surrounding environment. If an infected person coughs, sneezes, or talks while wearing a medical mask, this can help to protect those nearby from infection. If a sick person needs to go to a health facility they should wear a medical mask.

Those caring for individuals who are sick with COVID-19 should wear a medical mask for protection. Again, close, frequent and prolonged contact with someone with COVID-19 puts caretakers at high risk. National decision makers may also choose to recommend medical mask use for certain individuals using a risk-based approach. This approach takes into consideration the purpose of the mask, risk of exposure and vulnerability of the wearer, the setting, the feasibility of use and the types of masks to be considered. that masks are not a substitute for other, more effective ways to protect yourself and others against COVID-19 such as frequently washing your hands, covering your cough with the bend of elbow or tissue and maintain a distance of at least 1 meter from others.

The time between exposure to COVID-19 and the moment when symptoms start is commonly around five to six days but can range from 1 – 14.

To effectively achieve this objective the entire country had to be shut and all activities had to be stopped with minimal human interaction therefore hence inevitably the country had to be brought under lockdown. The Indian government started taking a strong stand against this pandemic attack in the mid of march .By the last week of march, India sealed all internal and external borders. From march 22, the whole country is under lockdown phase that has now been extended till may .

The groups have stood by the government during this lockdown and a great response is observed throughout the country. Yet there are certain exception which are a challenge while needy 95% of the citizens are co-operating the rest are creating a threat to the efforts and measures to contain this pandemic and are responsible for the collapse of the whole system.

They are five factors that contributed to the collapse of complex societies. They are, Hostile Neighbors, environment problems, the collapse of essential trading partners and the societies response to the forgoing four factors. The covid-19 crisis can be trigger for the fourth factor of failing trade due to a weak ended economy. Looking at these theoretical threat say that the society actions and attitude and approach of people resonate into these threat indicators.

The hostility faced by common people from their neighbors in the society, the basic reasons of such hostility lie in the comparative behavior or attitude of the people in many small

instance such as purchasing of small grocery, items, vegetables, petrol and getting official permissions to go out for essential emergency reasons. Cases of hostility can be observe in housing societies regarding residents having recent history from other countries.

Such residents respond adversely when requested by the fellow society neighbors to get themselves tested for covid-19 or to get self isolated instead such individuals and men understand misbehaved and even reacted aggressively by getting into a fight with their neighbourers on the other hand some citizens have not disclosed their travel history even to the government officials to fear of being thrust out from their homes and societies.

Such cases have been observed in affluent class or upper-middle class societies. These hostility has been observed even against the corona warriors like doctors,nurses, health professionals, police and such other people residing in the housing societies or neighbourhood.

In place of showing respect and gratitude towards them, and their families, that they are treated with suspicion and not supported by the society members in the wake of this undue fear in their minds. Many of them have been asked to valate their rented homes by land lords as they believe their stay many malls them move susceptible to covid-19. It has been widely observed that most of the doctors who run private clinics are not permitted to open them by the residents of private societies and apartments..

Several instances of attack on doctors and police have also been reported. Even miscount and harassment of doctors and health workers have been reported medical associations have requested supported from the government for the safety and security of their members. It is an irony that those who are our life avers are facing the threat of their lived. Analysing the scenario in lower, class or slum areas a similar mentality is seen only the problems is different. Let us take an example of setting grocery on ration cared or free food packets.

Amidst fee distribution of food and essential items to the needy and poor people were seen fighting amongst themselves in the race to get there first and even to the extent of snatching it from others.Members of the NGO'S and social organisation engaged in community service during these times were also hackled and abused. There was a tremendous amount of cases have been increasing in the pune and maharashtra and in other parts of the country or world.

Looking at the broader picture with in the country handful of are pushing the entire country in great crisis by not co-operating and not complying to the government regulations.

Such instances strongly point out that nations are complex societies with socio-economic structure which are susceptible to collapse because complexity increases vulnerability. It is inevitable that when large or small areas are lockdown or people are kept in isolation or quarantined normal social and economic life is affected. There is restricted movement of people with reduced consumption of all sorts of goods and services except certain essential commodities and services.

And it has caused the small proprietor partnership business, the travel, tourism and other service sectors to wind down . Such a situation poses a seriously threat to the survival of daily wage workers, road side vendors, petty traders, because of no cash in hand.. People were not able to carry on their regular jobs. That unemployment was deteriorating and the condition was bad. Especially the lower economic sections become also destitute. That the one of the main problem is no money in hand that the people are.

This is the crucial period and call for every one to act socially more responsible and adhere to our duties as apart of our society acting through elected government needs to address the threats with proper, sufficient and timely measures to eliminate the risk of socio-economic breakdown beyond the point of restoration. Responsibility for his help rests firmly with the central and state government for targeted social economic and fiscal and devoid of any corruption.

That the Government of India led by our prime minister narendra modi has taken numerous measures to minimize the risk of socio-economic breakdown along with its continous measures to control the spread of coronovirus. Prime Minister Modi urged people to assume that there is a lakshman rekha. Outside their houses and not to put a step out side their home.

Humanity dictates that affluent sections of civil society and voluntary organization contribute generously in cash and kind to lighten the economic impart and burden on weaker sections. In the fight against such viruses, humanity needs a guard borders closely. The border separating the virus sphere from the human world passes inside the body of every human being.

**Conclusion:**

If a dangerous virus manages to penetrate this border. It parts the whole human species in danger. Hence not the border between territories but humanity needs to guard the border between the human world and the virus sphere. That it is the duty of the each individual to act responsibly and support each other to prevent the collapse of socio-economic well being of our society. The Indian tradition has always underlined the importance of physical as well as mental health and well being whatever may be the danger you will be able to face it only with a healthy body and a strong mind,

That we should know that the wealthy, friend, a wife and a kingdom may be regained but when this body is lost may never be acquired again.

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