



Come on! Understand the difference between Social Distancing and Physical Distancing

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With the increasingly massive spread of corona and the increasing number of positive patients in Indonesia, the government has issued regulations regarding *social distancing* that have been enforced by other government officials. With *social distancing* already running in Indonesia through the RI Cabinet Secretariat website, President Joko Widodo emphasized *physical distancing* for the handling and prevention of the COVID-19 corona virus in Indonesia. *Physical distancing* can be translated as keeping your distance or keeping a safe distance and being disciplined in carrying it out.

Quoted from the katadata.co.id page, the World Health Organization or WHO has also recommended using the term *physical distancing* instead of *social distancing* since last Friday (20/3). This change is intended to provide clarity to the world community which is currently fighting against the corona virus. They can still carry out social interactions, but must maintain physical distance.

The Indonesian government also agrees with this term. President Joko Widodo in his press statement several times appealed to the public to work, study and worship at home. Last Tuesday, Jokowi appreciated the community movement that promotes physical distancing to reduce the spread of Covid-19.

"Because only with strong discipline can we prevent the spread of Covid-19. We are a great nation, a nation of warriors, a nation of warriors. God willing, we can face this global challenge," said Jokowi.

The difference between Social Distancing and Physical Distancing

The Difference between Social Distancing and Physical Distancing Referring to the Guidelines for Quick Medical and Public Health Handling of Covid-19 in Indonesia, ***social distancing*** is a restriction on the activities of certain residents in an area. This social restriction is carried out by everyone in the area suspected of being infected with the disease. On a large scale, the aim is to prevent the expansion of the spread of the disease. These restrictions include closing schools and workplaces, religious activities, and activities in public places or facilities.

People are advised to reduce social interaction by staying indoors and reducing the use of public transportation. This guideline also mentions the ideal physical contact limit, which is at least one to two meters. No shaking hands, hugging, let alone kissing. Then, avoid using public transportation during rush hour and work from home. The public is also prohibited from mass gathering in crowds or public places. Finally, avoid gathering with friends, family, face to face, and stay in touch. This recommendation should be followed strictly, especially for those who are over 60 years old, have comorbid (company) diseases such as diabetes, hypertension, asthma, and cancer, as well as pregnant women.

Meanwhile, ***physical distancing*** is a physical restriction with an emphasis on maintaining social relations. WHO changed the term of the restriction because it did not want to make many people become isolated and have their mental health disturbed.

"It doesn't mean that socially we have to cut ties with our loved ones and our families," said Dr Maria Van Kerkhove, head of WHO's Diseases and Zoonoses Unit, as quoted from Rappler.com. and Katadata.co.id He encourages everyone to keep in touch with one another, both via the internet, social media, and telephone. In times like these it is important to stay connected while maintaining physical distance. "Your mental health going through the coronavirus pandemic is just as important as your physical health," he said.

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