Suppose given distribution is gaussian distribution, along with it’s mean and S.D., then according to 68-95-99.7 rule we can directely says that 95 percent of our data lies between [mean-2(std-dev)  ,  mean+2(std-dev)] or in otherwords we can give this range of [mean-2(std-dev) , mean+2(std-dev)] with 95% confidence



