

where water is not available, ensure you clean hard surfaces in your homes because the virus also settles on surfaces and can be contracted if a person touches the infected surface and put his/her fingers into the eyes, nostrils or mouth. Also, avoid touching your face. [most especially, the eyes, nostrils and mouth], sneeze and cough into your elbow or better still use a tissue and dispose properly. Avoid hugging or shaking of hands or any form of cuddling because the infected might not show any symptom yet. After contact with the virus, a person may see the symptoms within 2-14 days. So if you feel unwell, seek medical help. But do not go into the hospital unless you are told to do so. Properly cook your eggs and meat and eat food rich in vitamin to strengthen the immune system.

The symptoms that may occur during 2-14 days after contact includes: fever, cough, difficulty in breathing and other respiratory illness.

The partial lockdown in some part of Nigeria poses many difficulties as most Nigerians feed on daily income. Citizens complain and ask for the federal government to support them in terms of food. Lagos state has been on lockdown since ~~order~~ 14 days and the governor has really helped in distributing food items for the poor people. And also, many rich people have donated money and items to fight against the COVID-19. Eg! Dangote, ~~and~~ even churches.

If we follow all precautions squarely, the probability of winning the fight is sure.

ONE OLYWASEUN PATIENCE

MBBS

19/11/2021/210

## CORONA VIRUS DISEASE [COVID-19]

Corona virus disease is an infectious disease caused by severe acute respiratory syndrome coronavirus 2. It was discovered in Wuhan Province, China in the year 2019. The disease caused respiratory illness with symptoms such as a cough, fever and in more severe cases, difficulty breathing. It is primarily spread through direct contact or being in at least 1 metre distance with an infected person.

Ever since the identification of this virus, it has spread across many regions of the globe resulting in to a pandemic. Many lives has been lost and this pandemic has caused partial or total lockdown across many countries. Great and most developed countries have been brought to their knees due to the pandemic. For instance, United States of America, the highest infected country in the world with about 545,086 active cases, 27,176 deceased and 47,009 recovered, Italy, 105,418 active, 21,645 deceased and 38,092 recovered, Russia, 22,306 active, 198 deceased, 986 recovered, Japan, 7,101 active, 146 deceased and 853 recovered, Globally, we have 1,401,549 active cases.

Corona came into Nigeria 28th February, 2020. The first hit state was Lagos state. Nigeria presently has 263 active cases, 11 deceased and 99 recovered. This pandemic has also caused a partial ration in Nigeria, which will be discussed later.

Though, no vaccine has been discovered yet, there are measures which can be following to prevent the virus from entering into the body system. These include, Washing your hands thoroughly for about 40 seconds under running water, Use an alcohol based sanitizer after washing your hands or in cases