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**REPORT ON THE CORONA VIRUS PANDEMIC AND THE EFFECTS OF THE LOCK DOWN AND RESTRICTIONS OF MOVEMENT ON NIGERIANS**

**Corona virus are a large family of viruses that are known to cause illness like common cold and respiratory disorder. Corona virus disease 2019(Covid-19) is defined as illness caused by a novel corona virus now called severe acute respiratory syndrome corona virus 2 (SARS-COV-2; formerly called 2019 nCoV), which was first identified amid an outbreak of respiratory illness cases in Wuhan city, Hubei province, China. It was initially reported to the World Health Organisation (WHO) in December 31, 2019. On January 30, 2020 the WHO declared the Covid-19 outbreak a global health emergency. Corona virus symptoms include cough, fever, shortness of breath, muscle aches, sore throat, unexplained loss of taste or smell, diarrhea and headache. Corona virus can be severe and some cases have caused death. The corona virus can be spread from person to person and it is diagnosed with a laboratory test**

 **The corona virus that started in wuhan china is now affecting every continent including Africa and it is now spreading in Nigeria. The first case of covid-19 in Nigeria was recorded in Lagos state on 27th of February 2020 by the NCDC when an Italian citizen who works in Nigeria returned from Milan, Italy to Lagos. Since then, new cases keep emerging everyday even up till today. There is no vaccine currently for the cure of corona virus but people are advised to maintain personal hygiene by washing their hands regularly with soap and water for at least twenty seconds or to use alcohol based hand sanitizer and also to avoid crowded places but, if there is an urgent need to be in the midst of people keep at least two metre distance from them.**

**HOW THE VIRUS SPREADS**

**Corona virus disease spreads primarily through the contact with an infected person when they cough or sneeze. It also spreads when a person touches a surface or object that has the virus on it and then touches their eyes nose or mouth.**

**EFFECT OF LOCKDOWN AND RESTRICTION OF MOVEMENT ON NIGERIANS**

 **Due to the pandemic market places, schools, churches, mosques etcetera have been asked to shut down and there have been a serious restriction on the movement of people all over the world. This order has been placed by the government to reduce the spread of this deadly virus however, it also has a lot of adverse effect such as economic recession. Due to the lock down people are not able to conduct their businesses even the ones that depend on what they get each day to survive. Everyone is forced to stay in door and there is no means to earn money to feed and purchase necessary things. There was a viral video on the internet recently that showed how some hungry and desperate people gathered a slow moving truck carrying bags of rice to steal from it, this is the rate at which hunger and starvation have affected some people not only in Nigeria but in other part of the world. Regrettably , at the end of this pandemic there might be a serious global recession, the price of things may increase and people would find it difficult to meet their need. A lot of people may loose their job because the organization or company they work for may not have enough to fund their salary anymore. The international monetary fund (IMF) said that corona virus pandemic had instigated an economic down turn, the likes of which the world has not experienced since the great depression.**

 **Another negative effect of the lock down is high crime rate. There are a lot of citizen who on a normal day have to work so hard to earn money but, because of this lock down, there is no means to make money anymore so must of them especially the youth have resulted in stealing from people and taking innocent lives in order to survive. In Lagos a group of criminals openly threatened the people, telling them to get prepared because they are coming to steal from them, they were scared and had to report the case to the police. This is what hunger and frustration can lead to.**

 **In conclusion the corona virus has done a lot of harm in the entire world and nobody knows when it is going to stop spreading but, the only thing we can do as citizens to support the government and all those who are working endlessly to put an end to the spread of the virus including the health workers is to pray for them and practice the necessary preventive measures which are;**

* **Washing our hands often with soap and water or making use of an alcohol-based hand sanitizer**
* **Maintaining a safe distance from anyone who is coughing or sneezing**
* **Avoid touching your eyes, nose or mouth**
* **Always cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze**
* **Stay home if you feel unwell**
* **If you have a fever or a cough and difficulty in breathing, seek medical attention.**
* **The use of a cloth face covering is recommended to keep people who are already infected but do not have symptoms from spreading the virus to others.**