**LEBILE CELINE MOTUNROLA MBBS**

**19/MHS01/235 GST 122 ASSIGMENT**

**CORONA VIRUS PANDEMIC AND ITS EFFECTS OF THE LOCKDOWN AND RESTRICTION OF MOVEMENT ON NIGERIANS**

Nigeria has over 200 million people, making it the most populous nation in Africa. There are currently 323 confirmed cases of the virus in Nigeria, with large percentage registered in Lagos and the capital territory of Abuja, but very few people have died.

Corona virus disease is an infectious disease caused by a newly discovered corona virus- WHO. The virus spreads through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, victims of this disease usually experience labored breathing, migraine, coughing and sneezing. Older people with underlying health conditions especially, if it's a respiratory illness, are more susceptible to the virus. So far, there is no cure or specific vaccines but there are ongoing clinical trials evaluating potential treatment, the preventive measures are; constant intake of water, regular washing of hands using soaps or alcohol based sanitizers and social distancing.

The social distancing, which is the act of keeping space between yourself and other people, is seen to be the best preventive measure now, so many nations across the globe have adopted this, leading to the mandatory lockdown and movement restrictions which has its advantage and its disadvantages on citizens.

One of the disadvantages is the psychological effects it has on the people. Humans are social creatures, like all social animals, we rely on complex social interactions with those within our own species. As increasingly stringent social restrictions are put into place, mental health experts are warning that losing these important connections can come at a high psychological cost. Basically, prolonged isolation could cause depression resulting from loneliness and anxiety.

Another one if its disadvantages is the loss of jobs. The vast majority of Nigerians depends on daily wages, they have to go out to get money and to buy food to put on the table for their families, but because of the restriction of movement, they are going to stay home with no work and no chance of getting money. Of course this current economic situation mostly affects lower class citizens with brown collar jobs, and the average or higher class citizens who can work from home are not highly affected. Although the extension of the lockdown is expected to add to the hardship of the millions in Nigeria living hand-to-mouth, government has said it would find a way to cater for those highly affected, because “the repercussion of any premature end to the lockdown action are unimaginable’’-President Buhari.

The current advantages, like said earlier, is that it’s the most effective way to control the spread of the virus, while vaccines and other antidote are being discovered.

*References: Al jazeeranews.com, sciencenews.com, WHO.com*