**ADESIDA OLUWATOYIN FAVOUR**

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**TOPIC: COVID-19 PANDEMIC AND THE EFFECTS OF LOCKDOWN AND RESTRICTIONS OF MOVEMENTS**

The issue of the virus COVID-19 has turned out to be a big monster laying its deadly paws on all nations of the world, affecting not just our health systems but shaking the economical state of nations and individual social activities and means of ends meet. The topic of COVID-19 has been on the lips of all, the literate and the illiterate ,the rich and the poor, the highly placed and the downcast, the masses and the government, the issue for all has been the COVID-19.But ,do we really know the real effects and damage of the virus COVID-19?.

COVID-19 also known as corona virus is from a family of viruses that range from the common cold to MERS coronavirus, which is Middle East Respiratory Syndrome coronavirus and SARs, Severe acute respiratory syndrome coronavirus. Corona viruses are circulating in animals and some of these coronaviruses have the capability of transmitting between animals and humans. We call that a spillover event. The coronaviruses typically cause respiratory symptoms. The question of the origin of corona virus is being talked about every passing day. In the public mind; the origin story of coronavirus seems well fixed: in late 2019 someone at the now world-famous Huanan seafood market in Wuhan was infected with a virus from an animal. Although scientist have made it known to us that virus called corona virus have no certainty of origin as it is suspected to have been transferred from bats to man or from pangolins – a scaly mammal that looks like an anteater or probably from man to man ,who knows ? But an actual finding into the origin of corona virus will really serve as a major breakthrough in finding its cure as said by seasoned medical scientist. COVID-19 symptoms range from mild to severe. It takes 2-14 days after exposure for symptoms to develop. Symptoms may include: fever, cough, shortness of breath. Those with weakened immune systems may develop more serious symptoms, like pneumonia or bronchitis. You may never develop symptoms after being exposed to COVID-19. So far, most confirmed cases are in adults, but some children have been infected. There is no evidence that children are at greater risk for getting the virus.

The estimates and statistics provided by researchers have shown that the corona situation is really gaining grounds in the world. As at today according to https://www.worldometers.info/coronavirus/ (we have Coronavirus Cases:2,218,758, deaths:151,966, recovered:566,326.European countries have received a big hit from this virus of recent, while countries like china, Italy and some few Asian countries are recovering from this virus as well as been able to annul the policy of lockdown in their countries. The effects of this virus can never be overlooked, the traumas, the pain, the setbacks, the confusion, the political problems, the restrictions it has brought about can never be ignored. Looking at the issue of lockdown, using Nigeria as case study; the issue of lockdown has put an abrupt stop to many social interactions, physical business associating and also restricted movement. The lockdown, however, prevents many Nigerians working in informal sectors from traveling to work or conducting their business. Local food vendors and traders have expressed fears over their ability to feed their families during the lockdown, with their daily earnings their only source of sustenance. An increase in food prices as a result of the lockdown also means that many cannot stock up on necessities. Social distancing and self-isolation will be a challenge for many people. This is because humans are innately social. From history to the modern day we’ve lived in groups – in villages, communities and family units. While we know social isolation has a negative impact on people .Recent reports have indicated loneliness is already a significant issue for Australians, including young people. Loneliness and social isolation are associated with a similar increased risk of earlier death: 26% and 29% respectively compared to someone who is not lonely or socially isolated. Unconsciously lockdown has deprived us our right of movement, meetings and group association is now considered a crime using the case study of a Nigerian celebrity by name Funke Akindele Bello who organized a birthday celebration was arrested and charge to court, the was later told to do community service and also paid affine one hundred thousand naira alongside the other participants of the party. Despite its negative effects , lockdown and social distancing has quite some positive effects like the reduction and avoidance of the spread of corona virus, the practice of social distancing and lockdown has helped put the spread of corona virus in check ,there have been a reduction of infected individuals in countries where lockdowns are practiced effectively. Also globally there has been a drastic reduction of NO2 (NO2 causes pollution and brings about greenhouse effects in the society, It is one of the biggest industrial pollution which has been always addresses over years).due to much involvement in industrial activities the greenhouse effect has been seen to reduce so effectively which is well appreciated across the globe Yes, yes everything that has disadvantage has an advantage.

In crises like this we just have to keep cool obey governmental rules and policies that are been setup to stop the effects of COVID-19, even if it applies to social distancing and lockdown. We are also advised to adhere to some personal hygiene like basic hand hygiene, such as washing your hands with soap and water and respiratory hygiene, such as when you sneeze, sneezing into your elbows, use of alcohol based sanitizers, cleaning of substances that we frequently touch. Ways to protect yourself against a potential animal source would be to avoid unnecessary unprotected contact with live animals and to make sure that you wash your hands thoroughly after contact with animals and also to make sure your meat is cooked thoroughly before consuming. There are no specific treatments for coronaviruses, but symptoms can be treated. Summary of everything is that we should make efforts to bite the bullet by obeying rules to elevate matters on ground even if it is against our wish. We surely don’t want things to get out of hands so we should try to hang in there for now because this might just be a big blessing in disguise. Learn to stay, positive, healthy and safe.