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# *A report on coronavirus pandemic*

# *Medicine and surgery*

## *19/MHS01/327*

CORONAVIRUS (COVID 19)

Coronaviruses are a large family of viruses, some of which cause illness in people, and others that circulate among mammals and birds. Rarely, animal coronaviruses can spread to humans, and then spread between people. Illness in humans mainly manifests as a respiratory infection, or sometimes gastrointestinal infection. The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it’s important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).The clinical spectrum of illness varies from no symptoms or mild respiratory symptoms to severe, rapidly progressive pneumonia, acute respiratory distress syndrome, septic shock, or multiorgan failure resulting in death.

You can protect yourself and help prevent spreading the virus to others if you:

Do

1. Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub
2. Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze
3. Avoid close contact (1 meter or 3 feet) with people who are unwell
4. Stay home and self-isolate from others in the household if you feel unwell

Don't

1. Touch your eyes, nose, or mouth if your hands are not clean

There is no specific medicine to treat coronavirus disease (COVID-19). People may need supportive care to help them breathe.

Self care

If you have mild symptoms, stay at home until you’ve recovered. You can relieve your symptoms if you:

1. rest and sleep
2. keep warm
3. drink plenty of liquids
4. use a room humidifier or take a hot shower to help ease a sore throat and cough

 As of 14th of April 2020, **30 new** confirmed cases of COVID-19 were recorded in Nigeria  
• Till date, 362 cases have been confirmed, 99 cases have been discharged and eleven deaths have been recorded in Nigeria  
they are some effects of the ockdown which has cause a lot of breakdown in the country state and community.

A **lockdown** is an emergency protocol that usually prevents people or information from leaving an area. The protocol can usually only be initiated by someone in a position of [authority](https://en.wikipedia.org/wiki/Authority).

Effects of the lockdown

1. It is brought about increase crime rate in the country
2. It brought about high rise in food stocks in the country
3. It has brought about poverty and hunger in the society
4. It has brought jobless or idleness in the community which can lead to crime

The restrictions in country is caused by the rapid spread of the virus through the country

Thank you