

NAME: BELLO NIMATH LOLA

DEPARTMENT: NURSING

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### THE CORONA VIRUS

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory syndrome (MERS) and severe Acute Respiratory Syndrome (SARS). The corona virus commonly known as COVID-19 is an infectious disease caused by a newly discovered corona virus which was known to have also started in Wuhan, China. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people and those with underlying medical problems like cardiovascular disease, diabetes, and cancer are more likely to develop serious illness. The virus is mainly transmitted through droplets generated when an infected person coughs or speaks. These droplets drop on floors or surfaces which can be transmitted by touching the infected surface and then rubbing your eyes, nose or mouth. Although there is no cure yet, it can be controlled by the use of hand sanitizers, washing of hands regularly and majorly social distancing.

The most common symptoms are fever, tiredness (fatigue) and dry cough. Some may experience aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms begin gradually and then become worse if not quickly attended to.

Due to the rapid spread of the virus, some countries including Nigeria have ordered a stay at home which means restriction of movement to prevent the rapid spread. Although it is considered as a very preventive measure and the right way to combat this pandemic. But this decision has caused major social and psychological effects on the whole population some of these effects are;

**High crime rate:** due to the restriction of movement, people who are self-employed (those involved in jobs like bus conductor, moulding of bricks, carrying of goods in market etc.) are unable to work which leads to difficulty in providing their basic necessities and also leads to some of them to result in stealing, kidnapping since the government has also refused to help them.

**Increase in violence:** due to the order, there has been an increase in security personnel's. Which has also lead to the abuse of their power whereby they beat up citizens and due to their act, the citizens become angry and retaliate which also affects the innocent ones.

**Mental instability:** due to this lockdown, people with mental disabilities like anxiety, depression and other form of mental illness are the most vulnerable right now in terms of loneliness, isolation and self-destruction due to lack of consistent support and they become more anxious, stressed, agitated and withdrawn during this lockdown.

Other effects are shutting down of small scale businesses (like barbing salon, mini markets etc.) shutting down of religious centers like the mosque and the church, shutting down of schools both at the lower and higher levels.

This corona virus has been one of the most affected worldwide and due to the increase in the cases lockdown has been extended. All we can do is stay positive at home, pray and hope for the best.