What is Corona Virus?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 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, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

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).

At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments.

To prevent infection and to slow transmission of COVID-19, do the following:

* Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
* Maintain at least 1 metre distance between you and people coughing or sneezing.
* Avoid touching your face.
* Cover your mouth and nose when coughing or sneezing.
* Stay home if you feel unwell.
* Refrain from smoking and other activities that weaken the lungs.
* Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

The COVID-19 virus affects different people in different ways.  COVID-19 is a respiratory disease and most infected people will develop mild to moderate symptoms and recover without requiring special treatment.  People who have underlying medical conditions and those over 60 years old have a higher risk of developing severe disease and death.

Common symptoms include:

* fever
* tiredness
* dry cough.

Other symptoms include:

* shortness of breath
* aches and pains
* sore throat
* and very few people will report diarrhoea, nausea or a runny nose.

People with mild symptoms who are otherwise healthy should self-isolate and contact their medical provider or a COVID-19 information line for advice on testing and referral.

People with fever, cough or difficulty breathing should call their doctor and seek medical attention.

# EFFECT OF LOCKDOWN IN NIGERIA

lockdown and to put it mildly, this is a hard pill for Nigerians who live daily hand-to-mouth. About three quarters of Nigerians make a living in the informal economy. The construction site labourers, market stall traders, handymen and taxi drivers. For these people, life as they know it is about to become even harder than they have experienced in the past. How will Nigerians deal with the economic hardship and ripple effects that the pandemic and subsequent lockdown is causing? Unlike many countries in Europe and the United States, many of these individuals have no access to social grants to see them through this difficult period.

Small, Medium and Micro-sized Enterprises (SMMEs) are the bedrock of the Nigerian economy. The day before the lockdown in Lagos, Ogun and the FCT, many were seen scrambling to adjust in an attempt to reduce the unprecedented impact of the shutdown. Aderonke runs a poultry farm with her husband and two siblings. Her major clients were restaurants and supermarkets to whom she supplied crates of eggs. Restaurants have long stopped operations in Lagos and Abuja so demand dropped. The chickens did not get the memo and she was left with crates of unsold eggs. The day before the lockdown, she was forced to do an emergency clearance sale of the eggs at prices below her usual cost price. Her resigned response to why the eggs were so cheap was; “At least it is better than them going bad”

The psychological effects of being on a compulsory lockdown are real and evident. Screaming children, potential conflict between spouses, a house full of people who once spent a few hours in a day, are now together for 24 hours, 7 days a week for 14 days (assuming there is no extension). Nigerians have taken to social media, online forums and messaging platforms like WhatsApp to share their experience, staying at home and facing the lockdown. It is a mix of tales with people learning new skills in cohabitation, teaching children, cooking for families in the face of food shortages, understanding, communication and giving space.