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PHARMACY

19/MHS11/088

GST 122

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

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. It is a global pandemic which kills about a thousand people approximately, every day around the world. Most people who fall sick with COVID-19 experience mild to moderate symptoms and recover without special treatment. The coronavirus is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hang in the air, and quickly fall on the floors or surfaces. You can be infected by breathing in the virus if you are within close proximity of someone who has COVID-19, or by touching a contaminated surface and then your eyes, nose or mouth.

In order not to contact this virus, some guidelines have been put in place. These guidelines include; washing of hands with soap and water for about twenty seconds on a regular basis, avoiding touching the eyes, nose or mouth, using an alcohol based hand sanitizer, sneezing into your elbow, making use of a face mask and keeping at least a one centimeter distance from people. The Nigerian government have also declared a lockdown and restriction of movement for Nigerians following the increase in the spread of the virus within the country. This lockdown only exempt business of

essential services such as food, water, drugs etc.

The lockdown has diverse effects on the people some effects positive and some negative. One positive effect of the lockdown is that it has brought about an avenue for families to be together and bond, some people are able to take a break from working etc. However, the lockdown is affecting some people negatively. such people include those who live from hand to mouth. As they can't go out, they have no means of fending for themselves and their family and therefore have nothing to eat. This cannot be completely blamed on the federal government because the lockdown had to be put in place in order to curb the spread of the virus. However, the government can help those in need that can't make ends meet by donating food stuffs to them and any other thing they need.