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 CORONAVIRUS PANDEMIC AND THE EFFECTS OF THE LOCKDOWN AND RESTRICTION OF MOVEMENT ON NIGERIANS.

 Coronavirus belongs to the coronaviridae family in the Nidovirales order. Corona represents a crown-like spikes on the outer surface of the virus; thus it was named as coronavirus. Coronaviruses are minute in size about [ 65-125nm in diameter] and contain a single stranded RNA as nucleic material, size ranging from 26 to 32kbs in length.

 Pandemic describes an infectious disease where we see significant ongoing person to person spread in multiple countries. The World Health Organization [WHO] said, ‘’Pandemic is a term that we have refrained from using before now.’’ The WHO chief Dr Tedros Ghabreyesus said that it was now using the term because of the deep concern over alarming levels of inaction over the virus.

 TRANSMISSION: Person to person contact seems to be the main method of transmission of the virus. Transmission usually occurs when

1. Someone with the virus sneezes or coughs near you leaving respiratory droplets on yours skin or clothing or you touch someone who has the virus on their skin or clothing.
2. You then touch your face which gives the virus entry through your mouth nose or eye.

 The first case of the present coronavirus COVID19 was in Wuhan, presently over two million people have been reported to be infected in different parts of the world.

 SYMPTOMS

Coronavirus infects the lungs and the two major symptoms are dry cough and fever.

The cough to look out for is a new continuous cough. That means coughing for more than an hour or having three or more coughing episodes in twenty-four hours. As for those who previously had cough this is more persistent than the usual cough.

 For the fever, temperature is above 38.7C. The fever may be accompanied by a sore throat, headache and diarrhoea. They are also reported cases of loss of smell and taste.

It takes five days on average to start showing symptoms but some people get them very much later. According to the World Health Organization the incubation period lasts up to fourteen days.

 To prevent the spread of COVID19 :

1. Clean your hands often with soap and water or an alcohol based hand rub
2. Maintain a safe distance from anyone who is coughing or sneezing
3. Do not touch your eyes, nose or mouth.
4. Cover your nose or mouth with your bent elbow or tissue when you cough or sneeze.
5. Stay home if you feel unwell.
6. If you have a fever, cough or difficulty in breathing seek medical attention

 Avoiding unneeded visits to medical facilities allows health care system to operate more effectively therefore protecting you and others.

 Within the last few months since the first case of coronavirus was discovered in Nigeria on the 27th February 2020 there has been a hundred of other cases reported. This led to the government enforcing a lockdown policy in order to control the rise of cases. The lockdown has affect the citizen in many ways especially residents of Lagos and Abuja who have been put under total lockdown.

The following are the various effects of the lockdown on Nigerians.

1. Unemployment: Small scale entrepreneurs, and business owners a facing a huge loss in their ventures since the are unable to go to work. This set of people and significant others have been rendered jobless as a result of the lockdown policy. One can only wonder if their ventures can kick back when they resume after the significant loss been made during the period of the lockdown.
2. Hunger: Nigeria as a developing country has a remarkable number of it’s citizen feeding from hand to mouth. Despite this some people are not even able to have their three square meal. With the lockdown a lot of these people have lost their jobs and due to their state of poverty are forced to stay hungry.
3. Armed Robbery: Armed robbery and theft are now the business of the day. It is no justification but with the high rate at with hunger across homes today, are the robbers really to be blamed? One would wonder if the real plague in Nigeria at the moment is Coronavirus or hunger. Disregarding the hunger issue we all know for sure that an idle mind is the devil’s workshop.
4. Harassment by the law keepers: It is quite unfortunate that those who are meant to protect us are the ones putting us in further danger. Agreed there have been some cases of those who trespassed but the cases of unjust treatment by the military and para-military have surpassed that of the lawful punishment of disobedient citizen. This can be viewed as abuse of power and instead of the citizens to feel calm they are rather agitated since the people expected to protect them are exposing them to danger.

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