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Corona Virus Pandemic and the effects of the Lockdown and restriction of the movement on Nigerians

Corona Virus (Covid-19) has spread nearly to every country in the world since it first emerged in China at the beginning of the year. More than 2.4 million people are known to be infected and more are said to be dead (167,000).

What is Corona Virus?

Corona viruses are a family of viruses that cause disease in animals. Covid-19 is closely related to severe acute respiratory syndrome (SARS) which swept around the world in 2002 to 2003. The animal source of covid-19 has not yet been identified but the original host is thought to be bats. Bats are host to a wide range of disease i.e. HIV, ebola, etc.

Most people infected with the coronavirus will experience mild to a moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like diabetes, chronic respiratory disease and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is to be well informed about the covid-19 virus, the disease it causes and how it spreads. Protect yourself and others from the infection by washing your hands or using an alcohol based rub ~~often~~ 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 is important that you also practice respiratory etiquette (eg by coughing into a flexed elbow). The symptoms of the Covid-19 virus shows after 14 days (2 week). The symptoms are coughing, sneezing, headaches, difficulty in breathing etc. At this time, there are no specific vaccines or treatments for the Covid-19. However there are many ongoing clinical trials evaluating potential treatments.

The effect of the lockdown and restriction of the movement in Nigeria is that people are not allowed to move about. Everybody is practicing social distancing and is expected to stay at home. The reason is that the symptoms of the coronavirus doesn't show until after 14 days. If an individual is infected with the virus he/she won't be aware and without this lockdown the individual can infect someone and that someone can infect another and that another can infect another all before that 14th day. And this is how thousands of thousands of people will be infected. Hereby the lockdown and restriction is necessary to avoid the transmission of this virus and the safety of everyone. ~~the~~ though the lockdown also have the bad side in the sense that no one has any source of income, people are hungry and dying at the same time. So I suggest the government should try and provide essential needs for everyone.