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

CORONAVIRUS PANDEMIC.

A pandemic is a disease that has spread on a global scale, not necessarily that it is deadly. Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the coronavirus will experience a mild to moderate respiratory illness. Older people, and

those with underlying medical problems like diabetics, chronic respiratory disease etc are more likely to develop serious illness.

How The Virus Can Be Transmitted.

The virus primarily spreads through droplets of saliva or discharge from the nose when an infected person cough or sneezes. The virus can also settle on the surfaces of objects such as handles of doors, tables etc so it can be transmitted if one comes in contact with those surfaces by hand and the hand is being put into the nose, eyes or nose.

How The Virus Can Be Prevented and Curbed.

The best way to prevent and slow down the transmission of this virus is by practicing good hygiene. The hands should be washed regularly with soap for about thirty seconds. The use of alcohol based sanitizers is also very important due to the virus being a layer of fat which breaks down when there is presence of alcohol or soap. Wearing of face masks also prevents the virus from being transmitted to an uninfected person. Another very important measure to prevent the transmission is avoidance of large gatherings and staying at least one meter away from the next person which is known as social distancing. Eating healthy is also very important; this includes eating of fruits and vegetables.

Number of Cases Present.

Presently, the number of confirmed cases in Nigeria is six hundred and twenty seven(627) with twenty one(21) deaths and one hundred and seventy recovered(170). Globally, there is a total of two million four hundred and fifty eight thousand one and fifty(2,458,150) cases confirmed with one hundred and sixty eight thousand nine hundred and six(168,906) deaths and six hundred and

forty three thousand nine hundred and eighteen recovered(643,918). Health practitioners and the government of each country are working earnestly to curb this virus.

EFFECTS OF LOCKDOWN AND RESTRICTION OF MOVEMENT ON NIGERIANS.

The outbreak of the coronavirus in Nigeria made the government to put a ban on the movement of Nigerians. The decision has led to both positive and negative effects on the populace. Some of the positive effects include:

1. **Reduction in the Number of Cases Recorded:** The restriction of movement has helped to drastically reduced the number of effects through social distancing.
2. **Improved Husband-Wife Relationship:** Due to the lockdown, the amount of time couples spend together has increased therefore they understand each other better thereby making the long stronger. It could even lead to the reproduction of more children in the home.
3. **Improved Parent-Child Relationship:** The restriction of movement has helped parents and their children bond better. Families where the parents have little or no time for their children have been affected as they now spend more time with their children.
4. **Rest:** The Nigerian society is known to be a very busy one. Citizens have to work hard and hustle in order to survive. This lockdown has given Nigerians to stay back at home and rest. This is even a form of health improvement.

Negative effects of the lockdown includes:

1. **Reduction of Social Activities:** Due to the lockdown, schools and churches have been closed down. This has put a pause to learning and religious activities of the Nigerian citizens.
2. **Hunger:** Some Nigerians which are daily earners are hungry. The restriction has put them in a position not to fend for themselves through the normal way of hustling therefore there is no income to get food to eat.
3. **Loss at Business Places:** Due to the lockdown, business people are recording losses as there are no people to patronize their business. This also leads to hunger and frustration.