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Corona Virus Pandemic and the Effects of the Lockdown and Restriction of Movement on Nigerians

Corona virus is a deadly disease caused by a respiratory virus. It is also called COVID-19 which is a short form of corona virus 2019 because it is a newly discovered virus in 2019. The first COVID-19 case was discovered on the 17th of November by a 55 year old professor in the city of Wuhan, Hubei province in China. The doctors who worked on the disease and spoke out were reprimanded and it was not taken serious till it began to spread which has made it a global panic and threat to the world as at 181 countries are now infected with the virus. This virus is said to as to be zoonotic meaning it can be transmitted between animals and people. The first recorded case of COVID-19 in Nigeria was recorded on the 20th of February by an Italian man coming from abroad. Since then the virus has kept on spreading from one person to another with a total of 627 confirmed cases, 170 recoveries and 21 deaths as at on the 20th of April, 2020

The virus has an incubation period of 1 – 14 days that is; it takes 14 days before the symptoms start to show. During this period the virus is infectious which is making it to spread at a very rapid rate. The symptoms of this virus are fever, fatigue, dry cough and difficulty in breathing. Other symptoms are sore throat, runny nose, nasal conjugation, aches and pains. The longer the virus is left in the body, the more it destroys the lungs of the sufferer.

The virus is transmitted through droplets of saliva or discharge from the nose or mouth of an infected person. However, the droplets are not airborne because they are too heavy to hang in the air so they rather fall on surfaces which we might end up touching with our hands. We can also get infected by breathing in the virus from an infected person that is less than 1 metre away from us. All people irrespective of age can be infected by the virus but the most vulnerable to this disease are those who tend to suffer from asthma, diabetes, heart and lung diseases. Those that have low immunity develop serious illness from the sickness especially the old while those with a strong immunity have white blood cells capable of fighting the virus.

There is no vaccine or medicine for the COVID-19 till date therefore, the medicines given to patients of this virus are to suppress and cure the symptoms of corona virus and make them comfortable during the period of infestation. Example is the ventilator used by the patients; it is to support their breathing as difficulty in breathing is a major challenge and symptom aligned with the virus. The recovery period for this virus is about 2 weeks after treatment as begun.

Despite the fact that the virus doesn’t have a cure, there are preventive measures that should be adhered to in order to contain the spread of the virus. There are:

Keep safe distance

Stay at home

Wash hands often with soap and water: statistics have it that a normal human being is capable of touching his/her face 16-23 times per hour so it is necessary to wash hands as much as possible.

Cover cough with a bent elbow or a tissue paper and dispose immediately

Sick or any signs of the virus? Seek for attention immediately

Live a healthy lifestyle to build up ones immune system

Effects of Lockdown on Nigerians

The lockdown and restriction of movement is one of the safety precautions taken by the government to help prevent further spread of the virus. It has so, caused a great impact on Nigerians positively and negatively.

In the positive view of the lockdown, it is aimed towards;

* Bringing families closer to each other.
* Brought a lot of people closer to God.
* Encouraged the practice of social distancing and fewer crowds.
* Made people to notice that everything is vanity and what matters most is life and health.
* Drawn people attention towards helping those that cannot cope well during this time.

On the other hand, the restriction of movement has led to a lot of difficulties which are;

* Deflation in oil price.
* Threat on workers’ salaries.
* Scarcity of essential products – due to the lockdown and restriction of imports from different countries, these imported goods is becoming scarce in the markets.
* Inflation in prices of goods – due to the current restriction in the world at large there is no movement of ships and planes so the commodity of products become very expensive due to corresponding scarcity.
* Lack of food- menial workers and daily income earners who rely on their daily income to provide for their families experience difficulty in this situation as they are left to starve because of restriction in movement.
* The economy system is degrading because offices are shut down and only specified persons (essential workers) are allowed to work so there is less productivity and we are not earning any revenue from import duties, aviation industry, and agriculture.
* Activities like occasions, celebrations and school work are suspended; students are not able to carry out their normal curriculum which will lead to a delay and obstruction in the normal flow of activities.

In conclusion, the COVID-19 pandemic has caused the country, Nigeria and the world at large a lot of setback in all aspects of life. We hope that in a very short time, the virus will disappear as a lot of countries statistics have started going down and Nigeria will not be an exception.