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*Question: Write a report of not more than two pages, on the Coronavirus pandemic and the effect of the lockdown and restrictions of movement on Nigerians.*

The world is currently grappling with an invisible, deadly enemy, a public health crisis, a pandemic known as the Coronavirus (COVID-19).

Coronaviruses are a group of related viruses that cause diseases in mammals and birds. In humans, coronaviruses cause respiratory tract infections that range from mild to lethal. Mild illnesses include some cases of common cold, while more lethal varieties can cause SARS, MERS and COVID-19. The COVID-19 is an infectious disease caused by SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus 2). The outbreak was identified in Wuhan, China, in December 2019, declared to be a public health emergency of international concern on 30th January 2020, and recognized as a pandemic by the world health organization on 11th March 2020. As of 17th April 2020, more than 2.21 million cases of the virus have been reported in about 210 countries,leading to a total of about 151,000 deaths. More than 560,000 people have recovered, although there may be a possibility of reinvention or relapse. In Nigeria, there are about 442 confirmed cases, which led to a total of 13 deaths and 152 recoveries as of Friday, 17th April 2020.

The virus is spread from an infected person during close contact, often through small droplets produced during coughing, sneezing or talking. While these droplets are produced when breathing out, they usually fall to the ground or onto surfaces rather than being infectious over long distances. People may also become infected by touching a contaminated surface and then touching their eyes, nose or mouth. The virus can survive on surfaces for up to 72 hours. It is most contagious during the first three days after the onset of symptoms, although transmission may be possible before symptoms appear and in later stages of the disease. COVID-19 affects different people in different ways. Most infected people will develop mild to moderate symptoms. Common symptoms include fever, tiredness, cough, shortness of breath, aches and pain, nasal congestion, runny nose, sore throat and in severe cases diarrhoea. Complications may include pneumonia and acute distress syndrome. The time from exposure to onset of symptoms is typically around five days, but may range from two to fourteen days.

Preventive measures recommended by the World Health Organisation (WHO) include handwashing, practicing proper sneezing and coughing etiquette, practicing social distancing, monitoring and self isolation for people suspected to have been infected or have come in contact with people suspected to have been infected with the coronavirus. Authorities worldwide have responded by implementing lockdown, travel restrictions, quarentines, curfews and stay-at-home orders, workplace hazard controls and facility closures.

Unfortunately, there is no known vaccine or specific antiviral treatment. Primary treatment is symptomatic and supportive therapy. Treatment involves a medical therapy of a disease that only affects its symptoms, not the underlying cause. The current primary treatment for COVID-19 is aimed at reducing the signs and symptoms for the comfort and well-being of the patient, but it also may be useful in reducing consequences of the signs and symptoms of the disease.

The implementation of lockdown, travel restrictions, curfews and stay-at-home orders as preventive measures against the 2019-20 coronavirus pandemic has proven to have far reaching economic, academic, societal and social economical consequences on nations round the globe. It has also been discovered that the restrictions pose a threat to the mental and physical wellbeing of the people ordered to stay at home. The closure of schools, shops, stalls, malls, markets and small businesses in response to COVID-19 have shed light on various social and economic issues, including homeless,E-learning, insecurity, internet, child care and housing issues. The impact of the lockdown is even more severe for disadvantaged children and their families, causing interrupted learning, compromised nutrition, childcare problems, and consequent economic cost to families who could not work.

Amid the pandemic, many countries have reported an increase in domestic violence and intimate partner abuse. The confinement, financial insecurity, uncertainty and stress have led to an increased aggression at home, with the abusers being able to control large amounts of their victims daily life. The lockdown has also impacted various aspects of society such as religion, employment and remuneration, elections, sporting events and the likes.

The impact of the 2019-20 coronavirus pandemic has had far-reaching consequences beyond the spread of the COVID-19 disease itself and efforts to quarantine it. The pandemic caused what is considered to be the largest global recession in history, with more than a third of the global population at the time being placed on lockdown. With most of the countries and territories around the globe on lockdown, Nigeria is not an exception. The Nigerian federal government has placed a strict lockdown on most of the states in the country with the lockdown extending to closure of state borders and banning of interstate travel for the past thirty days. The lockdown has taken an adverse effect on the people of Nigeria. Industries, factories, and businesses have been forced to close down till further notice due to the pandemic. This has in turn thrown a number of Nigerians on the street to fend for themselves and feed from hand to mouth till God knows when. Private business owners, low income earners and small scale business proprietors have become unemployed and have taken to a life of crime to enable them to provide the necessary for themselves and their families.

The thirty days lockdown and restriction of movements in Nigeria has caused a number of examination and educational boards to abruptly shift or cancel their exams. The West African Examination council(WAEC) examination which was originally scheduled to begin in the fourth week of March has been shifted although the new date has not been released, it is obvious that the exams will not begin until a panacea is discovered to this health crisis. All the educational institutions have been forced to close as a result of the pandemic. This closure will surely lead to the disruption of academic calendars in the future.

As the Nigerian people are not quite familiar with the term stay at home, the current lockdown situation is quite threatening to the mental and physical well being of the average Nigerian citizen. Some individuals are literally running insane due to the confinement. The depression rate of individuals are rising, as the days go by people are feeling more claustrophobic in their homes, people are being abused as a means to while away time, people are getting more suicidal by the minute. More so, a lot of people who show signs and symptoms of Coronavirus yet are not positive live in fear as to whether they are going to survive or die. Some even result in taking their own lives before the virus eventually takes it.

If an individual has COVID-19 symptoms or has been in contact with someone diagnosed with COVID-19, it is of great importance to contact a doctor or clinic right away for medical advice. The individual is to tell the health care team about the symptoms he or she has been experiencing and possible exposure to an infected person. If the individual has emergency COVID-19 signs and symptoms, such as trouble breathing, chest pain or pressure, confusion, or blue lips or face, such an individual is to seek care immediately.