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**Title: Corona virus pandemic; Effects of Lockdown and Restriction of Movement on Nigerians**

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**Thesis:** The outbreak of Corona virus pandemic has adverse effects on human lives all over the world especially in developing countries such as Nigeria.

**Introduction**

The novel corona virus pandemic has left various countries in the world grappling with its various effects. As a contagious disease and one quick to claim the lives of many, measures have been put in place to check its spread. In Nigeria, the government imposed a lockdown. This lockdown is total in some states while movement in others are highly restricted. The imposition of a lockdown has led and will lead to more difficulties in the lives of Nigerians. The purpose of this report is to give a brief about the corona virus, to highlight the effects of the lockdown and restriction of movement in Nigeria as well as make recommendations on how these effects can be reduced**.**

**Body**

* Definition of Corona virus
* Corona virus is a type of contagious common virus that infects humans typically leading to an upper respiratory infection.
* It is also known as covid-19.
* Symptoms of Corona virus
* Fever
* Tiredness
* Dry cough
* Aches and pains
* Nasal congestion
* Runny nose
* Sore throat
* Diarrhoea
* Difficulty in breathing

It may take over 14 days for an infected person to show any of the above symptoms. It has no cure.

* Means of Spread/Contamination of Corona virus
* Contact with an infected person through hugs, handshakes, kisses
* Contact with infected surfaces
* Consumption of infected food
* Breathing minute diseased particles suspended in the air
* Individual Effects of Coronavirus pandemic
* Death
* Difficulty in breathing
* Extreme fatigue
* Global Effects of Corona virus pandemic
* Decline in world population
* Global health emergency
* Global economic recession
* Effects of Corona Virus pandemic on Nigeria
* Death of citizens
* Decline in economy
* Increase in government expenditure
* Effects of the Lockdown and Restriction of Movement on Nigerians
* Hunger and starvation
* Increased crime rate
* Loss of jobs/reduction in business profits
* Inaccessibility to healthcare
* Inability to perform religious functions
* Closure of educational institutions and disruption of the academic calendar
* Harassment of citizens by soldiers
* Inability to perform social functions
* Conclusion
* The novel corona virus pandemic is contagious and has adverse effects on not only Nigeria, but the world at large. This report is written with the intention of educating the reader on what corona virus is, its symptoms, means of spread/ contamination, individual effects, global effects, effects on Nigerian as a country and the effects of the lockdown and restriction of movement on Nigerians.
* Recommendations
* Covid-19 is deadly and contagious. To contain the spread, I advise social distancing and staying at home as this is the best way to avoid the spread. However, if one must go out, make sure to wear a mask, gloves, observe a 2meter distance with people, carry and apply an alcoholic sanitizer at regular intervals, avoid contact with surfaces and make sure not to touch one’s face. Washing of the hands up to the elbow will also help one keep safe. Also, sneezes and coughs should be made into the curve of the elbow or a disposable tissue paper, hands should be washed afterwards. If one experiences the symptoms of covid-19, a call should be placed to the NCDC hotlines so that a test can be conducted. To mitigate the effects of the lockdown on Nigerians, I recommend the following:
* Transparency in distribution of palliative items. This will also curb high crime rate.
* Continuous enlightenment on the need to obey lockdown rules to avoid extended duration of the lockdown
* The police and other security agents should work effectively to ensure peace and order.
* Summary
* Covid-19 is a novel virus. It is contagious. Symptoms include difficult breathing etc. It is mostly gotten through contact. It could lead to death. It has adverse effects. It has no cure. The effects of covid-19 lockdown has hit Nigerians hard. Most recommended means of avoiding contamination is social distancing and staying home. If one observes any symptoms, NCDC should be contacted. Government should work to mitigate the effects of the lockdown on Nigerians by distribution of palliative items etc.
* Information Source: World wide web(www)