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COVID- 19 is an infectious disease caused by a newly discovered coronavirus caused by severe acute respiratory syndrome coronavirus. It was first discovered in Wuhan, china which has spread globally affecting so many activities in the society.

Cases of COVID 19 first emerged in the late 2019 when a mysterious illness was reported In Wuhan, china. The cause of was soon confirmed as a new kind of coronavirus and the infection has since spread to many countries around the world and become a pandemic. It is a respiratory illness and it is largely spread via droplets in the air. These are typically expelled when an infected person coughs or sneezes. Symptoms include fever, cough, shortness of breath, muscle pain and sore throat. In most severe cases, people with the virus can develop a difficulty Breathing and may ultimately experience organ failure some cases are fatal.

Presently, the world has a record of 2,478,634 cases confirmed, 651,736 recovered and 170,389 death cases of which Nigeria has 665 cases confirmed, 188 recovered cases and 22 deaths.

On 11 March, the WHO Announced that the outbreak should be considered a pandemic that has no universally agreed definition but means that multiple countries are seeing sustained transmission people of an outbreak causing disease or death. The risk of death increases with age and is also higher for those who have diabetes, disease blood clothing problems or have shown sign of sepsis.

The COVID 19 pandemic and lock down may result in a surge in new cases of major and minor mental illness in the coming months and also in the coming years. It goes without saying that there is a risk of worsening or relapse in persons existing mental illness. The stress can also tip vulnerable persons into alcohol and illicit substance abuse. Many patients with existing mental illness may be unable to get their medicines during this lock down. This is especially true among the poorer segments of the society who depend on the free medicine dispensed by hospitals that are now closed. Patients who are unable to continue their medicines are at high risk of relapse.

A 14 day lock down may sound as a short period of time but isolation can lead to increase in levels of anxiety, depression and feelings of fear agitation, anger, loss and loneliness. As an individual who is used to social activities for a very long time now could go into depression during this lock down period. Aside that, COVID 19 pandemic lock down has disrupted so many activities as schools are no longer functioning as supposed thereby leaving the students at home doing little or no reading at all.

Obesity or overweight also is another effect of the COVID 19 pandemic lock down as both young and old are both at home doing nothing rather than eating and sleeping with no exercise as the gym centers are even Closed. Religious activities has also been disturbed as people no longer go to church or mosque in what ever case may be and even after this lock down some people will still feel reluctant about going to their places of worship as laziness has set in already.

Another reason is the increased in crime rate in the country. There is a saying that “an idle man is a devil’s workshop”. As it is seen today in places like Lagos there has been a high rate of arm robbery as people are seen moving from house to house in order to get money, jewelries, and so much more as there are in search of things to feed them throughout the lock down period. People need to survive so they would to anything to raise food for their families. In the process of this robbery there could be cases of murder, rape, severe injuries and many other damages. It could also lead to suicide as one who manages to get food to eat gets robbed such an individual would find it difficult to cope and then frustration, depression , and anger sets in such an individual is at a high risk of Committing suicide. Therefore as COVID 19 spreads so as misinformation fueling discrimination and stigma spreads.