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## **THE CORONAVIRUS DISEASE (COVID-19)**

Coronavirus Disease otherwise known as COVID-19. The COVID-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some types of common cold and also it's a new discovered infectious and deadly disease that kills. People infected with Coronavirus has respiratory problem, itchy throat, dry cough, tingling in the throat and also those are the symptoms. The virus can be transmitted when you are in direct contact with an infected person and it can also be transmitted by coughing and sneezing and also touching places or surfaces that is contaminated, the virus can survive on surfaces for several hours or days and it can also survive in the throat for days before getting into the whole body system. It cannot be transmitted through air and it can be transmitted through respiratory droplet.

It's symptoms is very similar to Flu or Common cold, the symptoms include cough, shortness of breath, fever, that's why when an individual who is experiencing this symptoms is advised and best to visit the hospital for testing to confirm if it is Coronavirus disease. That's why the National Center for Disease Control and public control, NCDC and UNICEF has provided the preventive measures by washing our hands regularly with soap and water or an alcohol based hand rub or sanitizer, Covering the mouth and nose while sneezing and coughing with flexed elbow or tissue and disposed immediately after use, avoid close contact with someone with flu or cold like symptoms, Regularly clean and disinfect all surfaces like doorknobs, tables, chairs, handles with disinfectants and also seek help when you are experiencing any symptoms.

Because of the increase in the Coronavirus pandemic, we have been told to stay at home. The effect of the lockdown and the restrictions of movement on Nigerians has caused a lot of epidemic and they include.

1) **Increase in Assault:** People have being told to stay in their various houses but we are ignoring the fact that some people are being lockdown with their abusers, due to the lockdown, people living with their abusers has being constantly abused and some people died because of the assault they went through. People are being assaulted, physically, emotionally, Psychologically, mentally and sexually assaulted.

2) **Hunger:** The lockdown has made many Nigerian Citizens vulnerable, people who make their daily living through blue collar jobs like selling of goods , bricklaying and so on have been asked to stay at home. Even with the little they get from their jobs is not

enough to cater for their families talklws of them not working at all. So due to the lockdown, there has being unavailability of jobs and also the government don't really care about the needs of such people and because of that they don't have what to eat. They have gone days without food and how things are going in Nigeria, people are going to die of hunger than COVID-19.

**3) Increase in Violence:** Violence has always being a problem in Nigeria but it has increased drastically due to this lockdown The Nigerian officer sometimes abuse their powers by beating or threatening anybody they see outside because it was announced that everyone should stay indoor and the Citizens sometimes also take laws into their hands and retaliate and that causes a huge disaster. It has opened doors for a lot of immoral activities like betting, some adult on the streets engage in betting due to the fact that they have no where to go to and sometimes it backfires and they sometimes end up beating each other, stabbing each other or even one might kill the the other.

4) **Abusive use of Social Media:** it has being brought to notice that this lockdown is introducing a lot of Immoral activities onto our Youth. Ladies go naked on Social media just to get a token of money and also because they are idle. The number of Nigeria youth who practice such acts are increasing everyday.

5) **Depression:** Work, outings, meeting new people often stop people from thinking but since this Lockdown and restriction of movement, it has make people idle and since they are not doing anything they tend to over think and over thinking leads to depression.

6) **High cost of Living:** Ever since the lockdown began, people has being stopped from going to the work and that has made it difficult for them to purchase the things they need because they don't earn money. People who are still able to sell their goods especially foodstuffs around the neighborhood have inflated the price of the goods. They are exploiting us to their advantage because they know due to the restriction of movement, we have no other choice than to buy from them.

The president has also added extra fourteen days to the lockdown and restriction of movement due to daily increase in number of affected people in various states. For now all we have to do is pray, stay at home and keep ourselves safe until this epidemic vanishes.