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ASSIGNMENT

***CORONA VIRUS PANDEMIC AND THE EFFECT OF THE LOCKDOWN AND RESTRICTION OF MOVEMENTS ON NIGERIANS****.*

**INTRODUCTION**

Corona virus is a serious pandemic which is having a great effect on the whole world at large. This virus as it may sound is very dangerous and it has drastically destroyed and ended the lives of a lot of people. Corona virus also referred to as COVID-19. Corona virus is part of the large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and severe Acute Respiratory Syndrome (SARS). In Nigeria, the first recorded case of the corona virus disease was on the 27th of February 2020 in Lagos State, and now in the whole of Nigeria there as only been 665 confirmed cases of the COVID-19, 188 recovered cases and 22 deaths. Presently round the world there are 2,478,634 confirmed cases of corona virus, 651,736 recovered cases and deaths 170,389 death. To date, there are no specific vaccines or medicines for COVID-19.

**SYMPTOMS:** Common symptoms include:

* Fever, Tiredness, Dry cough

Some people may experience:

* Aches and pains, Nasal congestion, Runny nose, Sore throat, Diarrhea

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

**PREVENTIONS:** To prevent the spread of COVID-19:

1. Clean your hands often. Use soap and water, or an alcohol-based hand rub: Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

2. Maintain a safe distance from anyone who is coughing or sneezing: When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

3. Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.

4. If you have a fever, a cough, and difficulty breathing, seek medical attention. Call in advance.

5. Follow the directions of your local health authority: National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

***EFFECTS OF THE LOCK DOWN AND MOVEMENT RESTRICTION IN NIGERIA***

Due to the rapid increase in spread of the virus disease and with the level of death, the government round the world declared a lockdown to help with social distancing so as to reduce the spread of this deadly virus.

**POSITIVE EFFECTS**

• It has strength the prevention method of social distancing and reduce the transmission of the virus.

• It allows family members to do things together, bond and gives an opportunity for relaxation to those who didn’t have time for themselves before the lockdown.

**NEGATIVE EFFECTS**

• Academic activities are on hold: All academic institutions (University, Secondary & primary schools) were closed down and academic works has been put on pause which has disrupted the already planned academic scheme, but some institutions have found a way to stay on track by using online learning to teach and learn but not all institutions have included online learning and will consequentially remain far behind.

• Businesses and other means of making money has been put on hold due to the lock down and as a result, families and people are left with limited resources to maintain themselves during this pandemic. In other words the "The poor becomes poorer"

• Due to lock down income gaining is at its minimum which will definitely affect the nation’s economic system. Some Nigerian economist even say that by the end of all of this, there would be a great recession in Nigeria which might be worse than that of 2016.

**CONCLUSION**

In conclusion, Corona virus has really taken its toll on not only Nigeria but also the world. The federal government of Nigeria though the federal ministry of health have been trying their best to ensure that the outbreak in Nigeria is being controlled and stopped immediately. Also with help of the NCDC (Nigerian Center for Disease Control), which are active in national emergency operation center working in different states in Nigeria. Medical personnel are trying their best to give out ways to stop the pandemic called corona virus. As the outbreak is still in our country and the lockdown is still going on, we should listen and act to the preventive measure that can keep us safe during this pandemic.