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CORONAVIRUS AND THE EFFECT OF THE LOCKDOWN AND RESTICTIONS ON NIGERIANS.

On every news platform, every social media outreach and every gathering where human interaction takes place the novel coronavirus is the issue of discourse. This virus which was first discovered on December 2019 in Wuhan ,China has for the past four months caused people around the whole world so much pain that has not been experienced for quite a long time. The coronavirus disease popularly known as covid-19 is an infectious disease caused by a virus known as coronavirus. Coronaviruses are a 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). However the novel corona virus(Co V) is a new strain of coronavirus that has never been discovered by humans . It is a pneumonia like disease that affects the respiratory system of the human body . COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks. People can also be infected by touching a contaminated surface and then their eyes, mouth or nose. Common symptoms include; fever, tiredness, dry cough. Some people may experience: aches and pains ,nasal congestion, runny nose, sore throat, diarrhoea. 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.People with mild symptoms who are otherwise healthy are advised to self-isolate and seek medical attention if you have a fever, a cough, and difficulty breathing. Although presently there is no vaccine to teat the disease there are various steps that can be taken to prevent it.To prevent the spread of COVID-19 people are advised to;Clean your hands often, use soap and water, or an alcohol-based hand rub, maintain a safe distance from anyone who is coughing or sneezing, don’t touch your eyes, nose or mouth, cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze, stay home if you feel unwell, If you have a fever, a cough, and difficulty breathing, seek medical attention. call in advance.

This disease has been detected in about 210 countries. Presently about 2,256,844 people are infected with the disease. The world has lost about 154,350 people to this pandemic and about 571,851 people have recovered from the disease.

Nigeria is one of the countries that is presently fighting the virus. Nigeria recorded her first case on the 27th of February 2020 .She has recorded about 541 cases, 19 deaths and about 166 people have recovered .Although compared to other countries globally Nigeria can be said to be one of the lucky countries who the virus has not really affected, the government officials have sprung into action to avoid further spread of the virus. Different measures have been set up to cage the wings of the pandemic. One of the of these measure is the lock down the government has imposed on the citizens of Nigeria particularly people living in Lagos ,Abuja and Ogun states. Due to the fact that these states have the highest number of cases the government ordered that there should be a total lockdown unlike the other states where self isolation is advised . Schools have been closed till further notice, jobs have been suspended ,religious activities are not holding as usual, all forms of interaction with the public have been set up to curb the disease. Everyone is home excluding the people in the medical field. There is no doubt that this disease and the way we are compelled to live our lives for the time being in order to curb the virus has affected our day to day activities .A limit has been set to what activities we can engage in so it is no surprise that people around the country have been complaining of boredom and lack of activities to engage in. Apart from the high rate of boredom among Nigerians there is presently an issue of lack of supplies such as food and other supplies necessary for day to day living. This is because people failed to stock up when the rumors of the upcoming lock down was going round .Some of these people were not able to stock up due to the lack of funds while some were just plain ignorant and did not believe that the virus could affect them in any way .

In conclusion , this pandemic has affected the whole world and will always remain in our heart even when it fades which we pray is soon. Looking at the work of the medical field and through the faith in the lord there is hope that soon this virus would fade and everything will go back to how it has always been and hopefully even better. However in order for this to happen people are advised to follow the safety measures given to them by the health officials which will help curb the pandemic so that life can go back to normal even before a vaccine is made.