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PHARMACY

THE CORONA VIRUS PANDEMIC AND THE EFFECTS OF THE LOCKDOWN AND RESTRICTION OF MOVEMENT ON NIGERIANS

The corona virus is one of the types of viruses in existence. It affects the Respiratory System in Man, thereby leading to Acute Respiratory Syndromes. The name 'coronavirus' comes from a Latin word meaning 'crown' or 'halo'. Under an electron microscope, the virus looks like it is surrounded by a solar system. Examples of the Corona Viruses Include: Middle East Respiratory Syndrome [MERS], cases of which have been occurring since it emerged in 2012. Another crucial example is the Covid-19. Covid-19 has been established to be the most deadly and fast spreading pandemic recorded in history. It is therefore needed to know its mode of transmission, symptoms, Effects and precautions to take in order to stay safe.

COVID-19 originated from Wuhan, located in China. It started in December, 2019. The source of the Virus is still controversial, as some believe that it was from the animal, especially Bats being sold at the Wuhan market, while some said it was made in the Laboratory intentionally by some scientists to reduce the population of China. A source even said that, it is not the first time the virus would occur, that it had happened about 15 years ago, though it was not very deadly then, but a scientist predicted that the virus would emerge again and it will come as a great pandemic.

COVID-19, an example of Coronavirus got its name from Corona[Co] Virus[VI] Disease[D]2019[19]. It was declared as a pandemic by the WHO on the 19th of March 2020, because it had spread to every Nation of the world in a very short time.

According to the WHO, signs of infection include Fever, dry cough, shortness of breath, difficult breathing, pneumonia, multiple organ failure and other respiratory diseases. If the infection is not

attended to on time, it can lead to death. The time between infection and the onset of symptoms[incubation period] is about 14days.

COVID-19 can spread via the droplets of an infected person. When an infected person sneezes, the virus comes out and travels in the air for about a meter, the infected droplets might also fall on objects near. If a non-carrier touches the objects having the infected droplets, or have body-contact with the infected person, he also gets infected.

It is therefore important to Sanitize our hands with Alcohol-based Sanitizers. Clean objects around us to kill any form of germ ,wash our hands frequently, cover our face with elbow when coughing or sneezing, avoid touching Eyes, Nose and Mouth with our Hands. Social Distancing is also very important. Social Distancing means distancing yourself from other people, aside those who you are living with. It involves staying at least 2 meters away from others, avoid group gatherings and crowded areas as much as possible to minimize the spread of COVID-19. In order for social Distancing to be efficient, most Governments have imposed the Lockdown of their Countries. Examples of such countries are USA, Nigeria, Ghana and others. This means that the movement of Airplanes has been banned and entry into or exit from Such countries has been denied, also movement within such countries is been restricted. This is to minimize the spread of COVID-19.

Although the Lockdown is to ensure to ensure the safety of the citizens, but it also has disadvantages. The main disadvantage is that the Poor becomes Poorer. Most people do not have the opportunity to go out and work to get enough money to sustain themselves. Due to this, they get weak and might die of hunger.

Also, there had been reported cases of Robbery in houses, especially in Ogun State Located in Nigeria. When people do no longer have the chance to work to get money to feed themselves, some resolve to stealing from Others. The government should therefore see to the distribution of food items to the poor. Academic Calendars have also been obstructed due to the closing down of schools.

Economic crisis too has surfaced since the lockdown started. It has really affected many businesses both home and abroad. Many organizations have experienced loss.

We must stay strong and abide by the precautions in order to overcome this period of worldwide crisis.