

Name: Abigail Ayegba
Matric number: 12345678
Department: Pharmacy
Carn Code: GST 122

A REPORT ON THE CORONA VIRUS PANDEMIC AND THE EFFECTS OF LOCKDOWNS AND RESTRICTIONS ON NIGERIANS

The new corona virus (COVID-19) has spread to nearly every country in the world since it first emerged in China on the 31st of December. By the 11th of April 2020, more than 2.41 million people are known to be infected across 185 countries and territories, resulting in more than 168,000 deaths. More than 632,000 people have recovered.

What is Coronavirus?

Coronavirus disease (COVID-19) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) which emerged in Wuhan, the capital of China's Hubei province and has since spread globally, resulting in the ongoing coronavirus pandemic. There is no clinically approved vaccine available to be used against COVID-19. The source of the coronavirus is believed to be a "wet market" in Wuhan, China which sold both dead and live animals including fish and birds. This poses a heightened risk of viruses jumping from animals to humans because hygiene standards are very difficult to maintain. Typically, they are also densely packed allowing disease to spread from one place to another. Bats are host to a wide range of zoonotic viruses including the Ebola, HIV and rabies.

What are the Symptoms of Coronavirus?

The common symptoms include fever, cough and shortness of breath. Other symptoms may include fatigue, ~~cough and~~ ~~shortness of~~ muscle pain, diarrhoea, sore throat, loss of smell and abdominal pain. The time from exposure to onset of symptoms is typically around five days but may range from two to fourteen days. While the majority of the cases may result to mild symptoms, some progress to viral pneumonia and multi-organ failure. The virus is primarily spread between people during close contacts, either via small droplets produced by coughing, sneezing or talking. While these droplets are produced by breathing out they fall to the ground or onto the surfaces than they remain in the air. Over long distances people get infected by touching their eyes, nose

or mouth. The virus can survive on surfaces for up to 72 hours. It is contagious during the first three days after the onset of symptoms. Although spread may be possible before symptoms appear and in later stages of the disease.

Recommended measures to prevent infection include frequent handwashing, maintaining physical distance from others, covering coughs and sneezes with a tissue or inner elbow or keep unmasked hands away from my eyes, nose, mouth. The use of face mask is for those who suspect they have the virus and their care-givers. Currently there is no vaccine or specific antiviral treatment for COVID-19.

Effects of lockdown and restriction of movement on Nigerians: Countries are racing to slow the spread of the virus by testing and treating patients, curbing air contact, limiting travel, quarantining close and crowded large gatherings such as sporting events, concerts, religious gatherings and schools. Some major effects of the lockdown and restriction of movement on Nigerians include:

- It has caused survival of the fittest between people. The lockdown has made living difficult due to restriction of movement especially people living from hand to mouth.
- It has encouraged social vices like stealing, fighting etc.
- It has helped families get closer to one another and to God.
- It has led to inflation of available goods.
- It has led to Depression. It has led people into deep depression over

Every day people are losing jobs and income, with no way of knowing when normally will return. Small island nations, heavily independent on tourism, have empty hotels and deserted beaches. The International Labour Organization estimates that 193 million jobs could be lost.