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

SUMMARY:

Coronavirus diseases (COVID-19) is an infectious diseases caused by a new virus. It was first reported from Wuhan, China, on 31 December 2019. A Wuhan hospital notified the local center for disease control and prevention and health commissions on 27 December 2019. On 8 January, a new coronavirus was identified as the cause of the pneumonia. The source of COVID-19 is not confirmed but bats have been seen as key causative agents of this deadly virus. The disease causes respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases difficulty in breathing. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people and those with underlying medical problems cardiovascular diseases, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness. The virus spreads primarily through droplets of saliva or discharged from the nose when an infected person coughs or sneezes, so it's important that you practice respiratory etiquette (for example by coughing into a flexed elbow). The best way to prevent and slow down transmission is to protect yourself and others from infection by washing your hand and using an alcohol based rub frequently and not touching our face and also practicing social distancing. The virus has led to a worldwide lockdown instructed by governments of different countries to control the spread of the virus. Till date there is no clinically approved drug / vaccine for this virus contradicting a lot of rumors and fallacies going around.

INTRODUCTION:

The Covid-19 virus has been increasing dreadfully in the past few months since February 27th, 2020. The virus has killed lots of people all over the world, in different countries, and Nigeria is also suffering the virus, because some foreigners and Nigerian returnees visited some of these corona viruses infected countries before they were been tested positive. The virus spreads primarily through droplets of saliva or discharged from the nose when an infected person coughs or sneezes. The Nigerian Government had no choice, other than to instruct a compulsory lockdown and "stay at home order" which has hindered freedom across most states of the country. Social gatherings, religious gatherings, business activities have all been stopped in order to prevent/reduce the spread of the virus. The best way to prevent and slow down transmission is to protect yourself and others from infection by washing your hand and using an alcohol based rub frequently and not touching our face and also practicing social distancing. WHO has helped in providing updated strategies to help guide public health response to COVID-19 to stop the spread among communities worldwide. In Nigeria NCDC, which is the Nigerian government agency with the mandate to coordinate the surveillance, detection, and response to infectious diseases control outbreak. NCDC has supported states for improved coordination of outbreak preparedness and response.

EFFECTS OF LOCKDOWN AND RESTRICTION OF MOVEMENTS IN NIGERIA:

The Nigerian federal government instructed a total lockdown in the country, this hinders the free movement of Nigerian citizens. There are positive and negative effects of the decision.

The positive effects of the lockdown in Nigeria are;

1. The quarantine has made families to bond together, that is more quality family time. It allows people to connect with the Almighty creator, God. It has provided relaxation to those who have hectic jobs by so doing they do not have time to care for themselves. It has reduced the spread of the virus as people don't go outside thereby making less physical contact among individuals. People are smarter to know that their health is their wealth and personal hygiene is not really hard to oblige to.

The negative effects of the lockdown in Nigeria are as follows;

2. Crime rates has increased, which include stealing, armed robbery, prostitution. The lockdown has a bad effect on the economy, we now see that prices of food stuffs and other goods and services have increased drastically, poverty is raging the whole country and people are struggling to survive. Schools are been shut down, thereby forcing students to stay back home doing nothing, which causes idleness. The school academic calendar is been affected, as academic activities can't continue.

CONCLUSION:

In conclusion, the novel corona virus has changed a lot of things in the country. The Nigerian federal government through the federal ministry of health is trying their best to control and stop the outbreak of the dreadful virus. The NCDC are working in nation emergency operation centers in different states to curb the spread of the virus and detect infected individuals. Medical personnel are also fighting the war against the virus, by researching ways to stop the pandemic. As the novel corona virus is still in Nigeria, and the lockdown still going on, one can only hope for the virus to be gone and act to the preventive measures that can keep us safe. The government is trying their best; we should support them by obeying to the restriction order and keeping personal hygiene.

REFERENCE

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