**NAME: BABAKANO RABIYATU ALIYU**

**MATRIC NO: 19/MHS01/113**

**DEPARTMENT: MEDICINE AND SURGERY COURSE : GST 122**

**A REPORT ON COVID-19 PANDEMIC AND THE EFFECTS OF THE LOCKDOWN AND RESTRICTION OF THE MOVEMENT ON NIGERIANS INTRODUCTION**

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. It is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2. The disease was first identified in December 2019 in Wuhan, the capital of China's Hubei province, and has since spread globally, resulting in the ongoing 2019–20 coronavirus pandemic.

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 like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness Common symptoms include fever, cough, and shortness of breath. Other symptoms may include fatigue, muscle pain, diarrhea, sore throat, loss of smell, and abdominal pain.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it’s important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

**COVID-19 IN NIGERIA**

The first confirmed case of the pandemic of coronavirus disease 2019 in Nigeria was announced on 27 February 2020, when an Italian citizen in Lagos tested positive for the virus, caused by SARS-CoV-2.[1][2] On 9 March 2020, a second case of the virus was reported in Ewekoro, Ogun State, a Nigerian citizen who had contact with the Italian citizen. Since then, the number of Covid-19 cases have been rising with a total of 627 cases confirmed, 170 cases have been discharged and twenty one deaths have been recorded in Nigeria as at April 19. The Government is trying her best through the Nigerian center for disease control(NCDC) to contain the spread of the virus.

**NIGERIA CENTRE FOR DISEASE CONTROL (NCDC)**

Nigeria Centre for Disease Control is Nigeria’s leading national public health institute. The NCDC is a Nigerian federal government agency under the Federal Ministry of Health (Nigeria) and is headquartered in Abuja, Nigeria. The agency is currently headed by Chikwe Ihekweazu.

The agency is also responsible for coordinating surveillance systems to collect, analyse and elucidate data gathered on diseases of importance to the Nigerian community. So far so good, NCDC has supported states for improved coordination of outbreak preparedness and response. NCDC is located in Osun, Lagos, Oyo, Abuja, Sokoto, Kaduna, Kano, Ebonyi, Borno, Plateau, rivers.

**LOCKDOWN AND IT’S EFFECTS ON NIGERIAN**

On March 29, President Buhari announced a cessation of movement in the Federal Capital Territory and in Lagos and Ogun States to reduce the spread of COVID-19. The lockdown went into effect at 11:00 pm on March 30 and remained in place for an initial period of fourteen days which was further extended by two weeks. Some other Governors also enforced the lockdown to contain the spread of the virus in their respective states. During this time, businesses and offices must remain closed and people are expected to stay at home. The lockdown has some exemptions, including hospitals and healthcare facilities and some commercial establishments in the food, energy, petroleum, and security sectors. This lockdown has and it’s still having both positive and negative effects on Nigerians. Some of the positive effects include:

* Quarantine has given everyone an opportunity to stay connected and spend more time with their families, strengthening relationships.
* Parents who didn’t have time for their kid because of their work or social life, now have time to train and take care of them. It has helped us to improve on our spirituality.
* Relaxation to those who don’t have time for themselves before the lockdown.
* Reduced community spread of the virus.
* Created incentives for more online businesses.

**Some of the negative effects are:**

* The restrictions on movement of people and border closures foreshadow a decline in exports. Already, countries around the world have closed their borders to nonessential traffic, and global supply chains for exports have been disrupted. Although the exports of countries that devalue their currency due to the fall in the price of commodities (like Nigeria), will become more affordable, the limited markets for nonessential goods and services nullifies the envisaged positive effect on net exports.
* It has caused a downfall in the economy: rate of unemployment has increased, some businesses have closed down and private business owners are suffering. Some organizations are considering not paying salary in months to come. Even the rich are struggling economically, so what is the case of the poor and low income earners!
* It led to the inflation of prices of goods in the market. • Some people have to go out everyday to fend for their daily bread. Lockdown has been imposed and people don’t even have money to stockpile. Even though the government have promised to distribute palliative, most people haven’t benefitted and for those that benefitted, what was given was too little to take care of them for even a day. For example, in Kano state, just one packet of spaghetti and two packets of noodles were given. Are the government blind? If people don’t dye from Covid-19, they’ll die of hunger. Let’s even forget about food, some people don’t have water supply in their houses, they have to walk for miles to get clean water.
* The military have been assigned to ensure compliance to the lockdown. However, they are causing more harm than the Covid-19.
* The pandemic has resulted in exposing how poor the Nigerian security system are, for example areas of the Country that are on lock down are beginning to see an increase in crimes and the security system is not doing anything towards reducing or tackling these security problems. It has led to increase in crime rate, armed robbers and tout causing panic, danger to lives and loss of properties.

**CONCLUSION**

As of 20 April 2020, more than 2.41 million cases have been reported across 185 countries and territories, resulting in more than 165,000 deaths. More than 632,000 people have recovered. The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based sanitizer frequently, not touching your face and by practicing social distance. The government is trying her best to wipe out this pandemic but, this can only happen if the citizens comply by rules and regulations.

At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. WHO will continue to provide updated information as soon as clinical findings become available.