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**MATRIC NO.:** 19/SMS 01/005

**CORONAVIRUS (COVID- 19)**

Coronaviruses are a large family of viruses which causes illness (es) in animals and humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes the coronavirus disease (COVID- 19).

**What is COVID- 19?**

Coronaviruses belong to the Coronaviridae family in the Nidovirales order. Corona represents crown-like spikes on the outer surface of the virus; thus, it was named as a coronavirus. These viruses were thought to infect only animals until the world witnessed a severe acute respiratory syndrome (SARS) outbreak caused by SARS-CoV, 2002 in Guandong, china. Only a decade later, another pathogenic coronavirus, known as Middle East respiratory syndrome coronavirus (MERS-CoV) caused an endemic in Middle East counties.

**What are the symptoms of COVID- 19?**

The most common symptoms of COVID- 19 are fever, tiredness, respiratory difficulties and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but do not develop any symptoms and don’t feel unwell. Most people recover from the disease without needing special treatment. 1 in every 6, people who contracts COVID- 19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes are most likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

**How does COVID- 19 spread?**

People can contract COVID- 19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID- 19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then contact COVID- 19 by touching these objects or surfaces, then touching their eyes, nose or mouth. There have also been claims that it spreads through faeces.

**Preventive measures:** Regular washing of hands. Use soap and water or an alcohol-based hand rub. Maintain a safe distance from anyone who is coughing or sneezing. Do not 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.

**Effects of the lockdown and restrictions on Nigerians**

This can be summarized in four ways; Food, Education and Security

The general populace is dependent on food, the restrictions on movement has limited the purchase of food and even the gathering of funds for food. With this issue we find out that people go to the extreme just to get something to eat or an income to provide for their families and this brings us to the issue of security , as seen by recent happenings in Lagos and Delta States. The people (lower income earning citizens) go as far as stealing to provide for their families.

Education: students of the different levels of our learning institutions in the country are facing a major setback in their studies. Schools have been closed or short down due the viral outbreak and this has a negative impact on the lives of students and pupils alike with the later suffering the most.

Health: due to the lockdown and restrictions of movements, people are scared of going to the hospitals because doctors would assume that they are positive of COVID- 19. So if people now stay at home with their illnesses it could become more severe and then it could lead to death.