NAME: Unuane-Henry Oseremhen C.

MATRIC NO: 19/MHS01/424

DEPARTMENT: MBBS

COURSE : GST 122

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

**INTRODUCTION:**

The word “COVID-19” is one of the commonest used words today. It is found on the lips of virtually everybody today, even the lay-man. “COVID-19” is an acronym for “Coronavirus disease 2019”.When the disease went global by March, the WHO identified it as a pandemic. As of date, [more than 2.53 million cases](https://en.m.wikipedia.org/wiki/2019%E2%80%9320_coronavirus_pandemic_cases) of COVID-19 have been reported in [185 countries and territories](https://en.m.wikipedia.org/wiki/2019%E2%80%9320_coronavirus_pandemic_by_country_and_territory), resulting in [more than 174,000 deaths](https://en.m.wikipedia.org/wiki/2019%E2%80%9320_coronavirus_pandemic_deaths). The outbreak was first identified in [Wuhan](https://en.m.wikipedia.org/wiki/Wuhan), China, in December 2019. although there may be a possibility of relapse or reinfection. Corona virus belongs to the Coronaviridae family in the Nidovirales order.At the end of 2019,Wuhan an emerging business hub of china experienced an outbreak of the disease corona virus that killed more than eighteen hundred and infected over seventy thousand individuals within the fifty days of epidemic. The virus is primarily [spread](https://en.m.wikipedia.org/wiki/Transmission_%28medicine%29) between people during close contact,[[c]](https://en.m.wikipedia.org/wiki/2019%E2%80%9320_coronavirus_pandemic#cite_note-15) often via [small droplets](https://en.m.wikipedia.org/wiki/Respiratory_droplet) produced by coughing,[[d]](https://en.m.wikipedia.org/wiki/2019%E2%80%9320_coronavirus_pandemic#cite_note-17) sneezing, or talking. While these droplets are produced when breathing out, they usually fall to the ground or onto surfaces rather than [remain in the air over long distances](https://en.m.wikipedia.org/wiki/Airborne_disease). People may also become infected by touching a contaminated surface and then touching their eyes, nose, or mouth. The virus can survive on surfaces for up to 72 hours. It is most 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.[[18]](https://en.m.wikipedia.org/wiki/2019%E2%80%9320_coronavirus_pandemic#cite_note-:22-22) Common symptoms include fever, cough and [shortness of breath](https://en.m.wikipedia.org/wiki/Shortness_of_breath).[[19]](https://en.m.wikipedia.org/wiki/2019%E2%80%9320_coronavirus_pandemic#cite_note-CDC2020Over222-23) Complications may include [pneumonia](https://en.m.wikipedia.org/wiki/Pneumonia) and [acute respiratory distress syndrome](https://en.m.wikipedia.org/wiki/Acute_respiratory_distress_syndrome). The [time from exposure to onset of symptoms](https://en.m.wikipedia.org/wiki/Incubation_period) is typically around five days, but may range from two to fourteen days. There is [no known vaccine](https://en.m.wikipedia.org/wiki/COVID-19_vaccine) or [specific](https://en.m.wikipedia.org/wiki/COVID-19_drug_development) [antiviral treatment](https://en.m.wikipedia.org/wiki/Antiviral_drug). Primary treatment is [symptomatic](https://en.m.wikipedia.org/wiki/Symptomatic_treatment) and [supportive therapy](https://en.m.wikipedia.org/wiki/Supportive_therapy). “Social distancing” has emerged as the best option for tackling the disease by aiming to reduce contact between people.

The pandemic has caused [severe global socioeconomic disruption](https://en.m.wikipedia.org/wiki/Socio-economic_impact_of_the_2019%E2%80%9320_coronavirus_pandemic), including [one of the largest global recessions](https://en.m.wikipedia.org/wiki/Coronavirus_recession) in history. It has led to [the postponement or cancellation](https://en.m.wikipedia.org/wiki/List_of_events_affected_by_the_2019%E2%80%9320_coronavirus_pandemic) of of various [sporting](https://en.m.wikipedia.org/wiki/Impact_of_the_2019%E2%80%9320_coronavirus_pandemic_on_sports), [religious](https://en.m.wikipedia.org/wiki/Impact_of_the_2019%E2%80%9320_coronavirus_pandemic_on_religion), [political](https://en.m.wikipedia.org/wiki/Impact_of_the_2019%E2%80%9320_coronavirus_pandemic_on_politics) and [cultural](https://en.m.wikipedia.org/wiki/Impact_of_the_2019%E2%80%9320_coronavirus_pandemic_on_the_arts_and_cultural_heritage) events thereby putting the world in a “stand-still” situation.

**CORONA VIRUS IN NIGERIA.**

Corona Virus cases have been increasing drastically in the past few months. It has claimed hundreds of thousands of lives in other countries where some Nigerians too visited, and this make COVID-19 spread like wild fire, especially from foreign returnees and international travelers who are Nigerians. Government has made an effort through the Nigerian center for disease control(NCDC) to curb the spread of the virus. They create awareness on precautionary measures for people to imbibe, they provide medical facilities to test people. The president declared that some vulnerable states should be locked down.

**EFFECTS OF LOCKDOWN AND RESTRICTION OF MOVEMENT IN NIGERIA**

Lockdown is an emergency protocol that usually prevents people or information from leaving an area. The federal government has ordered a lockdown in Nigeria as in other countries of the world and this prevent the restriction of movement into, from and within the country. They always say that behind every cloud, there’s a silver lining. Though the lockdown has put restraints on people, there are still positives to muster from the situation.

* The lack of movement has provided room for family bonding. People tend to spend more time at home these days, giving opportunities to know each other better.
* The normal excuse you tend to hear is that “there’s just no time to pray”. However, the time is now made available, leaving us with the responsibility to get closer with God
* Stress is one of the daily experiences experienced by everyone. That crucial time to rest eludes most people based on their busy and tight schedules. With all schedules dropped for now, we can all see that time to rest.
* Reduce the virus from spreading further not just within the country but also internationally.
* People are now wiser to make their plans flexible knowing that there is nothing that can’t be cancelled

Though we should always be optimistic to whatever life throws at us, the negative effects of the lockdown can’t be overlooked.

* One would easily assume that the rate of vices would be reduced but unfortunately that’s not the case. Even with the persisting pandemic, crime still lurks in the streets.
* The economy suffers a very big blow everyday by the effects of the lockdown. Workers no longer produce labour and money from all sectors are plunged into funding treatments for the disease.
* As the Holy Bible will say: the poor shall always be among us. No matter how we ignore it, there are some people who find it hard to make it past the day. People who would have menial jobs at least to support themselves are now locked up at home. How then will they survive?
* The truth is that when it comes to education, the mind is like a webpage that constantly needs refreshing. With all schools bow closed, students may find it hard to continue the educational process from home. Limitations like connection issues, data problems and laziness all affect the situation.
* The school academic calendar is now extended. Final year students may have to wait till resumption to throw up their caps in celebration.

**CONCLUSION :**

The question which will still linger on the minds of many people is ,how a disease in less that 3 months became a full blown pandemic. Owing to its nature, the answer is not quite far. But the rate of deaths is still a very big cause for concern. Though things have started getting better, it still goes on. Scientists are still trying to find vaccines. World leaders are meeting to discuss the situation. The federal government of Nigeria though the federal ministry of health have been trying their best to ensure that the outbreak in Nigeria is been controlled and stopped immediately. The NCDC has been activated in national emergency operation center working in different states in Nigeria. Medical personnel are trying their best to give out ways to stop the pandemic called corona virus. As the outbreak is still in our country and the lockdown is still going on, we should listen and act to the preventive measure that can keep us safe in this pandemic. The blank truth is that" Heaven helps those who help themselves. It’s a time to call on God for help but we on our own parts have our roles to play. Rules are meant to be obeyed. The federal government are really trying their best to make sure Nigeria is safe and but we need to cooperate with them. Social Distancing and Lockdown mode has appeared as the best cause of actions for now. If we can continue to abide by these, the situation will obviously take a turn for the better.