

FRANCIS NAOMI ONOTE

19/MHS01/176

GST 122

21/04/2020.

THE CORONAVIRUS PANDEMIC

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. 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. 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).

A 55-year-old individual from Hubei province in China may have been the first person to have contracted COVID-19, the disease caused by the new coronavirus spreading across the globe. That case dates back to Nov. 17, 2019, according to South Morning China Post.

The Federal Ministry of Health confirmed a coronavirus disease (COVID-19) case in Lagos State, Nigeria. The case, which was confirmed on the 27th of February 2020, is the first case to be reported in Nigeria since the beginning of the outbreak in China in January 2020. The case is an Italian citizen who works in Nigeria and returned from Milan, Italy to Lagos, Nigeria on the 25th of February 2020. He was confirmed by the Virology Laboratory of the Lagos University Teaching Hospital, part of the Laboratory Network of the Nigeria Centre for Disease Control.

Effects of the lockdown in Nigeria includes increasing unemployment, separating families and various other changes in the way that we live that we know are generally major psychological risk factors for anxiety, depression and self-harm. Also, people who don't really have enough food stuffs will likely starve and poverty also increases as people can't go out to

make money for a living as their movements are being restricted. Industries will be on shutdown as they won't be able to produce anything.

Experts said there is high stress that the current crisis has brought upon employees as well as organizations, and with the lockdown not looking to end soon, the emotional challenges employees are confronting have increased manifold.