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

Coronaviruses are a large family of viruses which may cause illness in animals or 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 coronavirus disease COVID-19. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

The most common symptoms of COVID-19 are fever, tiredness, 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 don’t develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around one out of every six people who gets 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 more likely to develop serious illness.

People can catch 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 catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than one meter (3 feet) away from a person who is sick, and also avoid touching our mouth, nose and eyes. COVID-19 is not airborne.

To prevent the spread of COVID-19, the following must be done:

* Clean your hands often. Use soap and water, or an alcohol-based hand rub.
* Maintain a safe distance from anyone who is coughing or sneezing.
* Don’t 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.
* Follow the directions of your local health authority.
* Avoiding unneeded visits to medical facilities allows healthcare systems to operate more effectively, therefore protecting you and others.

All these steps have to be followed so as to prevent COVID-19 as there is no known cure or vaccine for the virus. Possible vaccines and some specific drug treatments are under investigation and clinical trials.

Lockdown is a state of isolation or restricted access as a social security measure declared by President Muhamadu Buhari of the Federal Republic of Nigeria to curb the spread of COVID-19 in Nigeria. This lockdown was declared in the Federal Capital Territory, Lagos and Ogun States. Some States also declared a lockdown to contain the spread of the virus.

There are positive and negative effects of this lockdown.

The positive effects of this lockdown are:

* It helps to contain the spread of the virus
* It allows people who do not ordinarily have time for themselves to rest
* It makes people get closer to their God
* It makes family members to bond
* It helps people to learn new skills as they have nothing doing at home

 The negative effects of the lockdown are:

* It has made the country’s economy to nosedive
* It has made living difficult for citizens who are on daily wage
* There is a rapid increase in social vices
* It has brought about inflation as there is a high increase in demand for food commodities
* It has put high pressure on the government finances in order to provide palliatives for the most vulnerable members of the country

As the government has done her part to contain the spread of COVID-19 by distribution of palliatives to the vulnerable, treating the people who have COVID-19 and fumigating the environment , we as Nigerians should also help the government by obeying the laws, staying at home, and staying safe so we can all survive this this biological war.