NAME: ISOKARIARI ALMA OWAPIRITE

MATIC NO:19/MHS09/011

GST 122 ASSIGNMENT

 CORONA VIRUS PANDEMIC

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

Most people who fall sick with COVID-19 will experience mild to moderate symptoms and recover without special treatment.

**HOW IT SPREADS**

The virus that causes COVID-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hang in the air, and quickly fall on floors or surfaces.

You can be infected by breathing in the virus if you are within close proximity of someone who has COVID-19, or by touching a contaminated surface and then your eyes, nose or mouth.

To prevent the spread of COVID-19:

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.

 EFFECTS OF THE LOCKDOWN AND RESTRICTIONS OF MOVEMENT ON NIGERIANS

Millions of Nigerians observing the COVID-19 lockdown lack the food and income that their families need to survive, Nigeria researcher at Human Rights Watch. “The government needs to combine public health measures with efforts to prevent the pandemic from destroying the lives and livelihoods of society’s poorest and most vulnerable people. The lockdown, however, [prevents many Nigerians working in informal sectors](https://edition.cnn.com/2020/03/31/africa/nigeria-lockdown-daily-wage-earners-intl/index.html) from traveling to work or conducting their business. Local food vendors and traders have [expressed fears](https://edition.cnn.com/2020/03/31/africa/nigeria-lockdown-daily-wage-earners-intl/index.html) over their ability to feed their families during the lockdown, with their daily earnings their only source of sustenance. An increase in food prices as a result of the lockdown also means that many cannot stock up on necessities.