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QUESTION: Write a report, of not more than two pages, on the Coronavirus pandemic and the effects of the lockdown and restriction of movement on Nigerians.

The CoronaVirus Pandemic and The Effects Of The Lockdown On

Nigerians

Coronaviruses are a family of viruses that can cause illnesses such as the common cold, severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

In 2019, a new coronavirus was identified as the cause of a disease outbreak that originated in China. This virus is now known as the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The disease the virus causes is called coronavirus disease 2019, also known as (COVID-19).

The disease has been found to have higher levels of transmissibility. The virus appears to spread easily among people, and more continues to be discovered over time about how it spreads. Data has shown that it spreads from person to person among those in close contact (within about 6 feet, or 2 meters). The virus spreads by respiratory droplets released when someone with the virus coughs, sneezes or talks. These droplets can be inhaled or land in the mouth or nose of a person nearby. hence, in March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic.

However, Signs and symptoms of coronavirus disease 2019 (COVID-19) may appear two to 14 days after exposure. This time after exposure and before having symptoms is called the incubation period. Common signs and symptoms can include:

- Fever
- Dry Cough
- Shortness of breath or difficulty breathing

Other symptoms can include; Aches, Chills, Sore throat, Loss of smell, Loss of taste, Headache, Diarrhea, Severe vomiting.

The severity of COVID-19 symptoms can range from very mild to severe. Some people may have only a few symptoms, and some people may have no symptoms at all. People who are older or who have existing chronic medical conditions, such as heart disease, lung disease, diabetes, severe obesity, chronic kidney or liver disease, or who have compromised immune systems may be at higher risk of serious illness.

Although there is no vaccine available to prevent COVID-19, but one can take steps to reduce their risk of infection, as recommended by WHO and CDC recommend;

- Avoid large events and mass gatherings.
- Avoid close contact (within about 6 feet, or 2 meters) with anyone who is sick or has symptoms.
- Stay home as much as possible and keep distance between yourself and others (within about 6 feet, or 2 meters) if COVID-19 is spreading in your community, especially if you have a higher risk of serious illness.

- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover your face with a cloth face covering in public spaces, such as the grocery store, where it's difficult to avoid close contact with others, especially if you're in an area with ongoing community spread. Only use nonmedical cloth masks — surgical masks and N95 respirators should be reserved for health care providers.
- Cover your mouth and nose with your elbow or a tissue when you cough or sneeze. Throw away the used tissue.
- Avoid touching your eyes, nose and mouth..
- Clean and disinfect high-touch surfaces daily.

EFFECTS OF THE LOCKDOWN AND RESTRICTION OF MOVEMENTS ON NIGERIANS

Due to the rapid spread of the Coronavirus, many countries have declared a total lockdown and the restriction of movements, and Nigeria is one of those countries that restricted the movements of citizens in some areas, due to the coronavirus pandemic. However, this had a lot of effects on Nigerians.

A major effect of the lockdown in Nigeria is its financial implications and unemployment. Many government workers are yet to be paid their wages for March and all non-essential travel has been banned in most states and many workers, including civil servants, have been told to work from home, but with a lack of reliable electricity supplies and poor internet connections, it is hard for most people to get any work done. Moreover, many Nigerians live hand-to-mouth, often on less than 1 dollar per day, and they cannot stock up on food or other essentials after the announcement of the lockdown. These categories of people are put in the dangers of hunger due to the lockdown.

Also, the lockdown causes supply shortages and price gouging. The restriction of movement has disrupted supply of goods and other essentials. Many farmers find it difficult to get their produce to other states for sale, this leads to a reduction in their income. There have been widespread reports of supply shortages of medicated nose covers and sanitizers, with many areas seeing panic buying and consequent shortages of food and other essential grocery items, sellers increase the price of goods and commodities to a level much higher than fair, e.g the increase in the price of nose covers had caused many Nigerians to start using the available resource like cutting of clothes and toilet rolls or savet papers for making nose covers. Meanwhile, Media News held that the usage of cloth and other things apart from the medicated nose covers can not protect the people from the virus.

In conclusion, the coronavirus pandemic led to a declaration of lockdown which was an act to prevent the spread of coronavirus in Nigeria, but had also caused shortage of income and supply of the people's needs.

REFERENCES; Medscape.net, BBC news, theafricareport.

