**18/MHS04/007 FAPOHUNDA Jesutofunmi Abimifoluwa**

**300Level Human Nutrition and Dietetics**

**Course Code: GST 112**

**Course Title: Communication in English II**

**CORONAVIRUS PANDEMIC AND THE EFFECTS OF THE LOCKDOWN AND RESTRICTIONS OF MOVEMENT ON NIGERIANS**

The Coronavirus outbreak was first identified in Wuhan, China, on November 17, 2019 (WHO, 2020). The virus is primarily spread between people during close contact often via small droplets produced by coughing, sneezing, or talking (WHO 2020a). People may also become infected by touching a contaminated surface and then touching their faces. 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. Common symptoms include fever, cough, fatigue, shortness of breath and loss of smell. Complications may include pneumonia and acute respiratory distress syndrome. The time from exposure to onset of symptoms is typically around five days but range from two to fourteen days, though some patients have been found to be asymptomatic. There is no known vaccine or specific antiviral treatment, primary treatment is symptomatic and supportive therapy.

The World Health Organisation (WHO) declared the outbreak a public health emergency of international concern on 30 January 2020, which coincided with Chinese New Year celebration where almost 300,000 travelled out to different countries of the world carrying with them the virus. By 11 March 2020, WHO declared it a pandemic, as of 30 April 2020 more than 3.2 million cases of the viral infection (COVID-19) have been reported in 186 countries and territories with more than 228,000 deaths and 985,000 people have recovered (WHO, 2020b).

In order to curtail the continuous spread of the virus the Federal Government had to put in place lockdown order in some cosmopolitan states after an infected man visited Lagos and Ogun states who purportedly transferred the viral infection to the people he came in contact with. This was what led to the Federal Government of Nigeria declaring the lockdown on two states and the Federal Capital Territory, Abuja. Afterwards new people who had been infected came in to the country who visited other states of the federation thereby spreading the infection. So most State Governors ordered lockdown in their states.

The effect of this lockdown has been a multifaceted one, on religious activities there has been a total shut down as gatherings may not be more than 20 and in some places 10. Also education, all schools from nursery to tertiary have been shut down with national examinations postponed indefinitely such as JAMB, NECO, WAEC. Others include social gathering where dates for burial and wedding ceremonies have had to be cancelled or shifted indefinitely, no social gathering of any form especially where people might be more than 20. The effect on the economic aspect has been very pronounced, workers of all cadres have been mandated to stop work including the artisans. Banks are not in operation, markets have been shut except for necessities of life. This had led to commodities becoming more expensive. Sporting activities all over the world have been postponed or cancelled.

Protective equipment for this highly infectious disease in Nigeria has been in short supply, this has exposed the medical practitioners to infections. In quick response to this, they take care of themselves the way they know in shying away from accepting new patients whether or not the person is infected with Coronavirus. This, on its own has led to loss of many lives which is a depletion on labour force. The worrisome situation is the continual increment in the number of new cases which is fast leading to community spread. Recommended preventive measures include hand washing, covering one’s mouth when coughing or talking, maintaining distance from other people, wearing of face masks in public settings, monitoring and self-isolation for people who suspect they are infected. On governmental level; travel restrictions, quarantines, curfews, and stay- at- home orders, work place hazard controls and facilities closure. Other measures include increase in testing capacity and tracing contacts of infected persons.

**References**

World Health Organization, 2020. ‘’WHO- novel corona virus – China’’. WHO. Retrieved April 9 2020.

WHO, 2020a. ‘’WHO Director – General’s opening remarks at the media briefing on COVID – 19, 11 March 2020’’. World Health Organisation. 11 March 2020. Retrieved 11 March 2020.

WHO, 2020b. “Q & A on Coronavirus’’. World Health Organisation. 8 April 2020. Retrieved 12 April 2020.