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Report on the Coronavirus Pandemic

Firstly, Coronavirus is a respiratory virus which spreads primarily through droplets from which an infected person coughs or sneezes or through droplets of saliva or discharge from the nose.

Reports have shown that people with the new Coronavirus (2019-n Cov ) generally develop signs and symptoms, including mild respiratory symptoms and fever on an average of 5-6 days after infection ( mean incubation period 5-6 days, range 1-14 days) . Common symptoms of COVID-19 are tiredness. Fever, dry cough, etc. Some patients may have aches and pains, nasal congestion, sore throat, runny nose or diarrhea-these symptoms are usually mild and begin gradually. People of all ages can be infected with COVID-19. Older people and people with pre-existing medical conditions such as Asthma, Diabetes, Heart disease appear to be more vulnerable to becoming severely ill with the virus. There is no specific treatment for disease caused by the Coronavirus. However, many of the symptoms can be treated and therefore, treatment based on the patient’s clinical condition.

However, there are ways to prevent the spread of the Coronavirus. The standard recommendations to prevent the spread of COVID-19 includes cleaning of hands using alcohol-based hand rub or soap and water, covering the mouth and nose with a flexed elbow or disposable tissue when coughing and sneezing, and avoiding close contact with anyone. And also avoid touching surfaces or objects with bare hands and then touching their eyes, nose or mouth. Though it is a very contagious disease, it can be prevented easily.

Also, the Government has imposed a stay-at-home rule for Nigerians to help curb the spread of the virus. This has been of good help to the Country in the fight against COVID-19 . However, as the lockdown keeps on extending due to the rate at which people get infected, quarantine becomes a problem because of shortage of supplies and food. The Government however, has made provisions for supply of food to the hungry-this also is limited. People still move around on a daily basis so the best thing for everyone is for everyone to stay safe and two meters apart from every other person, also to wear masks and regularly wash and sanitize their hands.

Thank You.