

The Coronavirus Disease, also known as COVID-19 is a pandemic which broke out in 2019, from China. It is a viral disease which is air born making it spread even faster than the average viral disease. The virus that causes this disease is transmitted through droplets from an infected person's cough, sneeze or when that person speaks to someone without the virus. These droplets are too heavy to remain in the air, so they settle on surfaces for a period of time, metallic surfaces being the longest. COVID-19 can also be spread by touching these infected surfaces with your hands and then touching your eyes, nose or mouth with those hands.

No age group is exempted from being infected with COVID-19. However, individuals with pre-existing health issues such as asthma, diabetes, heart disease and other health issues that could weaken their immune system are more liable to contracting the disease. Common symptoms of COVID-19 are fever, tiredness and dry cough; some people may experience aches, pains, nasal congestion, runny nose, sore throat and diarrhoea. On average, it takes 5 – 6 days for the virus to manifest in the infected person. Patients with mild cases of COVID-19 are said to have recovered within two weeks on the average and the ones with severe cases, three to six weeks. However, many countries face very high rates of deaths from this virus.

In order to prevent yourself from contracting this virus, one should practice 'social-distancing' by keeping at least one metre away from other people, washing your hands with soap and water for at least 20 seconds, using a hand sanitizer, avoid touching your eyes, nose and mouth, covering your mouth when you sneeze with a bent elbow or a tissue, wearing a face mask when in public places, avoiding crowded places and reporting to the National Centre for Disease and Control (NCDC) for those in Nigeria, or various helplines made available for citizens by their various countries; if you feel the symptoms of the coronavirus.

In Nigeria, as many other countries have done, the president Muhammadu Buhari called for a lockdown in the FCT and Lagos state for a period of 14 days, which started on the 31<sup>st</sup> of March and was to end on the 14<sup>th</sup> of April, but has been extended thereby metamorphosing into a Nation's lockdown which is currently still in progress.

As a result, there has been an increase in Crime rates in states like Lagos and Osun. Many citizens have been unable to feed due to the closing down of markets and therefore have to choose between starving, and risking their lives by going outside of their homes in the presence of this pandemic.

However, the Nigerian government claims to make provisions for the less privileged citizens so that they do not starve. Many communities are in fact saying that these measures have not been able to adequately cater for their needs.

Many Nigerians are finding it difficult to cope with this lockdown, as their normal daily routines have been disrupted and their various forms of livelihood have been affected negatively. This means that more people cannot afford many necessities as a result of the close down of offices, markets, shops and the restriction of movement.

Many universities in Nigeria, such as Afe Babalola University have resulted in putting their students through online classes.

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<sup>i</sup> <https://www.who.int>