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COMPUTER ENGINEERING

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ENG LAW AND MANAGERIAL ECONOMICS

Write a brief report of the your daily activities during the covid-19 period for the past three months.

Coronavirus disease 2019 (COVID-19) is an [infectious disease](https://en.wikipedia.org/wiki/Infectious_disease) caused by [severe](https://en.wikipedia.org/wiki/Severe_acute_respiratory_syndrome_coronavirus_2) acute respiratory syndrome. The disease was first identified in December 2019 in [Wuhan](https://en.wikipedia.org/wiki/Wuhan), the capital of China's [Hubei](https://en.wikipedia.org/wiki/Hubei) province, and has since spread globally, resulting in the ongoing [2019–20 coronavirus pandemic](https://en.wikipedia.org/wiki/2019%E2%80%9320_coronavirus_pandemic).

The first case of covid- 19 was confirmed in Nigeria by the Nigeria Centre for Disease Control (NCDC) on the 27th February 2020 who was an Italian citizen that arrived on the 25th of February 2020.

Ever since the arrival of the virus my daily activities have included the precautions laid out by the Nigeria Centre for Disease Control (NCDC) as follows:

1.    Regularly and thoroughly wash your hands with soap and water, and use alcohol-based hand sanitizer.

2.    Maintain at least 1 & half meters (5 feet) distance between yourself and anyone who is coughing or sneezing.

3. Persons with persistent cough or sneezing should stay home or keep a social distance, but not mix in crowd.

4. Make sure you and people around you, follow good respiratory hygiene, meaning cover your mouth and nose with a tissue or into your sleeve at the bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Asides these precautions added to my daily activities, I have also been able to include a 3-hour study during the day and a 1-hour review at night.

I have also been able to monitor the food I have been consuming over the past 3 months to maintain a healthy body.

As well as a daily morning exercise to keep the body fit and avoid unnecessary fatigue.

These are the daily activities I have been able to keep up with for the past three months making me a better person.