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QUESTION;

WRITE A BREIF REPORT OF YOUR ACTIVITIES DURING THE COVID-19 PERIOD FOR THE PAST THREE MONTHS

 ANSWER;

COVID-19 pandemic has greatly affected our activities in Nigeria as a nation since the federal government decided to lockdown all activities to curtail its spread. The first two weeks came with complete close down of facilities with included all government offices, shops and malls, mosques and churches, expect places where essential material like raw food, drugs and oil and gas businesses are being sold.

At the end of the first two weeks, government decided to relax the lockdown based on the parameter and index recorded from the economic hardship of the citizens.

My first assignment was to get the necessary apparatus that can reduce the chances of getting in contact with the infected patient or person as recommended by World Health Organization (WHO), hence I got nose mask, hand gloves, handwashing soap and hand sanitizers. The nose mask is used whenever I am close to someone whose history I can’t predict. The hand glove is used whenever I want to take any goods from unknown persons. These goods are properly disposed after day use. I moreover use the soap and sanitizer to wash my hand in all of this procedure. I carefully avoid hand to mouth, eyes and nose contact because those are the primary ways of contacting the virus.

EDUCATION;

Since all schools were closed as a result of lockdown in order, I have been able to connect with the E-learning /online lectures put in places by my school administration. this has played a very good role in preparing for the post COVID-18 educational challenge when school resumes.

RELIGION;

Having known my church activities including their weekly programs I join them on the television programs. This has also reduced my contact with people and has spiritually balance my religion gathering to a very good level.

IN CONCLUSION;

Since maintaining a good personal hygiene reduces the chances of contacting COVID-19 and other disease, it is necessary we key into the habit. The use of nose mask and glove is also very important till WHO or other health agencies advise otherwise.