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**THE PANDEMIC**

The world at large has been put on its toes because of the pandemic called coronavirus disease 19 (COVID-19). Corona virus, the most recent pandemic that has affected the whole world vastly. The most recent problem that has put a lot of countries to a pause. The virus has spread across 200 countries affecting both humans and animals alike. The virus has affected the world at large both directly and indirectly in relation to the self-isolation /lockdown measures put in place to limit the spread of the virus. The virus ease at which this virus spreads is very alarming making it very difficult to curb the spread.

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Corona viruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as middle-east respiratory syndrome and severe acute respiratory syndrome. The corona virus is a serve acute respiratory syndrome/infection that can be transmitted through droplets of different sizes.

The first outbreak of the virus was in Wuhan China in December 2019, the virus has now spread to over 200 countries and territories across the globe, and was characterized as a pandemic by the world health organization (WHO) on March 11, 2020. As of 25th June 2020, there were 9,296,202 laboratory confirmed cases of the coronavirus disease 2019 (COVID-19) infected globally with 499,913 reported deaths. Currently in Nigeria there are 25,133 confirmed cases of the virus.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it’s important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow). Peoples can get the infection through close contact with a person who has symptoms from the virus includes cough and sneezing. Virus was replicated in ciliated epithelium that caused cellular damage and infection at infection site. The passage of this virus to the body is through the mouth, the eyes, the nose etc (the face area). It is a respiratory disease so it dwells on the lungs making breathing very difficult.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment.  Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The World Health Organisation (WHO) in conjunction with other medical bodies came about some measures that can be taking to prevent people from easily contacting the virus, which includes regularly washing the hands with alcohol based soaps, and then using alcohol based sanitizers, wearing face mask to cover the nose and the mouth. The federal government in line has added some measures to stopping the wide spread of the virus by banning any social gathering of more than 20 people, enforcing lockdown/stay at home in states like Abuja, Lagos, and Ogun State, there is also travel ban invoked preventing people from entering or leaving the state or the country. Schools, churches, Businesses has been shut down in other to try and curb the virus. Social distancing law to have also been passed down where people are not meant to be 6ft of each other so as to avoid the spread of the virus. The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatment. Put all the given measures into mind when doing anything and don’t forget to stay safe.