



Covid-19 Pandemic Lockdown on the Development Process in Nigeria

Dr. E.C. Macalex-Achinulo

Department of Political and Administrative Studies University of Port Harcourt

Abstract:

This study examines and evaluates the impact of Covid-19 pandemic lockdown on the development process in Nigeria. The aim is to illuminate clearly that Covid-19 pandemic lockdown affected the development processes in Nigeria. And the paper argue famely that it could have been lesser impact, had it been those responsible for the curbing measures adhered strictly and implemented those modalities to the letter. The works of Gottfried Wilhalm Leibniz and Martin Shubik on game theory as the theoretical framework, to establish the connection between the existing variables. It adopted a secondary method of data collection whereby information were sourced from newspapers and published academic materials. However, the study recommended among others that; compulsory wearing of face mask, maintain social distancing, regular washing of hands and avoidance of hand shake, disinfecting environments, isolating people with temperature above 380C, etc.

ARTICLE INFO

Article history:

Received 29 Oct 2021

Received in revised form

30 Nov 2021

Accepted 23 Nov

Available online 04 Dec 2021

Keywords: Covid-19,
Pandemic, Lockdown,
Coronavirus and Development

Introduction

The Covid-19 pandemic is novel strain of coronavirus identified in the year 2019 in Wuhan, China which is located within the Asian Continent. It is a viral disease that is highly dangerous to human existence and has caused series of death across the globe. It is the most recent viral disease that has resulted to a complete shutdown of the entire world in terms of free movement because people were restricted from going out nor doing anything that will warrant people to gather around. It affected the global economy drastically, and social correlations as well to the extent that religious worship centres were all closed or forced to close down, educational institutions were equally closed down. In this regard, there were no religious church services, pupils and students were not going to school any

longer, the dead were carefully and immediately buried. There were lawful guide to ensure compliance of people from disobedience to the laws promogated to avoid the spread of the coronavirus. Borders of different countries and states were closed for road, air and sea movement between states, countries and international borders respectively. It is a pandemic because it is a virus epidemic like an influenza that came to affect humanity in a magnified degree that was so much to bear. It culminated to series of intermittent lockdown that is meant to prevent and restrict people's movement within a place. This resulted to series of confinement or imposed condition during this period of the pandemic. Coronavirus is the type of virus that affects the living things such as human being and animals because they are germs that is as usual smaller than bacteria germs that equally have negative effect on living things too.

On the other hand, this covid-19 pandemic lockdown caused by coronavirus has a whole lot of constraints and hindrances on the survival or growth in all spheres of life and environmental growth process as well. It went on to affect the development process of states, countries and continents to a very large extent. The Covid-19 pandemic killed so many resourceful personnels, great number of labourers in the manufacturing industries, productions were shutdown, institutions were closed, revenues were constrained and governments were using their reserves to salvage the crisis that were created as a result of the surge caused by coronavirus. The worst experience was in Nigeria due to the roles played by those incharge or responsible to carry out programmes and measures meant to cushion the impact of Covid-19 pandemic. An instance was the locking out of the materials, food items and other palliative materials in numerous warehouses across some states while great number of the population were dieing of hunger and starvation, resulting to some death. These warehouses were later discovered and looted by angry and hungry youths, men and women without being afraid of the law enforcement agents. That was the problem, measures put in place to curb the situation were sabotaged by some of those responsible for the disbursement, implementation of the sharing of the materials to the most affected masses. It would have had lesser impact in Nigeria had it been all instructions and modalities to curb it were adhered to and carried out to the later in terms of palliative sharing because many died out of adverse hunger. This hungry situation aggravated the illnesses that most people were suffering in Nigeria.

Therefore, the aim of this research is to illuminate clearly that Covid-19 pandemic lockdown affected the development processes in Nigeria. And the paper argue famely that it could have been lesser impact, had it been those responsible for the curbing measures adhered strictly and implemented those modalities to the later. Evaluating the surviving rate in China where it really started but the way and manner their agents and those responsible to curb the coronavirus took the matter very serious led to their returning back to status quo with records of lesser deaths. In that regard, there is need to examine and evaluate the stages, impact and solutions to tackle this coronavirus disease. It is of significant to Nigeria as a country and the world at large to see the need to try in equipping their hospitals adequately, ensure a sanitized environment and the benefits thereof accruing for the good health of citizens and all within any environment.

Conceptual Clarification

Coronavirus: Coronavirus is a nucleic acid and prototype virus medically known as Coronaviridea (RNA) that is sensitive and enveloped, with a characteristics diseases of common cold syndrome. It has its family name tagged Coronaviridea (RNA) Coronavirus; with size measuring nm 80 – 130nm, very sensitive and enveloped, not symmetry, number of capsomeres is nill as well as nill in others but has a feature of common cold syndrome (Petersdorf, Adams, Braunwald, Isselbacher, Martin and

Wilson, 1983).

COVID-19: It is a new set of Coronavirus tagged (Covid-19) that was specifically noticed in the year 2019 in Wuhan, China. This strain of Coronavirus has never been existing prior to the year 2019, which is recently discovered and established to be attacking the human respiratory organs and eventually causing series of deaths (Africacdc, 2020).

VIRUS: Viruses are smaller germs that affect living things than bacteria, which cause sicknesses such as colds, flu, messles, mumps, chickenpox, infantile paralysis, viral diarrhea, rabies, warts, influenza, etc through getting in contact with somebody who is already infected. It is an airborne diseases that can be spread through the air, by coughing, flies, animal bites, touching as well as entering someone's body through sexual intercourse (Werner, 1993). However, under the general properties and classification of viruses, "Human viruses range in size from 17nm (Picornavirus) to 300nm (Poxvirus). They may be naked and contain only nucleic acid (genome) which is protected by a closed shell or tubing, the capsid. Other viruses have, in addition, a lipid envelope acquired during maturation as virus evaginates from the nucleus (herpes simplex virus) or cytoplasm (influenza, herpes simplex virus). The lipid coat of these viruses surrounds the capsid" (Petersdorf, Adams, Braunwald, Isselbacher, Martin and Wilson, 1983: 1091). Furthermore, virus particles that are fully grown are called virions, while virus penetrates the living cells by a process known as pinocytosis when absorbed uncoated and that is when nucleic acid is stripped from the capsid (Petersdorf, Adams, Braunwald, Isselbacher, Martin and Wilson, 1983).

PANDEMIC: Pandemic is caused by a viral disease that affects continents across the globe, especially influenza A virus that cause epidemic. "Influenza epidemic occur over 4 to 6 week intervals only, every several years. Influenza A epidemic often affect several continents at the same time. When this occurs pandemic influenza is present. Epidemic influenza B is rarely pandemic" (Petersdorf, Adams, Braunwald, Isselbacher, Martin and Wilson, 1983: 1095). Influenza is a worldwide epidemic hat is massively pandemic that is caused by influenza viruses A, B and C transmitted through air-borne and body contact to the infected person or object (Lucas and Gilles, 2003). Moreover, "influenza is an acute respiratory infection of specific viral etiology characterized by sudden onset of headache, myalgia, fever, and prostration. The terms influenza and flu should be restricted to those cases with clear-cut epidemiologic or laboratory evidence of infection with influenza viruses" (Petersdorf, Adams, Braunwald, Isselbacher, Martin and Wilson, 1983: 1105).

Moreover, over 100 species of viruses are responsible for common cold while influenza is known to be caused by a particular virus that culminates to sickness that is seriously debilitating. Influenza is an infectious, epidemic disease that has different characteristics such as high fever, muscle aches and many other constitutional signs and symptoms used in detecting it. It specifically affects the respiratory tract with serious and continuous cough as its major characteristic sign of breakdown, resulting to further infection of the lungs by another bacteria that may probably cause death mostly on the advanced, aged and very much on debilitated human being (Hearst, 1980).

It is pertinent to note that pandemic period requires humanism to be the order of the day. Obviously, humanism is an ideology centred on better and best treatment on different kinds of people, irrespective of class, status or cleavages with regards to quality of life and its entire existence, collaborations, unifications, equalities of gender and liberal freedom of existence in the world as a whole, backed up by political will of all nations. Instead, in Nigeria what we experienced was a drastic short fall of

humanism rather; elitism and class protectionist ideology were the order of the day. To the extent that palliatives that was meant for the poor masses were locked up in warehouses across the (some) states in Nigeria by some of our leaders and their cohorts which is quite absurd and inhuman feelings.

Lastly, influenza “A” viruses infect both humans and animals such as pigs, horses, fowl-ducks and turkeys because the H and N antigens of some of those viruses that infect animals are related to the H and N antigens of that human influenza A viruses. Hence, the swine influenza of 1918 pandemic was believed to have gotten to the animals through the people that were infected by the virus. Again, the influenza A epidemic was noted in 1957 with 50% infected people in the city and was equally experienced that crowding was a major cause of the epidemic spread. Also, noted was that the mortality rate was high on children below one year and adults above sixty years of age (Petersdorf, Adams, Braunwald, Isselbacher, Martin and Wilson, 1983).

LOCKDOWN: This is a stay-at-home restriction of movement meant for people to remain wherever they are as a preventive measure on movement to avoid certain occurrences or spread of infectious diseases, risks to the people and others in concern within a locality, state or country for a specific period of time (Wikipedia, 2020). In addition, it is the confinement of prisoners to their cells for all or most of the day as a temporary security measure or a temporary condition imposed by governmental authorities (as during the outbreak of an epidemic disease) in which people are required to stay in their homes and refrain from or limit activities outside the home involving public contact (such as dining out or attending large gatherings)” (Merriam – Webster, 1828).

DEVELOPMENT: Development here represents advancement in meeting up the people’s yearnings and aspirations concerning the health sector to have the capacity to solve huge problems such as epidemic diseases, pandemic occurrences in the society; as well as upward improvement in economic growth, human capital growth in all spheres of life and environmental growth process also. To that extent in this regard, good governance synergized with the above, surely enhances and accelerates development in its wholistic interpretation as to keep Nigeria or any country maintaining a development process that is sustainable.

Diagnosis of Virus Infections and Epidemiology:

There are different ways to diagnose viral infections scientifically, which is “depending upon the pathogenesis of the particular infection, throat swab, (or sputum), stool (or rectal swab), urine, vesicular fluid or tissues (biopsy or autopsy) should be obtained for inoculation into susceptible tissue cultures (or mice), prepared for electron microscopy, immunofluorescent radiomunoassay, or Enzyme – Linked Immunosorbent Assay (ELISA). These procedures can recognize viral antigens” (Petersdorf, Adams, Braunwald, Isselbacher, Martin and Wilson, 1983: 1097). However, for coronavirus detection is isolation for fourteen days, whereas viral vaccines are preventives for human virus infection then immunization for children and some cases for adult but, for coronavirus, is all about social distancing, lockdown, quarantine, etc. Again, virus infections can cause respiratory disease to the extent that it cause about 30% to 50% adults to abstain from their duties; while about 60% to 80% of children can stop going to school because of viral infectious diseases (Petersdorf, Adams, Braunwald, Isselbacher, Martin and Wilson, 1983).

Furthermore, the transmission mode of the “pathogenesis of virus infections depends upon the route of acquisition and the special receptor – site complementarily of the host. The modes of transmission of human virus infections are; respiratory, alimentary, contact (skill or mucosal), bite, injection (transfusion), or trans placental. Respiratory viruses are also exchanged by kissing or by the hands.

The hands are also vital in fecal virus transfers” (Petersdorf, Adams, Braunwald, Isselbacher, Martin and Wilson, 1983:1093). Moreover, “respiratory contagion is facilitated by rebreathed air laden with aerosolized virus from coughs, sneezes, or speech. Droplets of water over 10µm in size containing virus travel short distances through air, while droplet nuclei, minus moisture and less than 10µm in size, waft over greater distances” (Petersdorf, Adams, Braunwald, Isselbacher, Martin and Wilson, 1983:1096).

Again, the coronavirus infections etiology explained that “the disease in humans is caused by an antigenically heterogeneous groups of lipid – enveloped RNA viruses sharing morphologic and other properties with Mouse Hepatitis Virus (MHV) and avian Infectious Bronchitis Virus (IBV). A few serotypes of human coronaviruses recovered in tracheal organ culture share antigens with marine agent” (Petersdorf, Adams, Braunwald, Isselbacher, Martin and Wilson, 1983:1101).

On the other hand, epidemiology viewed as the study of epidemics caused by viral germs assert that the disease has a common cold syndrome as a major characteristics and can be eminent during the winter and spring outbreaks which differ annually. It affects mostly children between the ages of 15 to 19 years, though; it equally affects adults of 40 years old and above. The duration period before it manifest is between 3 to 5 days (Petersdorf, Adams, Braunwald, Isselbacher, Martin and Wilson, 1983). While some other features or characteristics include; as postulated, “the disease resembles rhinovirus common cold with profuse watery and later mucopurulent nasal discharge, sore throat, moderate cough, and mild constitutional symptoms. It is of short duration. In young children, pneumonia and bronchiolitis with coronavirus infection is clinically like that with other respiratory viruses” (Petersdorf, Adams, Braunwald, Isselbacher, Martin and Wilson, 1983:1101).

Interestingly, to reduce the multiplications of virus and constraints its replications, thymic derived T lymphocytes and B lymphocytes are applied which enable them to transform into lymphoblast within few days like 3 to 4 days. In addition to the that, it is noted that an epidemic or outbreak is noticed to occur whenever the infected cases outweighs the expectations of the people of the area, considering their past experiences of diseases of such likelihood (Petersdorf, Adams, Braunwald, Isselbacher, Martin and Wilson, 1983).

Methodology:

Research is a continuous systematic enquiry organized in sequence with available information to improve on the existing knowledge that equally was a study by other individuals or group of individuals for the purpose of providing solutions to man and his environmental or societal problems. Research can also simply be seen to be search again with the aim of finding more or adequate solution to problems. This is made possible by the availability and accessibility of archival books, documents, and other types of write ups that contain relevant information to use as a follow up in the course of the investigations to better man and his society in general. This research is carried out in a methodological order critically meant to solve a particular problem affecting man and his environment. In this particular Covid-19 pandemic lockdown and development process in Nigeria, the researcher adopted the secondary method of data sourcing in carrying out the investigation as to be able to recommend at the end of the inquiry, possible ways of preventing, protecting and ensuring modalities to avoid drastic negative effect, impact and distortive processes in development strives in Nigeria.

To this extent, the researcher applied a case study method which is aimed at researching on all aspect

of the subject matter. According to Young, it is “the method of exploring and analyzing in life of a social unit, be that a person, a family, an institution, cultural group or even an entire community” (Osemwota, Okhakhu and Tonwe, 2007:40). It is equally a descriptive research that pays attention on a person, a project, policy decisions, organization or occurrences within a particular location with enough relevant data to analyze the subject matter (Amara and Amaechi, 2010). The researcher made use of secondary data analysis because of its intellectual tradition and sourced data from archival records, documents, published books and newspapers. The reason being that it served as a baseline data, for operationalization purpose, its reliability, credibility, accuracy, easy availability of data as a follow-up and considerably cheaper economically (Frankfort – Nachmias and Nachmias, 2009).

Theoretical Framework Game Theory

Game theory is a multi-disciplinary theory and mostly used in decision-making in states or countries that are facing a conflictual situation using the understanding of games. The proponent was a German Philosopher, Gottfried Wilhelm Leibniz (1646 – 1716). It is a theory that analyzes the action, intentions, behaviour, choices or power balancing based on the transmitted information communicated concerning competitive political situations as well as strategizing on modalities to apply as to optimize their chances of winning in the process (Igwe, 2012). Moreover, it is a calculative model that pays attention majorly on decision-making on alternative courses of action that requires choice action based on who is the individual concerned and the consequences as well. In this regard, T.C. Shelling’s research was centred on rationality and expectation of participants on choices to take decisions on that, will not be contradictory. In the same vein, Martin Shubik, 1967 was of the view that games theory is assume to revolve within controversies, contests and conflict maneuvering, paving way for choices in courses of action and its manifesting consequences in economic and political success (Ntete-Nina, 2004). Game theory can also be seen as “a mathematically based analysis system that utilizes modeling procedures to determine optimal human strategies in conflict situations” (Chaturvedi, 2006:127). A mathematical theory of situations that involve two or more people to decisively make choice and strategies that determine the outcome (Blackburn, 2005).

Interestingly, game theory is applied in politics using the analogy of competitive game players who are after achieving their self interests and the strategies of their competitors (Bothamley, 1993). In this regard there is a competition on who gains supremacy on New Economic World Order (NEWO) across the globe and the conspiracy of the developed world strategically making moves in different dimensions to curtail the population of Africans by creating different kinds of viruses period after period s in a bit to achieve their self interests

Early Stages of Coronavirus Pandemic In Nigeria:

Independent Shareholders Association of Nigeria (ISAN) urged companies to comply with section 379 SS 2 of the companies and Allied Matters Act LFN 2004, as to pay dividend to shareholders to reduce economic impacts of coronavirus in a document signed by Prince Anthony O. Omojola and Sir Sunny Nwosu (Sun March 26, 2020).

- Because of non compliance with regard to social gathering, the Lagos State Police Command decided to close down worship centres, clubs, schools and event centres, even the markets, stores, eateries, businesses and any gathering that exceeds 25 persons in the State (Christopher Oji, Sun March, 2020).
- Digitaries that tested positive for the coronavirus at the very beginning were; Gov. Bala

Mohammed, son of Atiku Abubakar, President Buhari's Chief of Staff, etc with about (46) forty-six confirmed cases in Nigeria (Tony Osauzo, Sun March 26, 2020).

- The Nigerian Labour Congress (NLC) through their leader, Ayuba called for a total shut down with the support of Trade Union Congress and the Nigeria Academy of Science (James Ojo, Sun March 26, 2020). Equally the University College Hospital (UCH) shuts down outpatients clinics and departments, while Gov. Uzodimma orders for passengers screening before entering into the state – Imo. Also, Aso Rock was on partial lock down.
- Ebonyi State quarantines 800 students and staff because they got in contact with the people that came back from Italy. At the same time Gov. Umahi gave order to equally quarantine the principal and the administrator who came back from Italy for 14 days at the Abakaliki quarantine centre (Chijioke Agwu, Sun March 26, 2020).
- In line with other states, Kwara State shut down markets, and ban on movements by commercial transport system. Bauchi State government as well shuts down their markets and established two Intensive Care Unit (ICU) and Isolation Centres, while Kaduna State markets were seen shut down and traders complied with the directives. Whereas in Borno State, Local Government Polls were suspended because it will involve large gathering and it was done in accordance with section 26 of the Electoral Act 2010 (as amended) (Timothy Olanrewaju, March 26, 2020).
- Rivers State appear to be the first to close its borders immediately as Bayelsa State Government imposes partial lock down. Gov. Wike, announced that all entry points into the state be closed both air, sea and land routes starting from 6am 26th March, 2020. While Gov. Diri, adopted a partial lockdown and supported Niger Delta University Teaching Hospital (NDUTH) in the production of hand sanitizers (Tony John and Femi Folaranmi, Sun March 26, 2020).
- The mysterious illness started in China from animals to Humans and has killed more than 8,272. People are being quarantined, stock market jeopardized and has triggered conspiracy theories. Meanwhile its mortality is ranging from 2% to 3% much more like that of the Spanish flu of 1918 pandemic that killed millions of human beings. Coronavirus disease is killing a good number of people daily across the globe with variants in number though (Ademola Orunbon, Sun March 26, 2020).
- For underdeveloped countries to cope with the challenges posed by this pandemic, World Bank, IMF urged creditors to suspend debt repayment from International Development Assistance (IDA) countries. This will go a long way to help them survive the economic hardship (Joseph Inokotong, Sun March 26, 2020).
- The coronavirus pandemic with its conditionalities has warranted transporters to hike their charges by 200 percent because of a reduction in the number of passengers that they are now meant to carry as to maintain compliance on social
- distancing. This has brought frustration and economic hardship in all parts of the states in Nigeria (Adewale Sanyaolu and Merit Ibe, Sun March 26, 2020).
- The Nigerian government through the governor of Central Bank of Nigeria has unveiled a special package of ₦50b covid-19 stimulus to ameliorate the effect of the pandemic disease. In this regard, ₦1 billion was given to pharmaceutical companies, ₦10 billion to Lagos State government to

battle their cases that are much more than what other states are experiencing and \$18.2 million to National Centre for Disease Control (NCNC) as to enable them in the act of disease control which was a Japanese government grant to Nigeria to enable Nigeria to cushion the drastic effects of coronavirus disease (Sanni Onogu, the Nation, March 26, 2020).

- It is on record that diseases caused by viruses such as HIV/AIDS and Ebola have dealt with human race globally and caused series of economic hardships. However, 2019 marked another virus disease that is ravaging humanity presently which is targeted coronavirus, in other words covid-19 which started in Wuhan City of China. Records show that as at March 26th 2020, the number of infected people was 439,763 in 196 countries which is about 19,744 deaths have been recorded. Again, total number of people that have been infected was 306,940, recovered people were 111,922 whereas, 131,578 people were closed cases (Chinaka Okoro, The Nation, March 26, 2020).
- Moreover, historically, pandemic diseases such as small pox and tuberculosis have devastated the world at large. Couple with the Black Death which took the lives of about 75 – 200 military humans in the 14th Century. In addition to the above, was the pandemic of 1918 to 1920 which is called Spanish flu and the 2009 flu pandemic (H1N1) that equally caused a whole lot of havoc on humanity. All these pandemic have impeded development processes to a very large extent, that this present coronavirus pandemic appear to be the very worst with regards to our present condition (Chinaka Okoro, The Nation, March 26, 2020).

Historically and Chronologically Trace of Pandemics:

However, prior to this present coronavirus pandemic that is ravaging the world, there are early previous pandemic that have dealt with humanity with rapid spread and casualties that were so dangerous but, were all cushioned and curbed. In 430 BC, marked the outbreak of smallpox in the city of Athens, Greece which was caused by a virus called variola virus that spreads through skin contact and contact with bodily fluids as well as through the air. It killed about 30,000 human beings in the city of Athens and thereby reduced its population to 20%. While in 541 A.D was the plaque of Justinian that continued for 200 years intermittently and was able to kill 50 million humans in the Middle East, Asia and the Mediterranean basin. It was caused by a certain bacteria which was spread by rats that were infected by the fleas that were also infected and the disease was like the present Lassa fever in a way. Whereas from 1331 to 1353 was an epidemic called Black Death that killed about 75 million humans globally. This disease after 800 years resurfaced in Europe, Asia and down to the Mediterranean and Western Europe in 1348 which was able to kill about 20 to 30 million Europeans in six solid years. In addition, in 1334 there was the great plaque of London which began in China in the same year and cut across other parts of towns clearing everyone in the town, to the point that Florence and Italy lost greatly part of the people living in there out of the 90,000 residents in about six months while Europe lost 25 million humans. Moreover, in 1519 Hernando Cortes, a smallpox epidemic happened around Mexico which took the life of about 25 million humans in that year. Meanwhile smallpox epidemic killed almost eight million of the native people two years later. Furthermore, in 1633, residents from France, Great Britain and the Netherlands were accused of bringing the smallpox into Massachusetts in the United State of America. It killed about 20 million people of Native Americans. Another one happened in 1793 in Philadelphia (USA) which was the yellow fever epidemic which took the lives of 10% of the 45,000 people living there. Whereas the modern plaque started in 1860s and was able to kill over 12 million humans in China, India and Hong Kong, although a vaccine was developed for its cure. Boston noticed a smallpox epidemic in 1901 that got 1,500

people infected and about 270 deaths were reported. While in 1910 there was another plaque yet that claimed the lives of 60,000 people in the 20th century. Again, the great flu pandemic which occurred within 1918 to 1920 that claimed the lives of 30 and 50 million globally which 675,000 were Americans. It was tagged the Spanish flu despite the fact that it didn't come from there but, Spanish media was at free liberty to give steady reports on the flu spread. Interestingly, in 1952 the world experienced polio infection which affected about 60,000 children in America and over 3,000 children died prior to the discovery of the vaccine three years later to prevent communicable diseases from happening again. Also, in 1984 Human Immunodeficiency Virus or HIV that causes Acquired Immune Deficiency Syndrome (AIDS) took the lives of over 5,500 humans in America while globally, over 35 million people are living with HIV infection. Meanwhile, over 25 million people have lost their lives to AIDS. Again, in 2003, severe Acute Respiratory Syndrome (SARS) was noticed in China around November 2002 which in July 2003 over 8,000 cases were reported and 774 deaths recorded worldwide. Moreover, in 2009 there existed the world HINI flue pandemic which was seen to have killed 575,000 humans with 18,500 confirmed deaths. The HINI virus is a pig disease caused by the type "A" influenza virus. These were followed by Ebola virus and now coronavirus tagged covid-19 pandemic that is currently ravaging the world from first to the second phase (Chinaka Okoro, The Nation, March 26, 2020).

Moreover, on realizing that this particular coronavirus is dangerous based on the ways that different government decided to curb the disease, different countries and states respectively decided to embark on the awareness campaigns to sensitize the general masses on the danger on its contact. Different agencies and organizations joined in the public enlightenment on ways and means of preventing the transmission of the coronavirus disease by setting up new rules that guide people both in the market, transport operators, parks and other public places within the states in any country. In this regard and other means of prevention, both federal government and state governments in Nigeria have no option than to release funds to National Centre for Disease Control and others to fight the spread and ensure that it is limited. Equally, banks assisted also, starting from Access Bank that became the lead Bank of building four fully and well equipped 1000 – bed centres with the intention to ask Chinese experts to come and provide technical and training support for Nigerian medical practitioners, while companies like MTN suspended their charges and even gave hope by giving opportunities for free text messages to cushion problem of lockdown no movement to reach out to loved ones or business partners. FCMB seconded by guaranteeing hitch-free services in compliance to the pandemic rules and regulated guidelines (Omolola Afolabi, The Nation, March 26, 2020).

Also, more isolation centres were built in Internally Displaced People (IDP's) camps to curb the spread of the coronavirus disease. Equally provisions of items such as sanitizers to be used on hands after any contact with objects because handshakes were meant to be avoided (Mohammed Yakubu, The Nation, March 26, 2020). The Nigerian economy at that period became more fragile and vulnerable caused by the worldwide downturn which was due to the impact of coronavirus disease hence, Central Bank of Nigeria (CBN) brought out N50 billion covid-19 stimulus so that households can access some of the credit facilities provided by Banks after a verifiable evidence to prove that family or household has business activities that were grossly affected due to the covid-19 pandemic (Sanni Onogu, The Nation, March 26, 2020).

Furthermore, federal government approved 50% health workers allowance to motivate them in the highly risky job that they are rendering to patients and the related cases of coronavirus disease.

Equally, federal government noticed that the level of non-compliance with the lockdown was fueling the spread of Covid-19 in the various parts of Nigeria and instructed for stringent measures to ensure compliance by the masses to reduce exposures to infections. The lockdown started with two-weeks lockdown starting from 30th March, 2020 and later extended it in April 13th 2020, all were to reduce contact of the coronavirus disease through contact. Although, there were uneven distribution of items, palliatives, etc from one state to other states with their peculiarities (Juliana Taiwo Obalanye, Daily Sun, April 28, 2020).

Interestingly, Lagos was worst hit in Nigeria with 746 positive cases as well as Raymond Dokpesi who also tested positive to coronavirus. While Lagos (State) University Teaching Hospital (LUTH) delivered Covid-19 patient aged 40 a baby girl without any sort of complication by health officers that were dedicated to make the country proud (Doris Obinna, Daily Sun, April 28, 2020). However, Kano recorded the mysterious deaths that claimed the lives of 17 people which affected, Zage, Kano municipal, Tarauni, Gwale, Kurna, Dala, Chiromawa, Zango, Kofar Mata, Fagge, Kumbotso and many other local areas such as Bichi, Kunchi, Wudil, Gwarzo and Shanono. Within that period, Kano has about 77 cases of Covid-19. Although, it was envisaged that hunger and poverty may likely be the causes of these mysterious death, because a lot of people were hungry and the palliatives distributed were not enough (Dr. Tijjani Hussaini, Daily Sun, April 28, 2020). In this regard, in so many states, groups go about donating food items and some time, raw cash to indigent individuals to enable them survive the pandemic period which was so devastating to all.

In Lagos State for instance, members of the Electrical Dealers Association of Nigeria (EDAN) went ahead to donate bags of rice and raw cash to less privileged individuals who usually depend on the market for their survival, people like, truck pushers, food vendors, cleaners, etc who have seen hell and hunger in this pandemic misery (Peter Anosike, Daily Sun, April 28, 2020). This hunger and poverty situation necessitated federal government to start N20,000 cash transfer that was geared towards assisting the impoverished and the vulnerable people of Nigeria. This was done by allotting monthly stipends of N5,000 which the Minister of Humanitarian Affairs, Disaster Management and Social Development, Hajiya. Sadiya Farouq was able to disburse N20,000 to more than 190 beneficiaries in Kwali that represent four months stipends to the people (Daily Sun, April 28, 2020).

Again, the devastating state at which the pandemic kept Nigerians got to a point where many were subscribing to import the Madagascar prepared herb medicine that was claimed to have been efficacious and takes care of those infected by the coronavirus disease. This herbal drug was produced by institute of Applied Research as a herbal tea *Artemisia annua* happens to be the major ingredient. It is a plant with green leaf that produces an interesting smell called sweet wormwood which was meant for all Madagascar citizens to freely take and get healed within a week but much more better for prevention.

(Ayo Oyoze Baje, The Nation, May 4, 2020). So far as at May 4, 2020, Covid-19 cases in Nigeria was ranging 2,558 cases, out of which Nigeria recorded 87 deaths, 400 recovered, 2,071 were active cases while 170 were new cases (Tajudeen Adebajo and Mike Odiegwu, The Nation, May 4, 2020). In the same vein, Anambra were able to identify six herbal drugs believed to have power over Covid-19, this Dr. Onyekachukwu Ibezim talked about the six herbal drugs that one can use to be able to manage coronavirus disease. These herbal drugs were produced in different forms, some in capsule, while others are in powdered form and liquid forms as well. Gov. Obiano is highly interested in indigenous medicine and herbal practices that will produce herbs and drugs that can be of good use to Nigerians for the curativeness of any disease challenging them and their health (Emma Nnadozie, Anayo Okoli

and Peter Okutu, Vanguard July 1, 2020).

On the other hand, Covid-19 pandemic has caused increase in cyber security risks, hence Central Securities Clearing System (CSCS) Plc, is seriously advocating and sensitizing financing market participants on the increase rise in cybercrime. For this sake, a webinar was organized online also to enlighten people on the possibility of being defrauded by cybercriminals. The new pattern of working has made it possible for even those at the surbs making business to be more vulnerable to cybercriminals, although there are relevant measures to protect business people as to reduce the effects (Peter Egwuatu, Vanguard September 28, 2020). However, to cushion the harsh effects of Covid-19, palliatives were distributed and donations were made in several states in Nigeria. In Abia State, Cash donations as at September 28, 2020 totaling N71,150,000.00 was given, while, public sector support amounts to N772,876,000.00 was realized. These were meant to alleviate the sufferings of the people of Abia State (Aham Uko & Chris Ezem, The Nation, September 28, 2020). But surprisingly, Kogi State Refused to lockdown, rather, they closed their borders and the Gov., Yahaya Bello stood out that there was nothing like coronavirus in his State. He remained unshaken despite the panics all over and at the end there was no reported case there (Sharon Faliya Cham, The Nation, September 28, 2020).

COVID-19 Pandemic Lockdown and Its Impact on Development in Nigeria

There is set back in the development pace of Nigeria in all sectors caused by this Covid-19 pandemic lockdown inspite of all the assisted donations and palliatives that even could not get to so many people. Even Central Bank of Nigeria (CBN) disbursed some funds as an intervention funds to cushion the negative impact of coronavirus pandemic to the tune of N3.5 Trillion, including Real Sector Funds – (N216.87 billion); Covid-19 Targeted Credit Facility (TCF) (N73.69 billion); AGSMEIS (N54.66 billion); Pharmaceutical and Health Care Support Fund (N44.47 billion); and Creative Industry Financing Initiative (N2.93 billion) (Simeon Ebulu, The Nation, September 28, 2020). The economy of Nigeria was badly affected by the Covid-19 pandemic lockdown irrespective of the disbursed funds, donations and palliatives because all businesses and economic activities were all put to a hult across the country. Even the Kogi State that the governor refused to lockdown was equally affected because no state is an island to operate without the interaction and business transactions with other states and still remain comfortable. They were only revolving on what they already have without adding to economic growth in the state and the country at large.

Meanwhile, as Nigeria was battling with already identified cases, more new cases were recorded in federal capital territory and some states. 126 new cases were recorded which increased the number of Covid-19 cases to 58,324 confirmed cases in the country – Nigeria. The NCDC recorded 30 new cases in FCT, Lagos – 24; Rivers 23, Ogun – 13; Katsina and Plateau – 9 each; Ondo – 6, Kaduna and Kwara – 4 each; Imo – 2 while Bauchi and Edo had 1 each. However, out of the total of 58,324 cases of Covid-19, 49,794 affected patients were discharged, while 1,108 affected persons died (Martins, Ifijeh, Thisday 28, 2020).

Furthermore, this Covid-19 pandemic lockdown affected the informal economy comprising the Small Medium Scale Enterprises (SMEs) which are equally the micro-and small businesses in the informal sector. It encompasses so many activities such as agriculture and food production, mining, trade, transportation, accommodation, recreation services, etc worth about N40 trillion in Nigeria. Lagos State has about 5.5 million people in the informal sector. Research has proven that in 2016 this

informal economic sector made 41% contribution to Nigeria's national GDP which later rose to 65% in 2018 and it is envisaged to reach up to 70 – 80% between 2019 and 2020 GDP. These small, micro businesses that cannot work from their various homes have a multi-tiered problems that appear bleak presently because of the steps taken by government to curtail the spread of the coronavirus. These group of people earn their sustenance from their daily businesses and to that extent have faced harshed realities caused by Covid-19 pandemic. In this regard, Bill and Melinda Gates Foundation has revealed that Covid-19 pandemic has brought an increase hardships on those people on extreme poverty in Nigeria and some other seven countries by 7% as 37 million individuals were unable to escape from poverty and are living below absolute poverty benchmark of \$1.90 daily. To this extent, it has made South Africa and Nigeria to launch debt relief fund to help small scale businesses and \$136 million credit relief fund by CBN to support small businesses that were affected by Covid-19 pandemic respectively (Toyin Adeniji, Thisday 28, 2020).

Also, in a bit to ensure there is a reduction in the number of people affected by the coronavirus in Nigeria, the Presidential Taskforce on Covid-19 (PTF) did raise alarm on the reopening of the Nigerian economic activities that will surely attract business people from other countries to avoid Nigeria experiencing a surge in the number of coronavirus cases in the country. Ehanire maintained that the reopening of schools, economic activities and global flights may open doors for an increase in the disease because people will be coming in from some countries with high record of the coronavirus disease increase, due to high volume of traffic that may increase the number of positive cases of Covid-19. More also, Nigerians are scared to run test, meanwhile he noted that Nigeria has the capacity to run test for 3,500 individuals daily but that many people are afraid to go for the test. He went on to call for less indulgence to unnecessary journey and stop desisting from going to run test so as to be trusted by other countries on the information they are given concerning cases of Covid-19. In addition, that Nigerians should stop their nonchalant behaviours towards the reality of this dangerous Covid-19 pandemic in order to have a decline in the rate of affected and confirmed coronavirus cases in Nigeria (Sola Ogundipe & Gabriel Olawale, Vanguard October 09, 2020). In all these measures, people were suffering, starvation was on the increase, sicknesses were deteriorating people's health condition, death was on the high rate and the national economy keep dwindling. People were lockdown in their houses creating room for all kinds of domestic violence, robbery, and increased poverty in the country. In the light of this, the World Bank stated that Nigeria with other sub-saharan African countries will find it very difficult to recover from the impact of Covid-19 pandemic if they fail to carry out fiscal reforms that would enhance growth economically. According to the Bank, there will be an economic shrink by 3.3% by the end of 2020 whereas the entire continent will suffer much more of fiscal deficit to the tune of 3.5% (Nkiruka Nnorom, Vanguard, October 09, 2020). This shows the high level of negative economic impact this Covid-19 has deeply done on Nigeria's economy.

On the contrary, Nigerians realized the degree at which most Nigerians were hungry when angry youths discovered some warehouses across some states in Nigeria where palliatives were stocked and braked it open, looted all the food stuffs and other household items they were packed in there to their various houses for survival. Such invasion occurred at a warehouse in Mazamaza community in Lagos State that is located in Oriade Local Council Development Area (LCDA) where Covid-19 palliatives were stored, the looters entered and looted all the palliatives because almost all were very hungry because nothing to do to get money because of the lockdown. Though, the government of Lagos State condemned the vandalization act done by the tagged "hoodlums" but the masses were all in support because the palliatives were meant for the poor and not for government, therefore, it should not have been stored rather, be distributed to the needy (Gbenga Salau, Guardian October 23, 2020). Equally, it

was noted that Covid-19 drastically reduced the new – vehicle sales in Africa, the havoc wreaked by Covid-19 on the sales of new – vehicle in Africa which Nigeria is part of, was noted by the African Association of Automotive Manufacturers (AAAM), that from 1.16 million units sold as at 2019 with a forecast of 830,000 units to be sold this 2020 was totally wreaked by Covid-19 pandemic, resulting to 28 percent decline that is quite glaring. Although, that in 2019, new-vehicles sales in Africa was 1.3% of worldwide demand irrespective of Africa having 17.2% of global population. However, that there should be an implementation of effective automotive policy to drive increase in sales by AAAM because Africa has great potential (Benjamin Alade, Guardian, October 23, 2020).

Interestingly, currently there are no plans to close schools again or lockdown the country for the fear of the second wave. The Director General of the NCDC of Nigeria, Dr. Chikwe Ihekweazu has highlighted that appropriate measures and enlightenment are needed for Nigeria to sustain the gains and benefits achieved so far on curbing coronavirus disease in Nigeria. He maintained that, data has shown that Nigeria has cases between 100 to 200 outbreaks daily for the past two months as at November 23, 2020 with Lagos having one-third of those infected. It has been observed that currently, so many cases are in school age children and youths, no longer the elderly as earlier noted. This is implying that it is school-related and they are usually asymptomatic or very mild symptoms unlike in elderly people. However, he reiterated that this second wave can be evicted but, it will be determined by what and how we do things to prevent new cases entering Nigeria. Measures and steps have been taken to introduce antigen testing in the NYSC orientation camps, although people, members of the corps group are developing cold feet to avail themselves for the testing. These apathy may increase chances of getting infected, meaning that the infection rate that is low in Nigeria possibly because of the actions taken from the very beginning of the outbreak of the coronavirus disease, may be defeated by these nonchalant attitudes of most Nigerians, if care is not taken (Victor Otibgu, Chief Sub Editor & Chioma Obinna, Vanguard, November 23, 2020).

Suffice to say that Covid-19 pandemic negatively affected other sectors and spheres of life that equally yield to the development processes of Nigerian economy. On the side of the educational sector, it was absolutely grounded to the point that its impact to intellectuals was alarming. It had a whole lot of negative impact on academic institutions on both the academic staff and their various students of different categories. Research output was low in terms of article writing, reviews, seminar presentations and general academic activities were short down; that include conferences and workshops, lack of academic collaboration, less access to materials, even interest to write was feeble because, there was scarcity of money to fund it, etc. Also, it was not easy to carry out a research from home and more importantly, the lockdown affected income generation; physical health, mental health, social life and the rate of concentration.

Also, apart from the negative economic effect, the Covid-19 pandemic affected Nigeria socially because there was restriction of movement, ban on ceremonies, ban on church services and all kinds of merriments that will bring people together. It also, has its family challenges where there was no food in the house or that the food available was not enough for the family, some husbands were forced to go out to look for what to use in helping the family while some wives were indulging in night and early morning markets sometimes. In some cases the privileged ones take advantage of the women to have sex with them in exchange for either health treatment of any member of their family, house rent or food itself. Most widows joined the sex workers business to provide for their children. Some children engaged in robbery of food items because of adverse poverty that was ravaging them. Worthy of note,

many families had domestic violence caused by incessant demand of sex by the husbands from their wives, which some ended in divorce. It got to some extent that it resulted to women going on rampage against too much demand for sex from their husbands and pleaded for government to ease the lockdown. Politically, government was spending so much without getting returns to salvage the pandemic challenges as well as various institutions in Nigeria that were affected by the lockdown and as such, encountered huge losses in their various institutions across the country.

Whereas, the worst heat was the health sector where there are no adequate equipments and health workers were left to bear the risk associated with coronavirus diseases. Out of fear of contacting the virus, health workers were seen rejecting most cases of individuals suffering from other health illnesses and at the end, they die out of negligence. Prominent men and women died in that manner and some were tagged Covid- 19 cases, not properly finding out what killed the deceased. There was also the fear from grave vine, that most of the Covid-19 kits were already infected before its shipment into Nigeria, so health workers were confused about what to do. That situation helped to worsen the situation at the various hospitals, isolation centres etc. It was also believed that most people that were taken to the isolation centers were Covid-19 free, the very many were make up and make believe actions by those incharge. While some folks are saying that there was nothing like coronavirus in many parts of Nigeria as it was proven in Kogi State and to an extent in Imo State, although it appears that the government of Imo State succumbed to the hands of NCDC at the time, as the news spread with uncertainty.

Finally, Covid-19 is seen as a new kind of belief system that group of people are using to control, regulate and it seems to be a defrauding systemic pattern of making people belief and conform to taking a vaccine that a group of people appear to be using as an instrument of mass reduction of the world population, especially the Negroid race and at the same time, wastages of fund that would have been judiciously used to improve the quality of people's lives in the world.

Furthermore, sterilization and abortion are both for population control methods where people are meant to accept a mandatory vaccination to reduce the birth rate in less developed countries with over population. This is mostly carried out on women more than their male folks, which result to anesthesia – related challenges, internal body problem, disease infection and heavier menstrual period as the after math as well as lower back painful problem (Hartmann, 1995).

Interestingly, Western policy makers with U.S. as the lead country since 1960s have always have this line of thought that overpopulation has been the primary phenomenon that is responsible for the poverty and unstable nature of the less developed countries (Hartmann, 1995). These are the reasons the conspiracy theorists are of the vein that the west are creating these numerous viruses to curtail African population especially this coronavirus vaccine that they want to compel Africans to take as to reduce the African population the more as the coronavirus could not kill them that much. This is why the vaccine is meant to be given to Africans and to achieve this, they appear to have been influencing and corruptively bribing some African leaders as to have their way and achieve their set goal of drastic reduction of African population.

The U.N Secretary Kurt Waldheim in his apocalyptic note at the World Population Conference in Bucharest, gave a warning concerning the challenges of population that; “the problem posed by world population not only constitutes a danger, but the world's population is in danger” (Hartmann, 1995:108). Again, the world population plan of action assert that increase in population stand as the major problem constraining both social and economic advancement whereas the developing countries

sees it that the inequalities in the international businesses and interactions are the main problem that is hindering development thereby causing underdevelopment in the less developed countries (Hartmann, 1995). However, all these vices centred on population control, in a way, is to bring to materialization of the New International Economic Order (NIEO) which is why the United States government is vehemently committed to population control by various means. And all these equally is to protect U.S. strategic connection to developing countries natural resources with their targets on thirteen major countries for population control which includes Nigeria, Bangladesh, Brazil, etc by way of food aid, compulsory programmes and coercive measures in disguise but aimed at population control which is their main objective (Hartmann, 1995). In the 1980s AID, World Bank and other international organizations have been forcing developing countries to make policies on population control by regulating the number of children to have by a woman, not exceeding four and even men to be construed to one wife, all geared towards achieving a reduction in less developed countries population – population policy of 1989 (Hartmann, 1995).

There is a problem of wrong mentality, wrong belief system, wrong value system that have always been affecting Nigerian traditions and cultures of the various ethnic groups that have resulted to the success of the divide and rule system orchestrated all the time by the foreign influential powers. Thereby making it possible for them to easily penetrate into Nigerian politics, economy, health, social life and other sectors to infiltrate and achieve their various agenda against and detrimental to the people of Nigeria. This is possible because Nigerians lack confidence in themselves with the belief that their problems always can be solved by involving exogenous partners who are constantly plotting on how to exploit other nations to better theirs. Not until we develop that self-reliant mindset that we can internally solve our problems and challenges, there is doubt on Nigeria's radical change at their pace of development. It appears that this pandemic is a make belief virus disease in Nigeria because some of the cases appear not to be a Covid-19 virus related cases which by extension implied, that all may not be real cases of covid-19 virus related cases as proclaimed by health officials in Nigerian States. In this regard, the character of Nigerians, determines the character of the Nigerian State; dependent, corrupt, incompetent, lack of self-reliant initiative and many more unlisted; hence, we are where we are today in the global economic class or category.

Tips for Healthy Living and Surviving the Coronavirus Infection during the First Wave: There were several tips by government officials, NCDC officials, civil society groups, artists and so many organizations in Nigeria gongolled every now and then for people to be conscious of what was going on and possible ways of combating it as to survive the pandemic. Some of all those tips are highlighted as follows:

- Defensive method of restricted movement of people by staying at home, less contact with people and objects, banks, markets, offices, etc were shut down.
- Recommended practice of the respiratory etiquette in order not to allow droplets of saliva from the mouth, coughs and nose sneezes respectively.
- Constant testing to identify cases to battle with.
- Total lockdown as India with large population did and spatial lockdown as the case demands as practiced in Nigeria.
- Regular washing of hands with detergents and application of hand sanitizer after washing.

- Regular wearing of face masks and possibly hand gloves whenever one was ready to go outside.
- Avoidance of physical contacts through handshake greetings, clean and disinfect surfaces.
- Maintenance of 2 metres social distancing seriously.
- Prohibited (all) interstate travel, only opened for essential travels and services.
- Complete ban on all passenger flights and total restriction of religious church service gathering.
- Anybody with temperature of over 38⁰C will be subjected to National Centre for Disease Control in Nigeria.
- All returnees must be isolated for fourteen (14) days minimum to proof he/she was not an infected fellow.
- Ensured strict sanitary condition, adequate compliance both at home and within the environments.
- Nigerians were adviced to take enough vitamin C & D, exercise daily, mixture of lemon, onions, ginger, garlic, dogunyaros leave and water, well boiled together and keep on inhaling it, drink it and most often sip hot water to clear your throat.
- Drugs such as hydroxychloroquine sulfate 200mg, Azithromycin 500mg and other malaria drugs were advised to be taken, because the coronavirus symptoms were like that of malaria to some extent.
- Drugs like Paracetamol, B-complex were also recommended alongside intake of oranges, tangerines, mango, pineapple, breathing exercise and adequate sleep.
- There is equally artificial airways for treatment and prevention of coronavirus pandemic infection by the medical practitioners. The medical practitioners do use Nasopharyngeal airways to insert into the nose deeply up to the nasopharynx, almost at the root end of the tongue as to pave way for easy gas flow into the body system. At the same time, oropharyngeal airways are equally fixed to prevent the patient from biting the tube or any sort of dislodgement. And for emergency situations, the Esophageal airways in other words, esophageal obturator airway will be used for quick airway maintenance (McPherson & Spearman, 1990).

Conclusion

In conclusion, it is quite obvious that the Covid-19 pandemic has caused a whole lot of harm to the entire world and the people living in it. It appears this coronavirus pandemic affected the entire world worst than other viral influenza diseases that the world have previously experienced. The very worst of it all is that, it is not yet over because of the second wave that resurged in this year 2021 which is viewed to be more harsh than the first wave of 2020 that started in 2019. Coronavirus is seen to have taken our jobs, some lives – which nearly two million deaths were recorded, it stand as the greatest economic blow so far in the globe, it caused recession in all the five continents that resulted to economic cost of some trillion dollars, GDP of countries dropped drastically and shrank global economy so much, educationally, - Batch 2020 never graduated in so many schools in 2020 – mostly those in the Federal Universities due to double tragedy of Federal Government and Academic Staff Union of Universities (ASUU) loggerhead or disagreement in Nigeria precisely, series of shutdown, lockdown, quarantine and other coronavirus pandemic related constraints that grossly affected the development process in Nigeria, is better imagined than to experience.

Moreover, some of the most populated cities in Nigeria are facing an ugly experience on this second wave of coronavirus pandemic. States like Lagos State, Rivers State and other states in the North and the Western part of Nigeria are recording fresh cases of coronavirus infections. In this regard, there is need to recommend a way forward to curtail the rate of infection and spread of the virus in Nigeria and the world at large.

Recommendations

- It is recommended that people should endeavour to feed very well, more especially, fruits intake to help build body immunity as to be able to resist coronavirus infection.
- Wearing of face masks should be mandatory and defaulters should be made to pay reasonable fine that will pain them as to serve as a deterrent and encourage compliance. E.g. President Muhammadu Buhari's Executive order on compulsory need of wearing face mask in Nigeria, as he signs coronavirus disease (covid-19) health protection regulations 2021 on 26th January, 2021, prescribing six months jail term for flouters of covid-19 protocols.
- Washing of hands regularly with detergent must be adhered to and be made as a routine practice of cleanliness to be able to avert the contact of coronavirus.
- Avoidance of handshake should be encouraged and the Arewa pattern of greeting be emulated by raising a folded palm as a sign of pleasant greetings.
- Compliance to the maintenance of social distancing of two meters be made compulsory.
- Movements of people should be restricted, less contact and stay indoors most often and indulge in e-mobile business of buying and selling as well as make calls to discuss issues rather than visitations.
- Disinfect your environments from time to time to guarantee proper sanitary condition, good for healthy living and quality life.
- Isolation of anybody with temperature that is above 38⁰C or contact the NCDC immediately for prompt actions.
- People are advised to exercise regularly and bath hot water regularly too, as well as sipping hot water at intervals.
- Malaria related drugs should be encouraged to be taken when once one notices any symptom of fever and headache.

Ginger, garlic, lemon, dogunyaros leave, orange, and vitamin C should be consumed by all, directly raw or used as spices for food preparations to hinder being infected by this dreaded coronavirus disease.

References

1. Africacdc.org>covid-19 (Coronavirus Disease 2019 (Covid-19) – Africa CDC (2020).
2. Amara, T.C. and Amaechi, A.E. (2010). Manuel of Research Methodology and theses Writing.
3. Aba: Ker Experts Books.
4. Blackburn, S. (2005). Oxford Dictionary of Philosophy. Oxford: Oxford University Press.
Botamley, J. (1993). Dictionary of Theories. Detroit: Gale Research International.

5. Chaturvedi, A.K. (2006). Dictionary of Political Science. New Delhi: Academic (India) Publishers.
6. En.m.wikipedia.org (Lockdown) (2020).
7. Frankfort – Nachmias, C. and Nachmias, D. (2009). Research Methods in the Social Sciences.
8. Fifth Edition. London: Hodder Education.
9. Hartmann, B. (1995). Revised Reproduction Rights and Wrongs. The Global Politics of Population Control. Boston: South End Press.
10. Hearst, B. (1980). Good Housekeeping Family Health & Medical Guide. New York: Reference International Publishers.
11. Igwe, O. (2002). Politics and Globe Dictionary. Enugu: Jamoe Enterprise (Nigeria).
12. Lucas, A.O. & Gilles, H.M. (2003). Short Textbook of Public Health Medicine for the Tropics.
13. Revised Fourth Edition. London: Hodder Arnold Education.
14. McPherson, S.P. & Spearman, C.B. (1980). Respiratory Therapy Equipment. Fourth Edition.
15. St. Louis: The C.V. Mosby Company.
16. Merriam – Webster (2020).
17. Ntete-Nna, N.J. (2004). Contemporary Political Analysis. An Introduction. Owerri: Springfield Publishers.
18. Osemwota, O., Okhakhu, M.A. and Tonwe, D.A. (2007). Research and Statistical Methods in Social Sciences, Humanities and Education. Lagos: Amfitop Book Company.
19. Petersdorf, R.G.; Adams, R.D.; Braunwald, E.; Isselbacher, K.J.; Martin, J.B. and Wilson, J.D. (1983). Harrison's Principles of Internal Medicine, 10th Edition. New York: McGraw – Hill Book Company.
20. Werner, D. (1993). Where there is no Doctor. A Village Healthcare Handbook for Africa.
21. London: MacMillan Education. www.merriam-webster.com>lockdown (1828)