

- **Name: Okon Israel**

Institution: University of Lagos (UNILAG)

Course of study: Architecture

Level: 200

- **The Corona virus (Covid-19)**

Corona virus disease (COVID-19) is an infectious disease caused by a newly discovered corona virus.

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.

- **Common symptoms include:**

fever

tiredness

dry cough.

Other symptoms include:

shortness of breath

aches and pains

sore throat

and very few people will report diarrhoea, nausea or a runny nose.

- **How it spreads**

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).



At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments.

- **Preventions:**

The best way to prevent and slow down transmission is to 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.

To prevent infection and to slow transmission of COVID-19, do the following:

1. Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
2. Maintain at least 1 metre distance between you and people coughing or sneezing.
3. Avoid touching your face.
4. Cover your mouth and nose when coughing or sneezing.
5. Stay home if you feel unwell.
6. Refrain from smoking and other activities that weaken the lungs.
7. Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

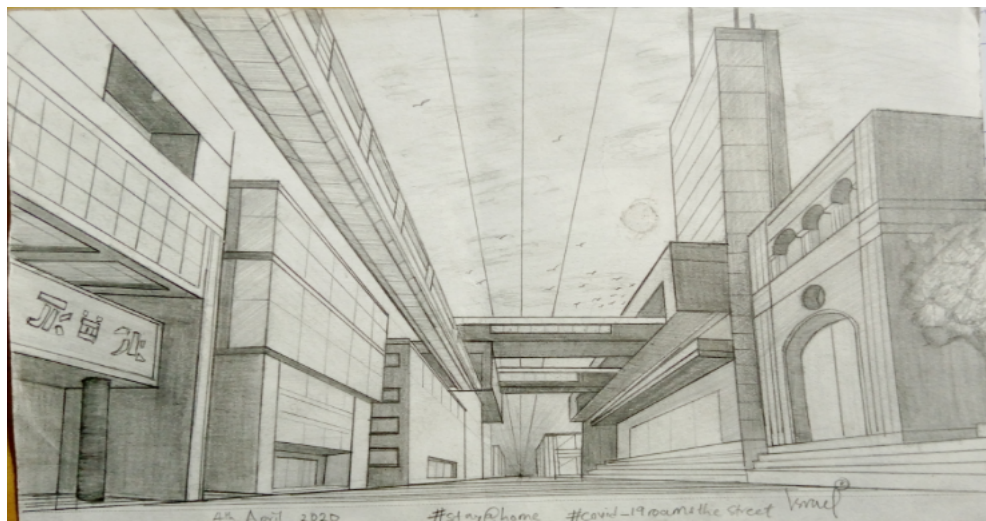
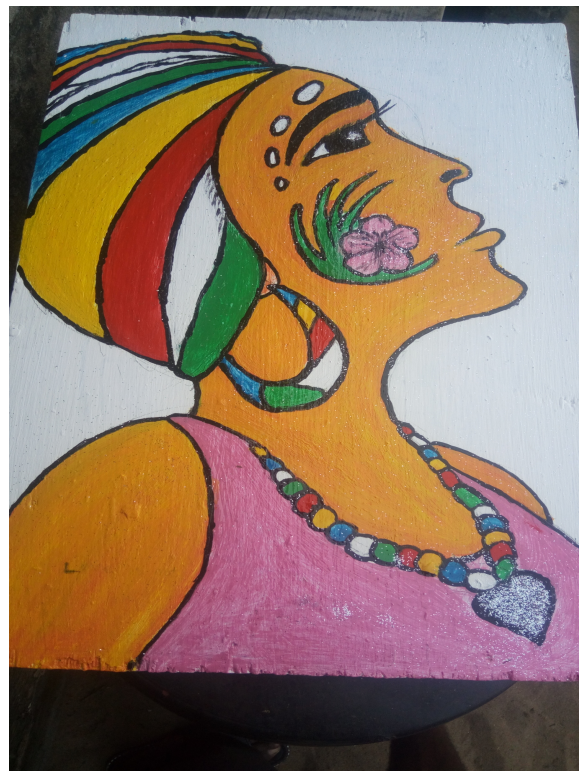
Coping with the pandemic:

Well since the lockdown following the global outbreak of the corona virus, it hasn't been easy for anyone in the country due to poor government planning. Students have all been sent home as an order from the federal government. This definitely not only have an effect on our education as the time we were meant to be in schools learning are being spent at home doing little or

nothing. By now, we would have started our semester exams and would have prepared our final projects for jury. My fears now is what will happen if the stay at home prolongs.

It has been very boring and challenging at the same time. Even feeding has been challenging due to the fact that most markets are not open except essentials market, even the traders and customers barely go out to trade for lack of buses or cars to commute and for fear of hooligans and hungry area boys (thugs) who have sized the opportunity to perpetrate evil such as robbery.

To ease myself of some worries, I spend time making art as well as reading my school materials. Even though the government may not have the love and interest of the citizens in mind, at least for the fact that we are still breathing, then there is hope!



My view of life:

I've realized that we can only dream or attain greatness when there is good health, peace and chance. Most times, we don't know how much of God's loving grace we enjoy being in good health and living a peaceful life, unless something force us to realize. The saying that "**health is wealth**" now have a deeper interpretation to me.

Nigeria being the giant of Africa have to realize that if we fail to build our respective sectors such as the health sector for example, we will be the ones to suffer in the long run. Our government were fond of going overseas for medical checkup and treatment and embezzled the allotted funds for the development of our health sector. The unavailability of proper medical equipment and gadgets coupled with the wide range of brain-drain of doctors have cripple Nigeria in this kind of situation has the medical practitioners are not well equipped to combat the viral global spread of the virus.

This have also raise various concerns like;

- How safe is Nigeria when even the developed nations and world power are in awe of the virus?
- How best can I protect myself and love ones and still be able to live a normal life even in this panicking moment?
- If the worst surmounts which we don't pray for, how will it affect me?
- How best can I manage resources now since the government have no igenda for the masses?

Lastly, I've come to learn that:

- Life is sweet when there is health. Only a healthy human have dreams to achieve and is only possible in a peaceful environment.
- If we fail to build our world around us, we will be the ones to suffer.
- Reaching out to the needy and less privileged in trying times like this is true love.
- Disease, not just war is a major hindrance to economic growth.
- We all need to realize that God is still alive and still in control.