

The Humanities and Covid-19: History, Politics and the Burden of Coronavirus Pandemic in Nigeria

Atubi Oghenakpobor Williams

Department of History,

College of Education, Warri.

08035225319. atubiwilliams19@gmail.com

Abstract

The paper examines prevailing manifestations of the coronavirus pandemic in Nigeria. The article explains that exploration of historical experiences will help African States, of which Nigeria is an integral part, to master the past, present and the future as a means of handling the problems of COVID-19 Pandemic. The paper throws some light on the meaning, nature types, causes and spread of coronavirus. The essay highlights some of the challenges, effects and the measures to control the deadly diseases. For instance, weak health system as evidenced by an insufficient number of health workforce, poor infrastructures, inadequacy of drugs and equipment are issues of great concern that are experienced in this period of ravaging coronavirus pandemic. The study also demonstrates that historical analysis of COVID 19 underscores some level of politicking with the disease. Conspiracy theory was used to explain the COVID-19 pandemic and its significance to the work. The methodology deployed in the study is analytical, relying principally , on observation, interviews and other historical sources on private and public libraries in Nigeria. Finally, the study establishes that history occupies a significant space in the management and control of a pandemic condition like coronavirus and recommends that the federal government should intensify efforts on the prevention and control COVID-19 by adhering to the tenets of history.

Keywords: COVID-19 Pandemic, Conspiracy theory, Medical history, Medical humanities

Introduction

Though the depressing realities of the Covid-19 pandemic are commonly felt in Nigeria, one may not understand it without a historical knowledge. A reconnection with historical accounts will enable the society to master the present and determine a better future for the people of the world and Nigerians in particular. This is given the fact that the ravaging effects of the coronavirus disease are felt globally, and Nigeria constitutes an integral part in the global space. With a proper comprehension of the nebulous past and the challenging present, one will learn from history and try to avoid mistakes and proffer remedial measures that will put an end to the problem posed by the Covid -19 pandemic in Nigeria and the world.

The World has witnessed many epidemics which include, among others, the Spanish Flu of 1918, the HIV/AIDS of 1920, Severe Acute Respiratory Syndrome(SARS) of 2003, Middle East Respiratory Syndrome (MERS) of 2012, the Small Pox of 1975, Polio of 1975 and Ebola of 1976 (Anderson,2020).The knowledge of the past will help the world leaders to find solutions to these challenges triggered by pandemic health conditions like coronavirus. According to Barractough Geoffery (2000:67), history is “an attempt to discover, based on fragmentary evidence, the significant things of the past”. As evident in the definition above, history relies on accurate and factual sources of information of the past and the present to guide us in the future. In relation to this study on Humanities and Covid-19: history, politics and the burden of coronavirus pandemic in Nigeria, the study of the past and the present is imperative for handling the problem of Covid-9 pandemic in Nigeria and world in general.

Since coronavirus disease is the focus of this study, it is pertinent to give brief historical survey of the virus, its mutation and spread. The coronavirus disease also known as Covid-19 is an on-going pandemic that brought the world to its knees. Giving its ravaging effects, the World Health Organization declared it as an outbreak. The origin of coronavirus (Covid-19) was traced to China— the very first case of coronavirus was recorded in Wuhan City of China in December, 2019. In a short time, this contagious disease spread throughout China, and later, to the rest part of the globe. Hence on January 30, 2020, World Health Organization (WHO) declared Covid-19 outbreak as Public Health Emergency of International Concern (PHEIC) (WHO) 2020, which sooner or later became a global pandemic (World Bank, 2020). The infection was so contagious that it spread every single day and the healthcare professionals and healthcare bodies struggled hard to safeguard every infected country. The most affected countries in the world were as follows: USA, India, Brazil, Russia, Italy and United Kingdom (NCDC, 2020). However, the physiognomic of the coronavirus are not well known, one may draw from its behaviour based on statistics report like higher rate of spread- susceptibility of people with low immunity, susceptibility of aged people, especially those with terminal illnesses and other health conditions like diabetes. It has been revealed that coronavirus is spread from human to human through direct contact or by droplets (Makoni, 2020).

Historical Survey of the Nature, Types and Spread of Coronavirus

Marion Koopman (2020), a virologist at the Erasmus University Medical Central in Rotterdam, noted that there are hundreds of strains of coronavirus but only seven of them are known to affect people. Four human coronavirus only cause mild cold symptoms. Three other coronaviruses pose more serious risks. All the seven types of human coronaviruses cause upper respiratory infections. (Chen, 2019) The seven coronaviruses that affect human beings can be categorized into two groups: common human coronaviruses; there are four common human coronaviruses. It has been proven that those who contract these viruses are able to recover on their own most of the time (Winter, 2020).

Over time, these viruses evolved and were eventually transmitted to human body, thereby leading to serious problems to human health. SARS-COV causes severe acute Respiratory Syndrome (SARS). According to the World Health Organization (WHO), the first human cases appeared in Southern China in November 2002 (World Bank, 2020). SARS-COV may have originated from bats and were transmitted to other animals before infecting humans. From the medical record 2002-2003 epidemic, more than 8000 people in 26 countries around the world contacted SARS. There were 774 reported deaths (Ojoma, 2021).

The outbreak was contained in mid-2003 with the implementation of infection control practices such as isolation and quarantine, since then a handful of cases have occurred due to laboratory accidents. The recent outbreak of coronavirus began in Wuhan, a City in the Hubei Province of China. Reports of the first Covid-19 cases started in December, 2019. Coronaviruses are common in certain species of animals such as cattles and camels. Pengolis Andrew, a vilogist, who did a research on the origin of covid 19-pandemic said that the transmission of coronaviruses from animals to human are rare, this new strain came from bats (*Daily Trust, 2019*).

However, it remains unclear exactly how the virus first spread to humans. Some reports traced the earliest cases back to seafood and animal markets in Wuhan. When people with Covid-19 breathe out or cough, they expel tiny droplets that contain the virus (Liu, 2020). These droplets can enter the mouth or nose of

someone. The most common way that this illness spreads is through contact with people who have the infection. Close contact is within 6 feet (Omeiza, 2019). The disease is most contagious when the person's symptoms are at their peak. However, it is possible for someone without symptoms to spread the virus. A new study suggests that 10% of infections are from people exhibiting no symptoms.

Droplets containing the virus can also land on nearby surface or objects. Other people can pick up the virus by touching these surfaces or objects. Infection is likely to be contacted if the person after touching the contacted surfaces or object then touch his/her nose, eye or mouth. It is important to note that Covid-19 is new and researches are still being conducted. There may be other ways that the new coronavirus can spread.

Politics of Covid-19 Pandemic in Nigeria

There have been many theories conducted on Covid-19 pandemic and its spread. One of these theories is discussed below:

Conspiracy Theory

Conspiracy theory occurs when there is widespread anxiety or uncertainty during wars and economic depression and aftermath of natural disasters. The occurrence of Covid 19 pandemic caused widespread anxiety, uncertainty, hardship and pains to the entire world. It was on the basis of Covid-19 pandemic that Conspiracy theory was used in this work.

Politics get into Nigeria's Covid 19 pandemic since the success or failures of its control measures often hinges on state governments taking the lead. Ihekweazu Chukwu (2020) Director General of the Nigeria Centre for Disease Control asserted that:

Most governments are....proactive and are investing state resources in the covid 19 pandemic. In some states in Nigerian federation, it is difficult to get true picture of the pandemic particularly Southern Nigeria (Ihekweazu, 2020: 45).

In Southern Nigeria, River States was one of those states without confirmed cases of Covid-19 despite the state chapter of the Nigerian Medical Association sounding the alarm in June about increasing reports of people with Covid-19 pandemic.

Nigerian Centre for Disease and Control has been working hard to ramp up testing capabilities across the country since the start of the pandemic. It has been able to control who is tested or what happens to the sample. The Nigerian Medical Association is now threatening the Cross River State and Kogi State Commissioners for Health for refusing to accept the Covid-19 pandemic with lawsuit for allegedly obstructing Covid-19 testing and control measures. The Covid-19 pandemic has become political in the minds of many Nigerians. In some states in Nigeria they claimed to have COVID-19 such states as Lagos, Kano and Ibadan etc. On the other hand, some states refused to accept it such as Cross River and Kogi states as mentioned above. It has become rivalry or personal pride that leads governors downplay the caseload of Covid-19 in their states said Oyewole Tomori, a Nigerian Virologist and World Health Organization adviser said "On the part of federal government, they wanted uniform statement from all the thirty-six state governors" (Oyewole, 2020). It was not a good development since there are contradictions among them.

To alleviate the effects of the lockdown, the federal government of Nigeria rolled out palliative measures for targeted groups. However, lamentations have trailed the distribution of government palliatives by the masses. Citizens alleged that the process of distribution had been politicized. Politicians have hijacked

the distribution of palliatives and have given to their party faithful instead of the targeted group of the people. Finally, the virus becomes a great, lasting business to politicians. Public health experts say that the deep inequality of Nigeria's health system, high levels of informal economics activities and corruption have contributed to a massive loss of life. Corruption has long been an issue in the public sector in Nigeria 36 out of 100 on Transparency International's 2019 corruption perception index. This environment can prevent people from receiving government payment meant to offset economic losses caused by Covid-19, lockdown “Cash didn't arrive to the ones in need because high corruption at the municipality level.

Nigeria posted 98 new Covid-19 cases on Saturday 12, 2020 with Lagos topping the grim chart with 94 on latest update released by the Nigerians Centre for disease and control (NCDC). Apart from NCDC and World Health Organization, there are other related agencies of government doing the similar things. Everybody wants its office to be relevant as far the issue of covid-19 is concerned. The state that do not have covid-19 are claiming their states have covid-19 order to get attention of the federal government for financial benefits.(*The Punch Newspaper, 2021*). On the other hand, those who said their state did not have are being regarded as enemy of state. Many Nigerians initially considered the pandemic a hoax, while others see it as a rich man's disease while other see it as another conspiracy by politicians, Nigerian Centre for Disease and Control (NCDC) and other related agencies to loot the treasury (*The Punch Newspapers.2020*). The Nigerians populations have been neglected for decades because the political class faced an uphill battle in building trust with their citizens.

Significant of the Conspiracy Theory: Conspiracy theory is that while Covid-19 spreads aggressively and rapidly across the globe, many societies have also witnessed the spread of other viral phenomena like misinformation, conspiracy theories and general mass suspicious about what is really going on. This study investigated how exposure to and trust in information sources, and anxiety and depression are associated with conspiracy and misinformation beliefs in the world. Some of the most prevailing narratives are the ones claiming that the virus is caused by 5G Cellular technology or that Bill Gates uses the Virus to enslave humanity by enforcing a globe vaccination and surveillance program (Lai, 2020).

Even though most of these stories were quickly debunked and proven untrue the pervasiveness of misinformation and conspiracy theories on social media in the new cycle has led Director-General of the World Health Organization (WHO) warn that “We're not just fighting an epidemics, we're fighting an infodemics. Fake news spreads faster and more easily than this virus, and is just as dangerous” (WHO, 2020).

Methodology

Method of data collection was analytical, relying principally on observation and interviewing of victims. Secondary sources were also used in writing these articles such as books related to coronavirus, newspaper articles, internet materials, journals, magazines and research publications by research institutes were equally consulted.

On the path of literature review, the digital media ecosystem with its socially networked architecture trolls, and automated bot rather than traditional news media has been considered hot bed for mis and disinformation, such as conspiracy theories. In line with this literature, I expect that exposure to digitalmedia will be associated with greater conspiracy and misinformation beliefs. Exposure to traditional media, which regularly undertakes efforts to be debunk conspiracy theories and misinformation is expected to be associated with lower conspiracy and misinformation beliefs (Hollander, 2017).

Covid-19: The Nigerian Experience

Coronavirus came into Nigeria through an infected Italian national who came with a Nigerian citizen that was subsequently infected with the coronavirus. The coronavirus then spread to other citizens in Lagos and to other parts of the country. It started in Lagos on the 17th March, 2020 but later increased to 131 confirmed cases including Abuja, Bauchi and Enugu as at April, 2020 according to Nigerian Centre for Disease Control (NCDC, 2020). Subsequently, the disease spread to 36 states of Nigeria including the FCT, Abuja. As at the time of writing this article, total confirmed cases stand at 165,110 with 155,101 discharged and 2,063 death (NCDC, 2020).

New Normal

The term new normal first appeared during the 2008 financial crisis to refer to the dramatic economic and cultural changes that caused precariousness and social unrest, impacting collective perceptions and individual lifestyles (Ojoma, 2019). The coronavirus pandemic has drastically changed the way people live, act, and work. For the first time in history, Nigerians were seen witnessing such sweeping changes. Besides changing social and work ethics, measures taken to contain the virus have also reshaped greetings and the rules of everyday etiquette (Ishaka, 2020). This is the unusual or new normal situation that is happening in the world as it affects Nigeria. It is happening in every aspect of life. Rules of communication and greeting have remodeled in personal, social life, and the business world. The pandemic brought about a significant change in living from greetings to handshaking, table and seating arrangements, entertainment culture, artistic activities, and most importantly professional behavior codes in the business world.

Challenges of Covid -19 Pandemic in Nigeria

The occurrence of Covid-19 in Nigeria has caused serious threat to life and the economy of the country. The Covid-19 pandemic has caused series deaths, emotional and psychological burden, loss of hope and unnecessary fear to human existence. The lockdown brought by the Covid-19 pandemic is indeed created some level of economy hardship to Nigerians. The rate of the COVID-19 spread is associated with lack of public awareness among travelers, poor hygienic and social distancing practices. The Nigerian Center for Disease Control (NCDC) which is responsible for detecting and controlling infectious diseases in Nigeria created a rather inadequate public awareness for COVID -19 prior to 27th February, 2020 which was the date COVID-19 was first confirmed in Nigeria and the first reported case in Sub- Saharan Africa (NCDC, 2020). After the confirmation of the first COVID-19 case, the NCDC released a set of recommendations and proceeded with the acquisition of medical equipment for the purpose of tracing individuals that had contacts with these travelers. Public awareness was poor; ignorance and denial of the pandemic seemed apparent in Nigeria. Compliance with lockdown orders and other guidelines seemed suboptimal as seen by the attendance of mass gatherings and youths organizing football tournament.

With the view of curtailing the spread of the COVID-19 disease in the country, those who were suspect of the disease were requested to self- isolate and contact the NCDC for check-up and necessary treatment. The NCDC will observe these people for Covid-19 symptoms, collect and ship samples to diagnostic laboratories. Unfortunately, most travelers and migrants returning to Nigeria from overseas (as well as other Africa countries) refused to be screened, and provided wrong information about themselves, making it difficult for NCDC to trace them and those that had made contact with them. It is possible that most of these travelers were a symptomatic carrier of COVID-19, the virus that causes Covid-

19(Ifijeh,2020). As a result of this development, the NCDC is not able to account for travelers and migrants to Nigeria that posed a serious risk to the public health of the Nigerian population. It is a serious challenge to the control of the Covid-19 pandemic in Nigeria and other African countries.

Problems of Surveillance, Diagnosis and Treatment of COVID-19 in Nigeria

Since COVID-19 can be carried by a significant number of asymptomatic (members of the population Surveillance of Covid-19, using mass testing is recommended as part of the measures to control the spread of the disease. The use of real time polymerase chain reaction (RT-PCR) result (using throat swab or other specimens) is the gold standard for diagnosing COVID-19 (Kalu, 2019). However, Nigeria does not currently have adequate facilities for testing its huge population for Covid-19. Worse still, many countries in Sub-Saharan that recorded their case much later than Nigeria, even with a much smaller population and per capital gross domestic product (GDP) such as Kenya, Gabon and Uganda and so on, have tested more people than Nigeria at the time in question. As at 4th February, 2020 Nigeria has already developed the ability to conduct Covid-19 sample testing by itself. At present there are only nine centres for testing and there is shortage of necessary materials (such as test reagents, kits, primers, and so on), coupled with the delay in the delivery of test results. The inadequacy of Covid-19 test materials in Nigeria will potentially cause preferential treatment and bias against majority of Nigerians from receiving adequate attention regarding the testing and treatment of Covid-19 (Marlot, 2020).

The situation is not helped by the high potential of false negative rate of diagnostic of Covid-19 that is already being documented. Early symptoms of Covid-19 such fever, myalgia and fatigue might be confused with malaria and lead to challenges in early clinical diagnosis. Furthermore, if a diagnosis is made solely on the basis of fever symptoms, the delay in laboratory testing may put a false-positive individual in isolation with Covid-19 patients. Controlling the spread of the disease, or the Covid-19 pandemic, is a major challenge.

There is currently no vaccine against COVID-19, but research and clinical trials are on-going including an investigation or potential of using convalescent antibodies to COVID-19 patients (Ozili, 2020). An appropriate vaccine for COVID-19 is not expected to be available soon, given that COVID-19 is a new disease. Furthermore, there should be no rush to use a vaccine that has not been subjected to adequate clinical testing. Being a new disease, COVID-19 may continue to spread until most people get infected and hard immunity is developed (Worldmeter, 2020).

There are currently no therapeutic products shown to be safe and effective for the treatment of Covid-19. However, a number of medicines have been suggested as potential investigational therapies, many of which are now being or will soon be studied in clinical trials including the SOLIDARITY trial co-sponsored by WHO and other participating countries. Many drugs comprising mainly anti-malarial, antiviral and antibiotics agents are used in treating COVID-19 worldwide, although, there is no valid proof of the efficiency of these drugs (Youde, 2020). These are obstacles to resolving the COVID-19 pandemic dilemma.

Problem of Response to Covid-19 Containment Plan

On the 30th March, 2020, the regulation of Covid-19 in Nigeria took effect, putting three of the 36 states (Abuja, Lagos and Ogun) in the country that were deemed the epicenters of Covid-19 on lockdown (*The Guardian*, 2019).

However, this was not a total lockdown, since some workers are allowed free movement for at least 14

days, in addition to the exemption granted to essential workers. The rationale behind the 14 days lockdown was the WHO protocol outline that patients would become symptomatic within 14 days if infected. However, we know that it has been documented that the incubation period of Covid-19 could be as long as 24 days. Another issue with this strategy was that many people in contact with asymptomatic carriers could have contracted Covid-19 by the conclusion of the 14-day lockdown enforced on only three Nigerian states.

The majority of workers who were excused from the lockdown drove to their offices in company vehicles, disregarding the social distancing guideline. This posed a risk of spreading the disease. Since a gathering (MG) of any form, including transport as exemplified in the Diamond Princess Cruise Ship) facilitates the spread of Covid-19.

Facilities were built in different states and some existing ones were turned into isolation centers for Covid-19 patients. However, the majority of these facilities lack basic amenities such as appropriate water supply, ventilators, and air circulation systems, which are vital in the management of Covid-19, particularly in critically ill patients. In Lagos for instance, the Mobolaji Olufensho Johnson Stadium in Onikan was transformed into a 101 bed isolation center for patients of COVID-19 (Claton, 2019).

Some states in Nigeria also closed their land borders to prevent inter-state movement while allowing intra-state transportation. They also prevented gathering in public places like markets, schools, religious centers and social clubs, in order to reduce human interactions and enhance social distancing. These measures to contain the disease notwithstanding have not been without problem. For example, in Rivers State, the Police arrested and prosecuted two pilots of Caverton Helicopters for transporting 220 passengers to the state capital (Port Harcourt) without approval. Similarly, pastors in many parts of Nigeria, have been arrested or warned for holding church services. The attitude of some Nigerians made it difficult for effective control of the COVID-19 pandemic.

Problem of Religion, Border Control and National Approach

In some states, a total lockdown has been imposed, while in others, the delivery of relief goods (including hand hygiene reagents and masks) by government agencies and non-governmental organizations (NGOs) has resulted in mass gathering (MG), which could facilitate the spread of COVID-19 (Jorda, 2020). It is also important to emphasize that Nigeria is a deeply religious country and politicians often use religion as a tool to govern. For instance, Akwa Ibom, Rivers and Katsina States in Nigeria approved mass gathering (MG) for religious activities on Easter weekend and did not consider the transmissibility of COVID-19 when a large crowd gathered for one church service. Before the Easter celebrations, River State Governor Nyesom Wike issued the following statement:

In the spirit of Easter after a careful review of the state of COVID-19 situation in our State, we have decided to permanently relax the restriction on large religious gathering as follows: On Friday 10th April, 2020- all Muslims faithful should observe Jumaa prayers in their mosques or prayer grounds throughout the State and pray for the peace, forgiveness and the blessing of Allah upon the State. On the 12th April, 2020- all Christians should have Easter Church services with their full congregation and pray to God for forgiveness of sins, continue to intervene in our affairs and protect the state and our people from the Coronavirus (*The Nation Newspaper, 2020*).

Religious sentiments by leaders such as those highlighted above can affect the lockdown. In Southern

Nigeria, border control measures are tightly in place, however, in Northern Nigeria, it is challenging to restrict movement across the border. The governors of Northern States raised concerns that enforcing cross border movement remains a challenge, as some of the Covid-19 cases recorded in their states were imported from other States, despite the closure of borders by their respective governments. These governors further regretted that so far, no State in the region has received Federal allocation for the provision of palliative measures during the lockdown (*Vanguard Newspapers, 2020*). Worse still, the testing centers in the Northern Nigeria are low compared to the population.

Even though Nigeria has a federal constitution, with States and Local Governments sharing equal power as federating units, efforts by the Federal government to operate a national control center for COVID 19 have mostly been hampered by States issuing directives which contradict those of the federal government. For example, the Kwara State government approved that markets can open for trade on Mondays, Wednesdays and Fridays during the total lockdown (*The Guardian Newspaper, 2020*). Markets in Nigeria are characterized by large crowds of people, making social distancing difficult. The lack of a national approach to the lockdown and the indiscriminate suspension and renewal of lockdown on various States in Nigeria impel the control of Covid-19.

Effects of Covid-19 Pandemic

COVID -19 is the deadly virus that has nearly locked down the entire universe. It has claimed several millions of lives worldwide. Presently, no known cure for the virus had been developed. Africa is one of the continents affected and Nigeria, being the largest country in Africa, the coronavirus pandemic ravages its economy.

Enforcement of Safety Measures

To curb the further spread of the virus, the Federal Government of Nigeria and each States government directed the simple use of face mask, hand washing and sanitizers and social distancing. It is unfortunate that those (security agents and task force on COVID-19, who are supposed to enforce the measures did not because of their highhandedness in the enforcement of lockdown order.

The effect of COVID-19 on educational sector is also devastating because students at all levels have lost almost 4 months of learning activities. The solace is that after two months of non-educational activities, few private institutions and other organizations have resorted to the use of e-learning, virtual conferences, workshops, and seminars. Due to the pandemic, most of these were postponed indefinitely. Few institutions saw the need to use virtual methods for their programmes. The use of conferencing and webinar were made use of but the disadvantages of these are many: Nigerians are not conversant with the use of these types of virtual learning methods. The pandemic has compelled the academia and researchers to find the solace in presenting their international and national papers in conference and lectures to the students. By and large, there are disadvantages with regards to e-learning in Nigeria. For example, the electricity in Nigeria is epileptic and the cost of providing alternatives is high. It is costly to run petrol and solar- powered generators, not many houses can afford it. The cost of data for the internet is high too- not all places will have an access to the internet or fast internet services over 70% of our students do not have access to laptops and computers.

On religious matter, its activities throughout the nation were affected. Most religious centers turned “ghost centers”. The government, both State and Federal, made announcements during the lockdown that no religious activities or gathering above twenty members are allowed and each gathering must

comply with the use of nose mask, washing of hands with soap and water, and the use of hand sanitizer. Some churches and mosques complied, but those that went against the rule were sanctioned, arrested, and duly punished by the task force set to monitor religious activities. There was a case in Ondo State during a church service, the pastor of the church and four members were arrested for violating the COVID-19 regulations (Oluwafemi,2020). While the restriction order was still in effect in Sokoto State, three Imams of a weekly Friday Mosque went ahead and encouraged congregants to convene for the Friday service; as a result, they were detained and sanctioned (Ahmed, 2021). The development that took place during the intensive period of COVID-19 in Nigeria resulted to abnormal or new normal situation. It is new –normal because the country has not experienced this type of deplorable situation since its existence as a nation.

The most noticeable experienced in churches was that members refused to attend services for the fear of getting infected. For example, Kaduna State, Governor El- Rufai placed major restriction on markets and places of worship. The residents were banned from conducting the weekly Friday prayers as well as Sundays Church services (Ahmed 2020). In furtherance of religious activities during the COVID-19 pandemic, many churches resorted to live streaming of the normal church services on the cable T.V.

Due to the lockdown in the states, there were drastic reductions in public and social gatherings. The affected activities were wedding, burial ceremonies, night clubbing, workshops and conferences. According to Umutor Okpako (2021:34), the customary viewing of live sporting events on television vanished from the screen (*The Vanguard Newspapers, 2021*). There was also a significant drop in the quality of authentic and genuine human relationships since humans were more likely to provide rapid solace, hope, trust, and companionship than virtual connections.

In order not to be bored, someone may use the period as an opportunity to visit some unprofitable relationships they've once left in the past, like connecting with a longtime friend just to prevent boredom. The presence of all the family members (father, mother, children, and others at home could cause increase pressure, especially on the father who had always been busy at work or elsewhere (Thomas, 2020). Generally, the home may be noisy especially where the children are still young. Men who, prior to lockdown, were used to avoiding home responsibilities will have no alternative than to assist in the house as husbands and fathers. During the pandemic, there is the possibility of people developing mental and physical fatigue due to lesser activities and so, if care is not taken to relax or exercise, this may lead to ill health. In addition, the mind -set of many people may change towards appropriate, sexual conducts, (especially husband and wife which may lead to unwanted children) and smoking. The Lagos beach on a normal day is a relaxation ground always full of people who use the place to while away their time (*Nation Newspaper, 2020*). The presence of the pandemic in the nation was felt much. The beach was scanty with little or no life because of the Covid -19 pandemic.

The banking sector was also affected due to the COVID-19 pandemic. One of the key services allowed to run during the Covid-19 pandemic is banking, but only under certain conditions. No banking hall was allowed to have more than twenty people. The simple Covid-19 protocols (washing of hands, use of hand sanitizer and use of nose masks) must be strictly adhered with. Social distancing was also enforced (*The Guardian, 2020*). To comply with the restrictions, several bank managements placed canopies and chairs outside the entrance to the bank's gate for customers to avoid crowding in the banking hall. In addition to the observed the Covid-19 protocols, the temperature of the customers was to be taken and those with temperature above 38^oc were permitted into not the banking hall. Adequate money was dispensed into the

ATM machines and social distancing was applied on the queue.

Measures to Contain Covid-19 Pandemic

The Nigerian Centre for Disease Control and the federal government have implemented strict prevention and control measures to combat the virus's spread, including a general lockdown, mandatory home quarantine, a ban on public gatherings, international flight restrictions, and health education on proper handling, hygiene, sanitation, and social distancing.

Social distancing: The public is admonished to avoid shaking hands, hugging, kissing while talking with others need to maintain minimum of 1.5m distance. No public gathering and functions like marriages and funerals are held; where large numbers of people will gather in such places need to maintain social distance. Shelter in place order- people should stay in their houses except to get necessary household items like vegetables and so on (Jacita, 2020).

Quarantine: All the identified primary contacts should be kept in quarantine in order to prevent the spread from primary contacts to others. And any of the infected persons who recovered from the disease, they should be in quarantine for some days. Primary contacts of the infected person or recovered persons should stay at home quarantine also.

Disease Observation: This entails studying how the disease spreads with the goal of raising awareness that will aid in its control. All of these strategies primarily control Coronavirus transmission in public spaces and public transmissions. These are the most crucial methods to prevent the disease from spreading quickly among the public (Luenger, 2000)

The novel Coronavirus is transferred mostly through droplets created by a person's coughing or sneezing. This can happen in one of two ways:

Direct close contact: one can get the contamination by being in close contact with novel Coronavirus patients, specifically if they do not cover their face when coughing or sneezing.

Indirect contact: For many days, the droplets remain on surface metals and clothing. The disease can be spread by touching one's mouth, nose, or eyes, depending on the type of substance (plastic, glass, floor wood, paper, and garments).

The most significant factor in curtailing the spread of the virus locally is to permit the citizens with the right info and taking safety measures.

Preventive method of coronavirus locally is to: The covid-19 protocols such as:

- Wash your hands often, for every 1-2 hours with bath soap and hand wash and so on, use hand sanitizer also.
- Wear face mask whenever one is going out, it is necessary to wear a face mask and it is most to wear face mask for the sick people and infected people.
- Avoid contact with sick people, it is better to stay away from the sick people especially with those who are having the symptoms of Corona virus.
- Always cover your mouth while sneezing and coughing, covering mouth while sneezing and coughing is very important as while sneezing and coughing releases droplet into the air and those droplets may settle on the surfaces, if those droplets are of infected person then if any other person touches those droplets without knowing may result with the infection of the disease (Peterson, 2020)

Conclusion

From the discussion above, it is reasonable to conclude that the COVID-19 pandemic is a significant

issue that requires immediate action in Nigeria, as it raises the risk of death. It is no doubt saying that the emergence of the COVID-19 pandemic has increase the burden of mankind in our society particularly in Nigeria. The attempt to curtail the spread of the disease has not only witness social and cultural setback but also affected by political practices among our so-called politicians. Hence, to ensure effective control measures to the spread of COVID-19, there is therefore need for all concerned individuals, government agencies and NGOs to put their hands desk and as well work collectively for the common goal of curtailing the disease.

Recommendations

The following recommendations were made based on the reviewed above:

The Federal government should intensify effort on the prevention and control measures by ensuring that all states comply with the Federal government preventive orders to ensure uniformity of purpose.

The government should look into the modalities adopted for distribution of palliatives across the states with the aim of ensuring that relief materials get to the target populace.

Government might need to explore house to house testing of residents across the states especially in states with high level of prevalence.

Heath workers deployed to isolation centres should be highly compensated in order to encourage hard work and more work.

Law against stigmatization of Covid-19 patients or survivors should be enacted and enforced by the Federal government and whoever is found guilty should be prosecuted.

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