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Effects of Covid-19 Pandemic on the Nigerian Populace: Focusing Short and Long Term Effects on Economy and Health System

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ABSTRACT

The implications of the Covid-19 pandemic on Nigerians in the short and long term, with an emphasis on the Nigerian economy and health system, were examined in this research. The study was based on an examination of several articles from journals, newspapers, and periodicals, as well as chapters from books and reports. Historically, Covid-19 began in China in 2019 before spreading to other parts of the world, including Nigeria. The disease's spread not only in Asia but also other parts of the world rapidly. In this study, the researchers collected secondary data from various credible sources to evaluate the effects of covid-19 on economy and health system of Nigeria. Study found that total lockdown, border closures, stay-at-home policies, social distancing, avoidance of mass gatherings, closure of educational institutions and places of work significant impact on Nigeria's economy and health system. The study suggests that in order to prevent the spread of the Covid-19 pandemic, individuals, institutions, communities, local and national governments, and international entities should implement public health and safety measures to restrict the spread of COVID-19. Individuals should vaccinations properly to limit covid-19 transmission.

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Introduction

The coronavirus disease 2019 (COVID-19) outbreak began in December 2019 and spread quickly, with cases documented in a number of countries. As of February 16, 2020, the virus had infected 70,548 people in mainland China, resulting in 1,770 deaths, and 413 people in Japan. (Gao *et al.*, 2020). The coronavirus disease caused by the severe acute respiratory illness first emerged in Wuhan, China, in December of this year (SARS-CoV-2). COVID-19 patients' epidemiological and clinical characteristics have been documented as risk factors for mortality as well as a thorough clinical course of illness, including viral shedding (Zhou *et al.*, 2020).

The Coronavirus Disease caused by the Severe Acute Respiratory Syndrome Coronavirus 2, has been spreading for over two months (Rodriguez-Morales *et al.*, 2020) In Asia and other parts of the world, the situation had remained stable. Until February 25, 2020, when the Brazilian Ministry of Health reported the first case, Latin America was an exception (Rodriguez-Morales *et al.*, 2020).

The development of the severe acute respiratory syndrome coronavirus 2 SARS-CoV-2 as a pathogen transmitted through the lungs in China in 2019–2020, resulting to the COVID-19 pandemic, has focused global attention on state, national, regional, and pandemic dissemination through MGs events. (COVID-19 Report, 2020). Though, a coronavirus outbreak known as COVID-19 has disrupted the global economy, particularly in China, and is expanding globally. The infection's progression and economic impact are both highly ambiguous, making it difficult for policymakers to formulate an appropriate macroeconomic policy response (Fernando *et al.*, 2020).

The outbreak of novel coronavirus disease (COVID-19; previously known as 2019-nCoV)1,2 that began in Wuhan, China in late December has since spread to over 26 nations around the world (Zhe Xu *et al.*, 2020). COVID-19 is known to be an acutely resolved condition, but it can also be lethal, with a 2 percent fatality rate. Due to significant alveolar destruction and gradual respiratory failure, severe illness onset may result in mortality (Huang *et al.*, 2020; Chan *et al.*, 2020).

In early March 2020, the international community took the extra step of cancelling international and national religious, sports, musical, and other mass gatherings (MG) as a measure to restrict the spread of the coronavirus epidemic (COVID-19 Report, 2020). The suspension of nationally and internationally religious, sports, musical, and other public gatherings have a direct impact on the economics, health systems, and MGs of the countries concerned.

Religious activities and ceremonies, music, sports, and other mass gatherings have traditionally been the main sources of these transnational infectious diseases (Memish *et al.*, 2019). Many countries are facing enormous political, scientific, and public health challenges as a result of the coronavirus illness (COVID-19) epidemic (WHO, 2020a). The main concerns are pandemic preparedness and limiting the possibility of global transmission of the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Health agencies and governments face significant public health challenges as a result of Mass Gathering (MG) activities.

> "As COVID-19 is a virus that primarily attacks the lungs, anything that harms the lungs can weaken patients and result in more severe effects if people do become infected. It is well-known that smoking results is worse outcomes in people with pneumonia or influenza, and we are learning that smoking can pose significant risks in those with COVID-19, (Robert,2020)"

Similarly, according to Robert (2020) roughly 78 hospitalized COVID-19 patients in China were smokers or had a history of smoking, and they had 14 times the likelihood of requiring higher level attention, requiring a ventilator, and/or dying. More specifically, COVID-19 death rates in China are higher in males than in women, with higher smoking rates in men perhaps being the primary reason. As most of the victims of this disease are men, it has a direct impact on the economy and health sectors of the country.

Methodology

Because this is a qualitative paper, the researcher relied on secondary sources to find relevant and related material. We looked at books, articles, periodicals, and newspapers. In order to explain the topic under investigation, all relevant literature was methodically studied (Zaleha, 2018)

Research Design

Because of the nature of the subject, this study takes a case study technique, which aids the researcher in grasping the full scope of the scenario or social phenomena. It gives you a thorough grasp of the case or cases you're looking at. It also aids in the creation of a comprehensive description and analysis of a case or cases (Zaleha 2018 & Creswell, 2009).

Short Term Effect of Covid-19

The current Coronavirus Disease (COVID-19) outbreak has spread to over 200 countries, including Nigeria. Coronavirus Disease is one of the most widespread respiratory disease outbreaks in history,

affecting multiple nations at the same time, and an original strain of Coronavirus (SARS-CoV 2) has been identified as a contributing culprit. The Director-General of WHO declared the COVID-19 outbreak a Public Health Emergency of International Concern (PHEIC) on 30 January 2020, on the advice of the International Health Regulation Emergency Committee, and described it as a pandemic on 11 March 2020 (Ajisegiri *et al.*, 2020).

The effect of the Covid-19 pandemic has a short term negative effect on the nation economy. For instance, at the end of March, the escalations in first claims are obviously attributed to impressions from the COVID-19 infection. Some states precisely mentioned COVID-19 related dismissals, although several states testified improved redundancies in service-related businesses generally and in the lodging and nourishment services trades explicitly, as well as in the transport and warehousing manufacturing, whether COVID-19 was recognized directly or not (Daisy, 2020).

While it appears that the economic crisis will last for some time, let us divide it into current and long-term concerns. Many people are currently experiencing a loss of income, and it's probable that many civilizations are losing their revenue.

At the same time as this recession in earnings, individuals have been outlay a wealth on food and additional provisions to get through a possible isolation that could last everyplace from 2 weeks to numerous months. This is not a luxury – its inevitability. And at the same time, there are scarcer goods to purchase, this makes individuals to purchase whatsoever is left rather than whatever is the most inexpensive (Daisy, 2020)

However, nation supply chain is wrecked because of nation's dependence on Chinese goods and chattels. Because of this Covid-19 pandemic, there are shortages in supply of goods and services, whether the administration will confess it or not. People need only to walk into the nearby grocery store in most towns in the United States to see big simple spots on the tables. Rather than being lined up all the way to the back of the shelves preserved products are stacked two deep to make the shelves look finished. It's also common knowledge that meat coolers are half-full. In many regions, bleach, toilet paper, Lysol wipes, rice, and beans are not available for purchase.

Individuals' instant apprehensions are the loss of income, settling present bills that are payable, and receiving sufficient food and supplies to see their relatives through whatsoever isolation or separation actions needed by the government (Daisy, 2020). Moreover, it is noted that there is food crisis in some nations. This is as a result of over dependency on Agriculture, and up to 80% of the inhabitants depend on agriculture for their livings. Consequently, any further disturbances to food production and related value chains, for instance, in the form of reduced accessibility of important inputs or restricted access to lands or markets, could be disastrous for susceptible populaces (Rome, 2020).

It is well recognized that the agriculture sector has a considerable influence on migration trends. Border restrictions are anticipated to be particularly harsh on transhumant pastoral populations, as they rely largely on animal movement for food and money. The disruption of traditional and western patterns, as well as the establishment of new ones, may result in tensions and even violent clashes between settlers and pastoralists, resulting in local dislocation and increasing poverty and food insecurity (Rome, 2020). According to the FAO, it is critical to maintain and support the continuous functioning of local food markets, value chains, and agricultural-food systems in food crisis settings, including through ongoing and scaled-up support to food processing, transportation, advertising, and so on; centralization of local growers' groups to maintain collaboration power and market access; and assisting trade passages to remain open as much as potential during COVID-19 related movement limitations (Rome, 2020)

More importantly, the economic disruption caused by the coronavirus pandemic has far-reaching and obvious implications for monetary markets. This includes the stock, bond, and commodity markets (such as crude oil and gold). The main activities were the oil price war between Russia and Saudi Arabia, which resulted in a drop in crude oil prices and a stock market crash in March 2020. The United Nations

Development Programme estimates that unindustrialized countries will lose $220 billion in revenue as a result of COVID-19 and that the economic impact will last months, if not years. Some people believe that natural gas costs will fall (Rome, 2020).

Long Term Effect of Covid-19

The epidemic of Covid-19 has a long-term impact on a country's economy. This even though it has been seen that when the economy continues to deteriorate due to people simply purchasing basic necessities, other difficulties will rise (Daisy, 2020). How will people pay their rent or repay a loan if their professional credentials are in a subject that is now regarded a luxury? How will they keep their values when they don't have any money? How will they feed their family, have a roof over their heads, pay for medical treatment, and keep their vehicle in good working order?

Even if they've never experienced this type of economic difficulties before, they may be in for a rude awakening when the cost of their most basic needs becomes unaffordable. However, many people have been there. They can tell you that it makes you feel helpless a lot of the time, that it's difficult and embarrassing, but that you can get through it.

For example, how would business people continue to work if they have no money? How can they hire people if they don't know if they'll be able to keep them for an extended period of time? How are people going to be able to buy more products, and how are they going to be able to get those goods in the first place? If they run a repair service, will they be able to get the parts they need to fix things? (Daisy, 2020).

There are more questions than answers, as previously stated. The future holds a lot of uncertainty. It's terrifying to consider surviving a period of economic hardship, especially after the American people have been spoiled for much of their lives. However, it is preferable to accept reality now rather than later. Knowing ahead of time can help them avoid making financial mistakes they will regret for years (Daisy, 2020).

According to the available literature, things will be different in 2021 than they were in 2019. Remember that we are the descendants of individuals who lived through the Great Depression. We will survive this pandemic (Daisy, 2020). According to a Morgan Stanley analysis quoted by Reuters, China's economic growth is likely to slow by up to 1.1 percent in the first half of 2020 as the recent coronavirus pandemic wreaks havoc on the economy (Rome, 2020). The People's Bank of China, on the other hand, stated on 1 February 2020 that the impact of COVID-19 on China's economy was temporary, and that the fundamentals of China's long-term positive and high-quality growth remained unaltered (Rome, 2020). Economists predicted a V-shaped repossession pattern in late January. It was substantially more uncertain by March 2020 (Rome, 2020)

Nevertheless, due to the epidemic, the Shanghai Stock Exchange and the Shenzhen Stock Exchange announced that, with the approval of the China Securities Regulatory Commission, the Spring Festival closure time will be extended to February 2nd, with trading to resume on February 3rd (Rome, 2020). Prior to that, on January 23, the last business day of the year before the Spring Festival, all three main stock indices opened down, with the Shanghai Composite Index dropping below 3000 points (Rome, 2020). The three major indices even established a record low opening of around 8% on February 2nd, the first trading day after the break (Rome, 2020). By the conclusion of the day, the loss had decreased to roughly 7%, the Shenzhen index had fallen below 10,000 points, and 3,177 equities in the two markets had fallen (Rome, 2020).

The Challenges to Economy

Because of the slow recovery from the 2014 oil price shock, the Nigerian government experienced some economic issues in 2014, with GDP growth falling to roughly 2.3 percent in 2019. Because of fairly low oil prices and little fiscal headroom, the International Monetary Fund (IMF) revised the 2020 GDP growth estimate from 2.5 percent to 2 percent in February 2020 (Chukwuka *et al.*, 2020).

A study by Roy *et al.*, (2020) stated their belief that governments will be unable to reduce both the number of people killed by the coronavirus disease 2019 (COVID-19) and the economic effect of viral spread. Individuals' top concern will be to keep death to a minimum; as a result, governments must take steps to mitigate the unavoidable economic downturn.

How Covid-19 Affected the Nation's Economy

A study by Chukwuka *et al.*, (2020) shown that the Covid-19 epidemic has resulted in a decrease in goods and service production and consumption. They went on to say that as a result of the border and airport closures, people's movement was restricted on both a national and international basis. This restriction is based on a variety of factors, including social isolation and lockdown. Furthermore, both investment and consumption are expected to be unprofitable in the future. In addition, health-care spending is on the rise. Disruption in the export supply chain and a constrained market for exports due to a drop in global needs.

By investigating a lockdown to contain the Coronavirus pandemic, the problem of Covid-19 pandemic has afflicted many parts of the world. As a result, the cost of the outbreak has risen for businesses, and the global economy is drawing closer to home, as the organised private sector looks for ways to mitigate the impact of the global crisis on the suffering local economy. This has caused concern among business leaders about the long-term viability of enterprises that have already had their supply chains disrupted. Industrialists and other allied trades, on the other hand, are already feeling the effects of the supply chain disruption on raw materials needed for production (Femi, 2020).

According to Robert (2020), Men's COVID-19 death rates in China are more complicated than women's. This is due to the country's greater smoking rates among men. He said that a Chinese research looked at 78 COVID-19 patients who were hospitalised. Researchers discovered that those who have smoked in the past have a 14-fold increased likelihood of needing higher-level care, such as a ventilator. "To him, this leads to more particles and infectious agents trapped in the lungs and more difficulty in clearing out this material", wrote Robert.

> "Those who smoke have a greater chance of getting respiratory infections, and when one does have an infection, it is harder to recover from it. Even an occasional cigarette or secondhand smoke has been linked to increased risks from acute respiratory distress syndrome (Robert, 2020)".

He futher expressed that;

> "As COVID-19 is a virus that primarily attacks the lungs, anything that harms the lungs can weaken patients and result in more severe effects if people do become infected. It is well-known that smoking results in worse outcomes in people with pneumonia or influenza, and we are learning that smoking can pose significant risks in those with COVID-19, (Robert, 2020)".

Study by Andrea *et al.*, (2020) as of March 11, Italy has 12 462 verified cases and 827 deaths. Only China has reported more deaths as a result of the COVID-19 outbreak, according to the report. In Italy, the average age of those who died was 81, and much more than two-thirds of those who died had diabetic, cardiac disease, cancer, or were former smokers. True, these patients had underlying health issues, but it's also important to note that they were suffering from respiratory failure (ARDS), which was caused by severe acute respiratory syndrome (Andrea *et al.*, 2020). This opinion is similar as of Robert (2020) that most of the people who died due to covid-19 are smokers.

Confirmed Cases of Covid-19

The COVID-19 epidemic began in China and quickly spread throughout the world, affecting nearly every country, including Nigeria. However, there are some notable variances in the way COVID-19 behaves in other nations (Miller *et al.*, 2020). COVID-19 mortality is remains high in Italy, despite stringent

restrictions on social connections. In contrast, while not adopting any of the most rigorous social isolation tactics or actions, Japan has had some of the earlier occurrences and has a low mortality rate.

In Central America, the Pan-American Health Organization (PAHO/WHO) recently issued an infectious disease alert for measles, stating that over 20,430 declared cases of measles, including 19 deaths, were reported in 14 countries between January 1, 2019 and January 24, 2020: Argentina, Bahamas, Brazil, Chile, Colombia, Costa Rica, Cuba, Curaçao, Mexico, Peru, Uruguay, and Venezuela. Brazil was responsible for 88 percent of all confirmed cases in the Americas. A whopping 125,514 cases of measles were reported in the first four weeks of 2020. For the current year, the dengue incidence rate in the region is 12.86 cases per 100,000 residents, with 27 deaths, 12,891 cases confirmed by laboratory, and 498 cases classed as severe dengue (0.4 percent). Nations such as Bolivia, Honduras, Mexico, and Paraguay have recorded a double or treble increase in dengue incidence compared to the same period last year (PAHO., 2020). The nations are set to witness a syndetic of measles, dengue fever, and COVID-19, among other diseases, unfold in this complex epidemiological situation (Rodriguez-Morales *et al.*, 2019).

The training of quick reaction squads throughout Nigeria's 36 states were completed in December 2019, according to the Nigerian Centre for Disease Control (NCDC). The NCDC also announced on January 28 that a Coronavirus Group had been formed to activate its incident mechanism in the event of an emergency. In addition, the NCDC collaborated with 22 Nigerian states to activate local emergency operations centres and connect them to the national incident coordination centres (Jimoh *et al.*, 2020). Despite the fact that the government has increased airport monitoring since January 2020, Nigeria registered its COVID-19 index case on February 27, 2020, which was smuggled from Italy. This sparked questions about the effectiveness of airport surveillance, as well as the country's overall readiness. Before testing positive for COVID-19, the index case (an Italian) had been to other parts of the federation. Preparation for COVID-19 was woefully lacking.

Nonetheless, the arrival of COVID-19 in Nigeria, like in every other country, sparked fear. The health risk of communicable illnesses could become pandemic as a result of globalization (Jimoh *et al.*, 2020). Trade and business facilitate the movement of people, who may migrate unintentionally, posing a health risk (in this case: the coronavirus). Many nations (including Nigeria) are facing significant health issues as a result of a single imported index case, with many illnesses and deaths. Since the first index case in Nigeria, the number of cases has been steadily increasing due to public health efforts, however at a snail's pace (Jimoh *et al.*, 2020).

Table 1: *Timeline of Coronavirus outbreak in Nigeria (February 27, 2020 to June 7, 2020)*

Incidence of Coronavirus February 27 – March 27 (first 30 days)		
	Number	**Percentage**
Total positive cases	81	
Total discharged	3	3.7% (of positive cases)
Total deaths	1	1.2% (of positive cases)
Incidence of Coronavirus February 27 – April 27, 2020 (first 60 days)		
Total positive cases	1337	12.2% (of the total tests)
Total discharged	255	19.2% (of positive cases)
Total deaths	40	3.0% (of positive cases)
Total tests	10,918	
Incidence of Coronavirus February 27 – June 7, 2020 (first 100 days)		
Total positive cases	12486	16.3% (of total tests)

Total discharged	3957	31.7% (of positive cases)
Total deaths	354	2.8% (of positive cases)
Total tests	**76802**	

Source: *NCDC Report (2020)*

Table 2: *Confirmed Cases of Covid-19 in Nigeria This Month (November)*

State Affected	Confirmed Cases	On Adm	No. Discharged	No. Deaths
Lagos	22,404	1,165	21,019	220
FCT	6,372	420	5,870	82
Plateau	3,719	60	3,626	33
Oyo	3,617	362	3,210	45
Rivers	2,914	105	2,750	59
Kaduna	2,764	73	2,646	45
Edo	2,685	14	2,559	112
Ogun	2,101	90	1,980	31
Delta	1,823	37	1,737	49
Kano	1,764	20	1,690	54
Ondo	1,720	96	1,585	39
Enugu	1,332	21	1,290	21
Kwara	1,084	29	1,028	27
Ebonyi	1,055	6	1,019	30
Katsina	965	12	929	24
Osun	940	16	904	20
Gombe	938	56	857	25
Abia	926	9	908	9
Borno	745	4	705	36
Bauchi	744	22	708	14
Imo	648	23	613	12
Benue	493	22	460	11
Nasarawa	485	147	325	13
Bayelsa	423	20	382	21
Ekiti	343	11	326	6
Jigawa	325	6	308	11
Akwa Ibom	319	21	289	9
Niger	286	10	264	12
Anambra	285	1	265	19
Adamawa	261	4	238	19
Sokoto	165	0	148	17
Taraba	155	20	129	6
Kebbi	93	1	84	8
Cross River	89	2	78	9
Yobe	82	6	68	8
Zamfara	79	1	73	5
Kogi	5	0	3	2

Source: *NCDC Report (2020).*

In addition, it is recently reported that in November 2020, several Covid-19 cases were reported as depicted in the table below.

Table 3: *Confirmed Cases As At November 2020*

Date	Confirmed Case	New Case	Total deaths	New Deaths	Total Recovery	Active Cases
15/11/2020	65,148	152	1,163	-	61,073	2,912
14/11/2020	64,996	112	1,163	-	61,029	2,804
13/11/2020	64,884	156	1,63	1	60,936	2,785
12/11/2020	64,728	212	1,162	-	60,790	2,776
11/11/2020	64,516	180	1,162	2	60,737	2,617
100/11/2020	64,336	152	1,160	2	60,333	2,843
09/11/2020	64,184	94	1,158	4	60,069	2,957
08/11/2020	64,090	300	1,154	-	59,519	3,026
07/11/2020	63,790	59	1,154	-	59,884	2,752
06/11/2020	63,731	223	1,154	1	59,844	2,731
05/11/2020	63,508	180	1,153	-	59,748	2,605
04/11/2020	63,325	155	1,153	2	59,675	2,495
03/11/2020	63,173	137	1,151	3	59,646	2,375
02/11/2020	63,036	72	1,147	1	59,328	2,561
01/11/2020	62,964	111	1,146	2	58,790	3,028
31/10/2020	62,853	162	1,144	-	58,675	3,034
30/10/2020	62,691	170	1,144	3	58,430	3,117
29/10/2020	62,521	150	1,141	2	58,249	3,131
28/10/2020	62,371	147	1,139	4	58,095	3,137
27/10/2020	62,224	113	1,135	3	57,916	3,173
26/10/2020	62,111	119	1,132	2	57,571	3,408

Source: *Samuel (2020)*

From the above tables, it is indicated that the number of Covid-19 victims is increasing on daily basis. Consequently, the rapid increases of this pandemic may directly affect the individual income and by extension it affects the nation economy

Effects of Covid-19 on Nigerians

373 confirmed COVID-19 infections were reported on April 14, 2020. For example, 214 instances were confirmed in Lagos, 58 cases in the South, and 214 cases in Abuja/FCT (Hannah, 2020). Nevertheless, several verified cases have begun to show in the country's northern regions. Bauchi has six cases, Kaduna has five, Katsina has five, Kano has four, Maiduguri has twenty-seven, and Yobe has thirteen (Hannah, 2020).

Furthermore, the study discovered that lockdown policies in the majority of the affected states have had a significant impact on the states' and nation's economies. As a result, numerous governments have closed their borders and imposed restrictions on big gatherings, including marketplaces. Mosques and churches in several parts of the country have been told to limit or close their attendance. This has a direct impact on the economy of the country (Hannah, 2020). For example, Kano, the country's commercial capital, was shut down for more than six weeks. Many people have been affected by the state's closure, which has resulted in an increase in the cost of all basic goods and services (Dailytrust, 2020). Furthermore, the state's shutdown has had a significant impact on the people as well as their economic transactions. Because of the pandemic, the health system has been harmed as a result of people not attending to and visiting other sick people.

Despite the fact that certain state governments have struggled to enact significant restrictions, public opposition to mosque closures has grown, particularly in the northern half of the country, where Muslims

dominate most of the states. Similarly, on April 9, 2020, Katsina state officials announced that only Friday communal prayers would be permitted (Hannah, 2020).

Since the introduction of the diseases, the consequences of the Covid-19 sickness have been misleading in a powerfully related and united area beyond mortality (those who die) and morbidity (those who are crippled or caring for the injured and unable to work for a period of time) (Fernando *et al.*, 2020).

It should be mentioned that the Covid-19 pandemic has a significant economic impact on the country. This is due to the fact that it slows down the majority of the nation's economy by disrupting manufacturing and distribution systems, and as a result, the operation of global supply cables has been disrupted (Fernando *et al.*, 2020). They added that all businesses throughout the world, regardless of size, that rely on Chinese imports have begun to reduce production. By limiting and even controlling transportation on a national and international level, international economic accomplishments were hindered. Most importantly, the fear among consumers and businesses has distorted normal supply patterns and resulted in market abnormalities. More so, it is opined that;

> "The universal financial markets have also been reactive to the changes and international stock directories have rushed. Within the global commotion, in an initial valuation, the International Monetary Fund (IMF) expects China to slow down by 0.4 percentage points compared to its initial growth target to 5.6 percent, also slowing down global growth by 0.1 percentage points (Fernando, Warwick & McKibbin, 2020)".

The economy of a country is affected in a variety of ways by communicable disease outbreaks. This can be done in a direct or indirect manner. Health economics studies on the burden of illness usually focus on the economic costs of disease (Fernando *et al.,* 2020). Accordingly, both traditional and non-approaches employ data on deaths (mortality) and illnesses that prevent workers from working (morbidity) to predict the loss of future revenue owing to death and disability. To generate an approximation of the economic expenses connected with the sickness, add lost time and income from careers, as well as direct expenditure on medical care and supporting services. This traditional methodology undervalues the true economic consequences of epidemic-scale infectious diseases that are highly transmissible and for which no vaccine exists e.g., HIV/AIDS, SARS, and global influenza (Fernando *et al.*, 2020).

COVID-19 has evolved into an epidemic, with tiny chains of transmission in many countries and big chains in a few, such as Italy, Iran, South Korea, Nigeria, and Japan, culminating in widespread infection. COVID-19 is anticipated to spread in most countries, at least in the early stages, before any mitigation measures take effect (Roy *et al.*, 2020).

In a related development a study by Roy *et al.* (2020) revealed that the only options for relief at the moment are voluntary plus sanctioned isolation, banning mass meetings, closing educational institutions or places of business where infection has been detected, and imposing seclusion on families, communities, or villages, among other things.

Recommendations

- WHO should disclose important guidelines and aware public at mass level to eradicate this disease.
- Local government should plan capacity building to minimize onward transmission.
- Scientists should participate actively in finding the solution of this problem and to control covid infection.
- Low-cost, safe medicine should be used for more than 50 years old persons. Medical labs should keep in mind the pneumonia in bigger populations due to the urgent clinical demand.

- Because Covid-19 is a contagious disease, the study advocates social separation and big gatherings to prevent the disease from spreading.
- The study advises adopting a stay-at-home strategy to limit the spread of the Covid-19 epidemic. This is to avoid social gatherings of any kind, including games, hotel stays, union gatherings, and, by implication, religious gatherings.
- To prevent the spread of the Covid-19 disease among the general public, the study recommended frequent hand washing.
- This study recommends for same policy to be adopted minimizing the spread of the disease such as quarantine at hospitals and at home etc.
- In times of tragedy, leaders have two main responsibilities: to deal with a pressing issue and keep it from happening again or spreading. The study recommends for the establishment of an African task force for coronavirus preparedness and response (AFTCOR) to control the spread of the Covid-19 (Gates, 2020).
- To control the spread of the Covid-19 pandemic there is need for Public health and social measures or actions to be taken by individuals, institutions, communities, local and national governments and international bodies to slow or stop the spread of COVID-19. These measures to reduce transmission of COVID-19 include individual and environmental measures, detecting and isolating cases, contact-tracing and quarantine, social and physical distancing measures, including for mass gatherings, international travel measures, and vaccines and treatments (WHO, 2020).
- To prevent the spread of the Corona Virus, the study suggests that COVID-19 sufferers receive frequent immunizations and particular treatments. Other public health and social interventions can also help reduce the number of illnesses and save lives.
- Government communication methods should frequently aware and educate public to tackle with this disease.

Conclusion

According to the findings, Covid-19 has had a significant impact on the lives of people as well as the economy and health system of the Nigeria. It is concluded that adaptation of precautionary measures coronavirus may control and may limited the transmission chains and cause stopping the emergence of new ones. These strategies should maintain a safe physical distance among the people (at least one metre), prevent contact with polluted surfaces, and encourage and nourish virtual social gatherings within communities and families in the societies. Furthermore, government should implement strong policies to eliminate this hazardous disease to promote economy and health system of the state.

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Conflict of Interest

Authors have no conflict of interest.

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