



## Perception and Healthy Attitudes of Nigerians to Covid-19

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### Abstract

The COVID-19 pandemic has alerted the world to be more cautious than ever with several drastic measures taken by their government to ensure the safety and survival of their citizens. This study sought to analyze the ways Nigerians have adopted so far to help curb COVID-19 pandemic and easing the workload of the health care provider.

**Keywords:** COVID-19; Nigerians; Perception; Attitudes

### Introduction

The outbreak of an unknown viral pneumonia infection dated December 2019 originally started as a local outbreak of pneumonia in Wuhan province (Hubei, China), which was experimented upon to ascertain the main cause and name [1,2]. Hence, the discovery of a novel coronavirus named as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) which has the potency of infecting humans and those who come in contact with infected persons [2-4] which has since then spread from Wuhan province to about 122 countries recording 7499 new cases, 342 deaths in every 24 hours as at March 13<sup>th</sup>, 2020. As of April 02, 2020, the world records of COVID-19 WAS 932 605 Confirmed cases, 193 253 recovered and 46809 death cases.

Coronavirus is regarded as a large family of viruses that can inflict mainly respiratory illness in humans with other types of illnesses in animals. Coronavirus affecting humans has been recorded to cause several respiratory diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The outbreak of the COVID-19 pandemic has been to the most recently discovered coronavirus causes. The pattern through which COVID-19 affects humans are still under investigation, but studies has proven by WHO that the severity of COVID-19 is high among aged individuals and persons who are living or once had some medical conditions that include high blood pressure, heart disease, lung disease, cancer or diabetes with common symptoms of COVID-19 including but not limited to fever, tiredness and dry cough, aches and pains, nasal congestion, runny nose, sore throat and diarrhea. When these symptoms begin as a mild case, it continues to develop until proper treatment is given to the individual while others might not show any of these symptoms.

As a measure to curb the spread of COVID-19 which has brought anarchy to both lives and economies [5] governments have adopted the measure of lockdown to reduce the activities of her citizens which includes moving from one place to another, going to work-

places, social gathering with the citizens of each country having a different opinion as to the relevance of such governmental decision of lockdown.

This study is to investigate the perception and attitudes of Nigerians to the outbreak of COVID-19 in her country which has a total of 184 cases, 2 deaths and 20 discharged as of April 02, 2020.

### Prevalence of COVID-19 pandemic in Nigeria

Regarded as the giant of Africa, Nigeria has a total population of 206,139,589 with a land area of 910,770 Km<sup>2</sup> making it the most populous country in Africa attracting migrants for business. Base on the country's population, her citizens has also developed several means of survival that include importation and exportation, as well as being employed by other countries base on their vase knowledge which has lead to their involvement in traveling out of their country.

The first confirmed case of COVID-19 virus was detected on 27<sup>th</sup> February 2020, due to the return of a Lagos based Italian worker with the second case recorded on 9<sup>th</sup> March 2020 from a man who had contact with the Lagos based Italian worker [6-8]. The increment of COVID-19 cases has been subject to different factors in the country and its prevalence is high in highly industrialized areas with an international airport as shown in table 1 than in areas without these infrastructures, which confirmed Lagos and Abuja as the states with high COVID-19 outbreak.

The outbreak of COVID-19 has adjusted the mindset of several Nigerians as the world's first pandemic, it is regarded as a threat to the country population and her economy [9]. Which has to lead to the citizens to defend, and demand more than ever from her government to provide quality health care facilities. With this, the knowledge of an average Nigerian is enlightened through the media on COVID-19 pandemic, nature of the virus, how it can be transmitted and preventive measures to adopt in fighting against its spread. It has been understood that COVID-19 affects the respi-

State of occurrence	Confirmed COVID-19 cases	Number of recovered cases	Number of deaths	Presence of industries and international airports
Lagos	98	18	1	Yes
F.C.T	38	-	1	Yes
Osun	14	-	-	No
Oyo	8	-	-	No
Akwa Ibom	5	-	-	No
Ogun	4	1	-	No
Edo	4	-	-	No
Kaduna	4	-	-	No
Bauchi	3	-	-	No
Enugu	2	-	-	No
Ekiti	2	-	-	No
Rivers	1	-	-	No
Benue	1	-	-	No
<b>Total</b>	<b>184</b>	<b>18</b>	<b>2</b>	

**Table 1:** Showing the prevalence of COVID-19 pandemic in Nigeria.

ratory airways through infected hands in contact with the eyes, nose and mouth [10]. The outbreak of the COVID-19 has ignited the restructure of medical facilities in the country to help care for infected citizens while her citizens have adhered to preventive measures of constant washing of hands with running water and liquid soap as well as the use of alcohol-based hand sanitizers and staying at home [11,12].

With the adherence to the government lockdown, media advises on good respiratory hygiene and use of nose mask and gloves, Nigerians so far has been able to reduce the spread of COVID-19 in comparison to other African nation looking at the size of her the population [13].

**Conclusion**

This study addresses the reaction of an average Nigerian to COVID-19 pandemic which could be observed that her citizen strict adherence to instructions from the media and government has helped so far in curbing the spread of COVID-19 with cases reported being mainly from infected persons who arrive the country.

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