

Nigeria Coronavirus CivActs Campaign

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The coronavirus matter wey don dey cause wahala everywhere first enter Naija on 27 February and e start for Lagos state. The tin cause many many fake news wey make NCDC and Federal Ministry of Health dem begin try calm pipo down, try make the sickness no spread. All of us need join hand make sure say we knack this virus correct apako so make we dey talk only news wey we don confam say na true; and make we dey do the ones wey go make the virus fear to near our domot.

The Coronavirus CivActs Campaign (CCC) dey gather different rumour and tori wey Naija pipo dey talk for different states make we help ordinary pipo understand wetin dey happen; so that beta information go dey flow well well for government, media, NGO and even the citizens dem. Once we talk the real gbege of wetin dey happen, all dem fake news go stop to dey spread before they cause more wahala for our country pipo. You know say no be all of us get the same language and no be everybody sabi this English well well so we need this CCC make everybody understand wetin dey happen so that we go finally throway this bad sickness comot for our country. One company wey dem dey call Statista talk say na only like half of Naija wey dey see internet use, so make we try help the other half wey no get.

Maintaining Mental Health during COVID-19

Since government bin announce the first case of COVID-19 for Nigeria, fear and worry dey catch Naija pipo for body. As the disease con start to dey spread, government come introduce lockdown on March 29 for Lagos, Ogun, and FCT, say make the virus no too spread; same government con relax the lockdown on May 4 make economy no collapse.

As media COVID-19 talk talk come combine with many things wey dey change for we society dey make pipo to fear and worry, e dey important make we try handle am well, make e no affect our mental health.

The pandemic don make many pipo lose their job and no too dey connect with their community; these two things fit cause person high stress. E dey important make pesin no come dey abuse drugs talk say na in dey wan use cope with the situation; If una use church mind take cope with the stress, you, all the pipo wey you care about, and your community go dey kampe to fight the virus.

Depression and drug substance abuse na some of the things wey dey make pipo get mental problem. Around 20% of the pikin wey dey this world get one mental problem or another, and e be like say all these mental problem dey start before the pikin reach age of 14. Many Naija pipo wey get mental problem no dey receive treatment and some of them dey waka up and down for street.

As news don dey make many Nigerians dey fear, e dey important make we dey look how we go take make our body and mind dey kampe this period:



Ways to take focus on wellness for COVID19 times



Make we connect with our family and our padi padi

This time dey good to dey connect with our friend and family members, the ones wey dey close and far away. We fit reach them with many app like Whatsapp and Skype; we fit call their phone too.

E dey helpful to dey connect online with pipo wey dey reason like us. If you wan manage your mental health, dey join online chatroom where you fit chat and get inspiration about the things wey you get passion for.



Avoid INo dey listen to news everytime

No too dey watch or listen to news on COVID-19 everytime because e fit cause you stress or dey make you fear. As new news dey drop everytime on the virus, pipo fit dey worry.

Make sure sey the news you dey read na from source wey you fit trust like NCDC and WHO so you fit dey prepare make you know how you go take protect your family. E better make you only dey get update about the virus like once or twice in a day. Make sure say na true tori you get, avoid yeye tori. True tori go help reduce the fear.



Create routine wey dey healthy

If you get routine even as you dey house, e go help your mind and body dey strong. Set time wey you go dey wake, eat, and sleep. To dey strong, chop and rest well. If you wan make your immune system dey strong, make sure sey you dey maintain healthy lifestyle. No dey take drug wey doctor no prescribe for you for hospital. Youth and children fit dey express theirself by to dey draw picture; e go help them exercise their skills as them dey keep social distance.



Support other pipo

As you dey protect yourself, you fit dey support other pipo. If you fit help pipo when dem need help, na you and the person go enjoy am. If we wan fight COVID-19, all of us need to gather and join hand as one community.

You fit dey share stories and pictures wey dey positive and hopeful about local pipo wey don experience COVID-19. Example na pipo wey don recover or pipo wey dey support their friends and family when dem catch the virus.

YEYE TORI



VS



TRUE TORI

Dem don find coronavirus vaccine for Kano State

You go fall sick if you wear ankara mask

I fit catch COVID-19 if I collect package wey come from country wey the virus dey.

WHO no dey look vaccine wey dem make for Africa; na only the foreign ones dem dey support

Alcohol fit flush the virus comot for body

Plenty product don comot wey pipo dey use talk sey them be cure for COVID-19, but na lie; dem never test many of them and dem fit cause another wahala for your body.

Ankara mask fit help us stop this coronavirus to dey spread because even pipo wey e no dey show for dem body sey dem get am fit spread am. Even though you no fit catch any disease because you dey wear facemask, e dey important make you no wear am too long.

Evidence no dey sey COVID-19 dey follow imported goods or packages from the country wey get am. Till now, no case don dey Nigeria on top this matter.

Na weak dose of the virus dem dey use make vaccine wey go prevent COVID-19. Many of the drugs wey dem talk say fit stop the virus no fit be vaccine. WHO no dey against traditional medicine but dem wan test dem first to make sure say dem dey work and no dey cause another wahala for body.

Evidence no dey say alcohol fit stop or cure coronavirus. If you drink too much alcohol, you fit get health problem like liver disease and kidney problems.

Drugs wey fit cure COVID-19

E don tey wey the media don dey talk about how we fit avoid COVID-19, but dem no dey talk about cure. This one na because we no too know about the virus since dem discover am for December 2019. Different countries around the world don dey work make dem find treatment wey go work well.

On May 1st, FDA approve one drug wey dem dey call Remdesivir take treat patients wey dey emergency because dem get COVID-19. This approval happen because NIAID don test the drug to see how hin dey take work.

Even for Japan, dem don approve to dey use the drug treat pipo wey their condition dey critical. The company wey dey produce the drug na Gilead Sciences.

Dem dey talk sey some herbal medicine wey fit cure or stop the virus dey, but no clinical trial fit support am. One example wey dey popular na the herbal tonic wey dem dey call Covid-Organics wey dem develop for Madagascar. Dem develop am for Malagasy Institute of Applied Research and the Malagasy President, Andry Rajoelina claim sey e don cure two patients.

Some other African countries like Chad and Tanzania don dey show interest for the drug too, and e don make the order for am large. Senegal don start to dey test the drug.

As e be so, the most important thing wey we fit use to fight the virus na our immune system, wey dey house the natural soldiers for our body. E dey important make we dey eat well, make we no dey do things wey dey dangerous to our health, and keep pipo wey dey vulnerable to the virus safe.

CORONAVIRUS UPDATE FORC NAIJA AT AS TODAY - 20/05/2020

6401

CONFIRMED CASES

192

DEATHS

1,734

RECOVERED

36,899

TESTED

Coronavirus CivActs Campaign na information wey we bring from Accountability Lab Nigeria.



