

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:

YEYE 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

VS



TRUE TORI

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.

