

COVID-19 Pandemic: The Good, the Bad and the Ugly

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Abstract: COVID-19, or Coronavirus Sickness 2019, is a terrible disease that has been sweeping the globe since late 2019. Since the emergence of this deadly disease, activities ranging from economic, political, social, cultural and even religious have been brought to a halt or at best disrupted. This disease manifests in various means and thrives so much under a certain atmospheric condition or seasons. Fever, dry cough, exhaustion, and other sometimes minor symptoms might all be indicators of the disease. Regardless of these factors, the pandemic can be contained by strictly adhering to the precautionary guidelines. Although studies have shown that the virus is not seasonal, they also show that it flourishes best in colder climates, with older people, those with disabilities, youth, and indigenous people being the most vulnerable victims. The pandemic's impacts are multi-faceted, ranging from good to bad to ugly. Global carbon emissions have plummeted, community living and interventions have increased, family closeness has increased, and so forth. The Bad repercussions have included job losses and wages, domestic violence, child abuse, pornography, rape and sexual abuse, a high crime rate, and other issues, while the Ugly effects have included chronic health issues and death. While there is no one-shot cure or specialized treatment so far for this dreaded disease, drugs are supplied or recommended based on the level of affection and peculiarities of the individual. With the alarming rates of deaths and deformities emanating from the available vaccines, no one-shot solution has been discovered.

Keywords: COVID-19 Pandemic, Severe Acute Respiratory Syndrome, Myths, Vulnerability, Cardiovascular

1. Introduction

A cluster of 27 pneumonia cases with unknown aetiology was reported in Wuhan, Hubei Province, China, on December 31, 2019. Coronavirus Disease 2019 is the name given to the diseases produced by the novel coronavirus (COVID-19). Coronavirus disease is an infectious disease caused by a newly identified coronavirus that causes upper respiratory infection in humans. When an infected individual coughs or sneezes, has direct intimate contact with another, or trades a contaminated object or surface, the virus spreads predominantly by droplets of saliva or discharge from the nose.

The virus, which has been identified as a novel virus, belongs to the same virus family as Severe Acute Respiratory Syndrome (SARS) and some common colds. This SARS was identified and classed as SARS-COV-2, the virus that is thought to be responsible for the epidemic. SARS-COV is closely related to this novel coronavirus,

which genetically clusters within the Betacoronavirus Subgenus Sarbecovirus [1].

The novel coronavirus comes from a group of viruses that originate or propagate in Bats, according to Peter Ben Embarek, a WHO expert in animal diseases that jump to humans, in a press conference. It is still unclear which species may have transferred the sickness to humans [2].

Coronaviruses (CoV) are a broad family of viruses that cause illnesses ranging from the common cold to more serious diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome, according to the World Health Organization (WHO) (SARS-CoV). They are zoonotic, which means they are spread from animals to humans [3].

Coronaviruses are Nidivirals, which are enveloped positive stranded RNA viruses [4]. The Virions, which are primarily respiratory in origin, exhibit a brilliant crown-like look under an electron microscope, which is why the Viruses are named after the Latin word Corona, which means "crown" or "halo."

1.1. Symptoms

COVID-19 has varied effects on different persons, according to the World Health Organization (WHO). When infected patients have mild to severe sickness, they usually recover without needing to be hospitalised. The body divided symptoms into three categories: the most common, the less common, and the serious.

Fever, dry cough, and exhaustion are the most prevalent symptoms.

Aches and aches, sore throat, diarrhoea, conjunctivitis, headache, loss of taste or smell, rash on skin, or discoloration of fingers or toes are some of the less common symptoms.

Breathing trouble or shortness of breath, chest pain or pressure, and loss of speech or movement are all serious signs.

On average, it takes 5-6 days for symptoms to appear when a person is infected with the virus, but it can take up to 14 days [5].

1.2. Prevention

The following ideas and tactics for COVID-19 prevention, according to Ifitikhar [6] on healthline:

- 1) Avoid touching your face.
- 2) For the time being, stop shaking hands and hugging people.
- 3) Do not share personal items.
- 4) Cover your mouth and nose when coughing and sneezing.
- 5) Clean and disinfect surfaces.
- 6) Take physical (social) distancing seriously.
- 7) Do not gather in groups.
- 8) Avoid eating and drinking in public places.
- 9) Clean your fresh groceries.
- 10) Put on a (homemade) mask.
- 11) If you're unwell, put yourself in quarantine.

1.3. Myths About Coronavirus

There are ten (10) fallacies surrounding the viral disease coronavirus, according to WHO, as described by Onyeji [7]. The following is a list of them:

- 1) The novel coronavirus can be killed by using a hand dryer. No, hand dryers are ineffective in the fight against viruses. Hand washing with soap and water or an alcohol-based hand sanitizer is the best approach to protect yourself. After that, dry your hands with a hand dryer or a paper towel.
- 2) COVID-19 is killed by ultraviolet disinfectant lamps. No, UV lamps will not kill the virus, and they may irritate the skin.
- 3) Spraying yourself with alcohol or chlorine bleach can eliminate the virus. They won't kill the virus, and they'll burn your skin in the process. However, you can use such chemicals in your house or office that may contain the virus.
- 4) Opening a box from China is risky. Yes, it's perfectly safe to open it. Coronaviruses do not survive long on letter or package surfaces.

- 5) My pet can infect me with the coronavirus. According to the WHO, there is no indication that the novel coronavirus can infect companion animals such as dogs or cats.
- 6) Protection against COVID-19 is provided by the pneumonia vaccine. There is currently no vaccination available to defend against coronavirus, which includes pneumonia viruses. COVID-19 vaccine is expected to be accessible in roughly a year, according to researchers.
- 7) Saline rinses aid in the virus's elimination. No, there is no proof that cleaning your nose with saline on a daily basis will protect you from the new coronavirus.
- 8) Only the elderly and those with pre-existing medical issues are at risk from the coronavirus. No, anyone can be infected with the coronavirus. According to WHO, the virus appears to be particularly dangerous to the elderly and those with certain medical conditions.
- 9) If you get the virus, antibiotics will assist. COVID-19 is not a virus. Antibiotics have little effect on viruses.
- 10) After the infection has been cured, medicine is provided. Although cases have been successfully treated, there is no vaccination or treatment to prevent coronavirus.

1.4. Seasonality

Because coronaviruses are more stable under low and medium relative humidity (20-50 percent), when also the airways' defence mechanisms are reduced, the seasonality of coronaviruses may be influenced in part by environmental circumstances and host susceptibility [8].

Recent research into the current epidemics suggests that illness transmission is influenced by temperature and humidity. The COVID-19 outbreak in China appears to have significant reproductive numbers not only in dry and cold districts, but also in tropical districts with high absolute humidity, such as Guangxi and Singapore, according to preliminary investigations [9].

1.5. Survival

SARS-CoV-2 survival has been determined to occur on a variety of surfaces. The environmental durability of viable SARS-CoV-2 is up to 3 hours in the air after aerosolization, 4 hours on copper, 24 hours on cardboard, and 2-3 days on plastic and stainless steel, though with lower titres [10].

According to In Vitro experiments, the virus is stable at 4 degrees C in transport medium but sensitive at higher temperatures. The virus remained stable for 14 days at 4 degrees C, but inactivated after 5 minutes at 70 degrees C [11].

1.6. Vulnerability

According to a report by the United Nations Department of Economic and Social Affairs (UN DESA), a pioneer of sustainable development and the home of the Sustainable Development Goals (SDGs), where each goal finds its place and where all stakeholders can do their part to leave no one

behind, "we are facing a global health crisis unlike any other in the United Nations' 75-year history – one that is killing people, displacing people, displacing people, displacing people, displacing people. But this isn't just a health emergency. The coronavirus disease (COVID-19), which the World Health Organization (WHO) has declared a pandemic, is wreaking havoc on society [12].

COVID-19 continues to influence communities, including individuals living in poverty, older people, people with disabilities, youth, and indigenous peoples [12].

1.6.1. Older Persons

COVID-19 infection is more likely to affect the elderly, especially those who have chronic health issues including hypertension, cardiovascular disease, or diabetes.

Not only do older people face increased health risks, but they are also less likely to be able to sustain themselves in isolation. Although social separation is required to keep the disease from spreading, if done incorrectly, it can lead to increased social isolation among the elderly at a time when they are most in need of assistance.

1.6.2. Persons with Disabilities

Persons with disabilities encounter difficulty in accessing health-care services even in the best of circumstances, due to a lack of availability, accessibility, affordability, as well as stigma and prejudice. Other issues, such as disruption of services and support, pre-existing health conditions in some cases, which put them at higher risk of developing serious illness or dying, being excluded from health information and mainstream health provisions, and living in a world where accessibility is often limited, compound the risks of COVID-19 infection for persons with disabilities, necessitating specific action.

For people with impairments, general self-care and other preventive actions against the COVID-19 epidemic can be difficult. Some people with disabilities, for example, may have difficulty putting in place measures to keep the virus at bay, such as personal cleanliness and the necessary periodic cleaning of surfaces and homes. Due to physical limitations, environmental restrictions, or interrupted services, cleaning homes and washing hands frequently can be difficult. Others may be unable to adopt social distancing or isolate themselves as deeply as others because they require constant assistance and support from others for daily self-care duties.

1.6.3. Youth

Youth are disproportionately unemployed, and those who are employed frequently work in the informal economy or gig economy, on precarious contracts, or in service industries that are expected to be badly impacted by COVID-19.

After the shutdown of schools and universities in many jurisdictions, more than one billion young people are no longer physically in school. Although the efforts made by teachers, school administrators, local and national governments to cope with the unprecedented circumstances to the best of their abilities should be recognised, the disruption in education and learning could have medium and

long-term consequences on the quality of education. Many vulnerable kids, such as migrants and homeless youth, are living in precarious circumstances. They are the ones who are easily forgotten if governments do not pay close attention, as they are already in situations where their basic needs for health, education, job, and well-being are not being satisfied.

1.6.4. Indigenous People

Indigenous peoples are particularly susceptible at this time due to much higher rates of communicable and non-communicable diseases, a lack of vital services, a lack of culturally appropriate health care, and, if any, under-equipped and under-staffed local medical facilities. The enormous number of indigenous peoples who are not covered by social protection adds to their vulnerability, especially if they rely on income from the broader economy — agriculture, tourism, handicrafts, and urban work.

2. Diverse Effects of COVID-19

2.1. Good Effects

Emissions Reduction is a term used to describe the process of reducing emissions. COVID-19 has a notable and positive effect on emission reduction. The transportation sector, for example, is responsible for up to 23% of worldwide carbon emissions. These emissions have unquestionably decreased or decreased in the short term in nations where public health interventions, such as keeping people at home, have reduced unnecessary travel. The largest contributors to transportation emissions are land and air means, which account for 72 percent and 11 percent of the transport sector's greenhouse gas emissions, respectively.

Emissions in China plummeted by 25% at the start of the year as individuals were told to stay at home, companies were shut down, and coal use dropped by 40% at China's six largest power plants since the fourth quarter of 2019. According to China's Ministry of Ecology and Environment, the proportion of days with "excellent quality air" increased by 11.4 percent over the same time last year in 337 cities across the country. Satellite photos in Europe reveal that nitrogen dioxide (NO₂) emissions are decreasing over northern Italy [13].

Interventions and Communal Living Another notable and good response to the coronavirus outbreak has been the community's collective effort to safeguard one another from the disease. A wonderful spirit of fraternity was re-ignited as people went out of their way to "watch each other's backs," providing the physically and financially disadvantaged a sense of optimism, oneness, and belonging.

The importance of family unity. Because of the COVID-19 health crisis, which forced people to stay indoors, a significant amount of time was freed up for people to spend and enjoy with their families, as well as focusing on those truly essential priorities. Because the health and well-being of family members, friends, and the community cannot be compared to anything, those essential priorities are extremely valuable.

Plenty of time to plan. Most people take advantage of their free time to prepare for themselves, their businesses, their families, and society as a whole. There are numerous advantages that arise as a result of having enough time to plan.

2.2. *Bad Effects*

Job and earnings loss. The COVID-19 pandemic is having a devastating effect on working hours and incomes globally, according to a research from the International Labour Organization (ILO). "More than four out of five workers (81%) in the global workforce of 3.3 billion are currently affected by full or partial workforce closures," according to ILO Director-General Guy Ryder [14].

Shops, theatres, restaurants, and pubs are closing all across the world. People are losing their jobs and income on a daily basis, with no way of knowing when normalcy will return. Small island nations that rely significantly on tourism have abandoned beaches and vacant hotels. According to the International Labour Organization, 195 million jobs could be lost [15].

Aside from the high number of early deaths, the pandemic has resulted in significant job losses and put millions of people's livelihoods in jeopardy as businesses struggle to cope with the virus's constraints. Along with falling carbon emissions, economic activity has slowed and stock markets have rumbled [16].

Domestic violence is a serious problem. People who are victims of domestic violence frequently have a strategy in place to leave. They take their time, save their money, and devise a strategy for leaving. This is not an easy decision to make, and it typically necessitates a lot of help from friends and support workers. They adopt techniques to get through the day, such as errands, visiting friends, and work commitments, to handle their present violent relationship. Furthermore, we can all speak to the reality that we all suffer enormous stress on a daily basis as a result of a global epidemic. Job loss, serious illness, and anxiety of not being able to afford basic requirements are just a few of the pressures that are part of our modern reality.

During tense times, violence spreads. When one feels powerless in the face of the world, one's natural reaction is to lash out, which for some people means abusing those closest to them. Those who work with domestic abuse cases are anticipating a different kind of epidemic than the World Health Organization has warned about [17].

Abuse of children. During this time, there has been a massive surge in child abuse and maltreatment. At home, children under the age of 18 are subjected to intentional damage, mistreatment, or neglect by their guardians or caregivers. Physical abuse, emotional/psychological abuse, sexual abuse, and other forms of neglect are all examples of abuse.

Pornography. The availability of COVID-19 has resulted in a tremendous increase in pornographic use, particularly among adolescents. As a result of the lockdown, students' online lectures and homework have led to their visits to

pornographic websites. To keep themselves occupied, most people spend their free time on the internet reading porn sites.

Sexual abuses and rape. Several rapes and sexual abuse instances have been reported during the lockdown. For example, in Nigeria, there have been unprecedented incidents of rapes and sexual assaults in many sections of the country, with women being the most susceptible.

High levels of criminality. The economic downturn brought on by the COVID-19 epidemic resulted in a major increase in crime. This can be linked to a massive increase in hunger, which is also linked to a drop in economic activity. Hundreds of people have been arrested in Nigeria on suspicion of robbing and vandalising property.

Unrest in the civil and economic spheres. The economic slowdown brought on by the epidemic resulted in tremendous civil/economic and global upheaval. There were crises all over the place. The latest #ENDSARS protest in Nigeria, for example, erupted mostly as a result of COVID-19 lockdown. Because most teenagers were cooped up and bored, resentment grew into fury, and then catastrophe. It is believed that the devil's workshop is an idle mind. When these adolescents, most of whom were students who were supposed to be in school but couldn't because of the worldwide health crisis, recounted the injustices meted out by their government and how dark their futures appear to be, they resort to wreaking mayhem.

2.3. *Ugly Effects*

Chronic Illness is a serious problem. Severe COVID-19 can cause cardiovascular complications such as myocardial damage, arrhythmias, cardiomyopathy, and heart failure, in addition to respiratory complications such lung fibrosis [18].

A growing body of research suggests that severe COVID-19 is linked to coagulopathy, which manifests as thrombosis in multiple organs [19]. Severe COVID-19 is linked to heart damage (cardiomyopathy), acute renal injury, and encephalitic symptoms in addition to thrombosis.

Countless lives have been lost. This is COVID-19's ugliest side. This dreadful virus called as coronavirus has caused a massive catastrophic loss of life. According to WHO figures until November 12th, 2020, there have been 51,848,261 confirmed cases of COVID-19 with a cumulative mortality toll of 1,280,868 [20].

3. Conclusion

The appearance and prevalence of diseases are not new to humanity; what is new is the extent to which they wreak havoc. Coronavirus illness 2019 (COVID-19) is one such awful sickness that has given every human being nightmares, brought economies to a halt, and revealed the vulnerabilities and inefficiencies of numerous governments, organisations, agencies, and parastatals around the world. People, ironically, attribute a lot of negative attributes to coronavirus that aren't accurate about the pandemic or how it works.

Aside from the long list of drawbacks associated with this

pandemic (coronavirus), its environmental friendliness is unparalleled. Its tendency for causing individuals, organisations, and governments to reconsider their positions and make modifications and re-adjustments is undeniable. There is no one-shot cure or specialised treatment for Coronavirus yet; instead, doctors and researchers are continuously working feverishly to find one. Nonetheless, drugs are supplied or recommended based on the level of affection and peculiarities of the individual. In addition to drugs recommendations, several variants of vaccines have also been manufactured. But research has made us to understand that vaccines especially the ones in circulation do bring solution to this ravaging epidemic, rather a temporary relief and often times with strong adverse health effect.

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