



## Department of Community Health and Primary Health Care

Lagos State University College of Medicine/Lagos State University Teaching Hospital

### COVID-19 Newsletter MAIDEN EDITION

Thursday April 9, 2020

Overview of COVID-19

Coronavirus disease (COVID-19) is an infectious zoonotic disease. caused by a newly discovered coronavirus.

Coronaviruses are a family of viruses, not totally new to humans that can cause diseases ranging from the common cold to Severe Acute Respiratory Syndrome (SARS in 2003) and also implicated in Middle East respiratory syndrome (MERS in 2012). However, COVID-19 is caused by a new strain called severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) coronavirus, totally new to humans. The World Health Organisation (WHO) on February 11 2020 announced an official designation for the disease caused by the novel coronavirus, 2019-nCoV, naming it COVID-19.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by making contact with (especially touching) objects or surfaces, then touching their eyes, nose or mouth. The incubation period for COVID-19 range from 1-14 days, commonly about five days.

Common symptoms of COVID-19 include are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea, difficulty in breathing etc. These symptoms are usually mild and begin gradually, while some become seriously ill, while others may be asymptomatic.

Though still in early days of research it appears the elderly, persons with co-morbid

conditions such as hypertension, heart conditions such as heart disease and diabetes, cancer appear to develop serious illness more often than others.

### Origin of COVID-19

This new strain is believed to have originated from Wuhan, China in late December 2019. The city of Wuhan, China experienced a sudden outbreak of pneumonia of unknown origin this led the Chinese health authorities to investigate, thus the novel coronavirus was isolated and it is believed to be linked to the Wuhan local seafood/wild animal market.

The outbreak has since been classified as a public health emergency of international concern (PHEIC) on January 30<sup>th</sup>, 2020 by WHO.

Globally, the total number of cases recorded as at 8<sup>th</sup> April 2020 is 1,356, 780 with 79,385 deaths. Two hundred and twelve countries are affected.

### COVID-19 in Nigeria

The first case(index) of COVID-19 in Nigeria arrived the Murtala Muhammed International Airport, Lagos at 10pm on 24<sup>th</sup> February 2020 arrived aboard Turkish airline from Milan, Italy. He continued his journey to his company site in Ogun State on 25<sup>th</sup> February 2020. The following day, he presented at the Staff clinic in Ogun State. Following a high index of suspicion by the managing physician, he was referred to IDH Lagos and COVID-19 confirmed on the 27<sup>th</sup> February 2020.

A multi-sectoral national Level 3 emergency operations centre (EOC) was immediately activated at level 3 by NCDC

It is worthy of note that on 7<sup>TH</sup> MARCH 2020, the first SARS CoV-2 gene from the index patient was published online through a joint collaboration between Lagos State Ministry of Health, NIMR, ACEGID, LUTH and NCDC.

Total number of laboratories activated as at April 6<sup>th</sup> 2020 is 13.

SITUATION IN NIGERIA AS AT 8<sup>TH</sup> OF APRIL 2020

A total of 17 states are affected by COVID-19 in Nigeria. Total number of confirmed cases is 276. There are 22 new cases (15 Lagos, 4 FCT, 2 Bauchi, 1 Edo). Lagos state has the highest number of discharged cases 32; FCT-7, Ogun -2, Osun-1, Rivers-1 and Ekiti-1 making a total of 44. Total number of deaths is 6 with a case fatality rate of 2.2%. About half of cases (51%) make up the most affected age group (31-50)

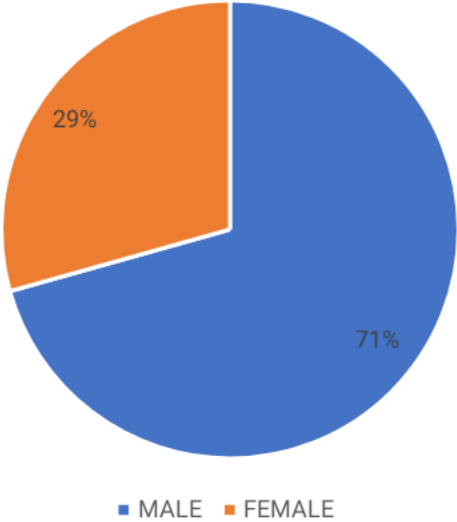


Figure 1: showing the age distribution of COVID-19 in Nigeria as at 8<sup>th</sup> April 2020

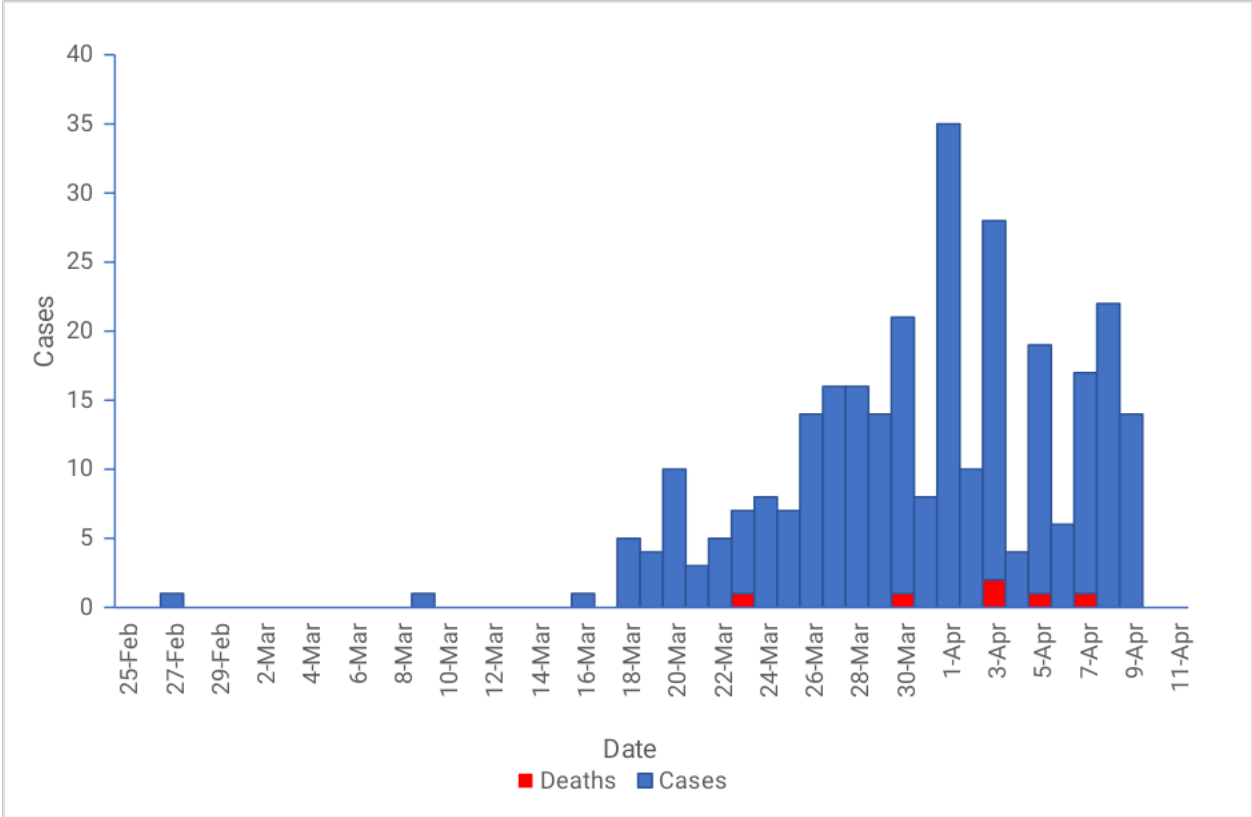


Figure 2: Daily Epi-Curve of Daily Cases vs Death in Nigeria (week 9-15) 8<sup>th</sup> of April 2020

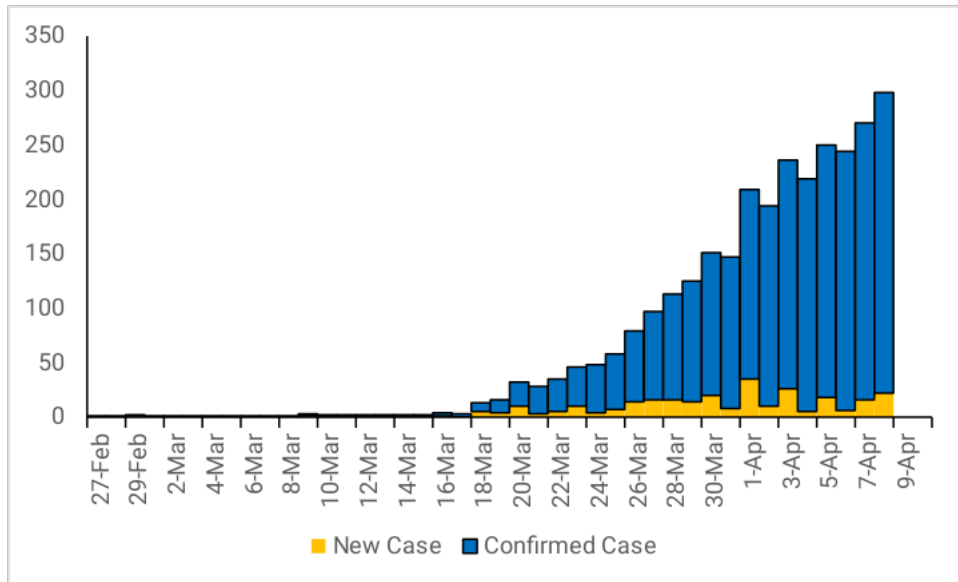


Figure 3: Daily Epi-Curve of Daily Cases in Nigeria (week 9-15) 8<sup>th</sup> of April 2020

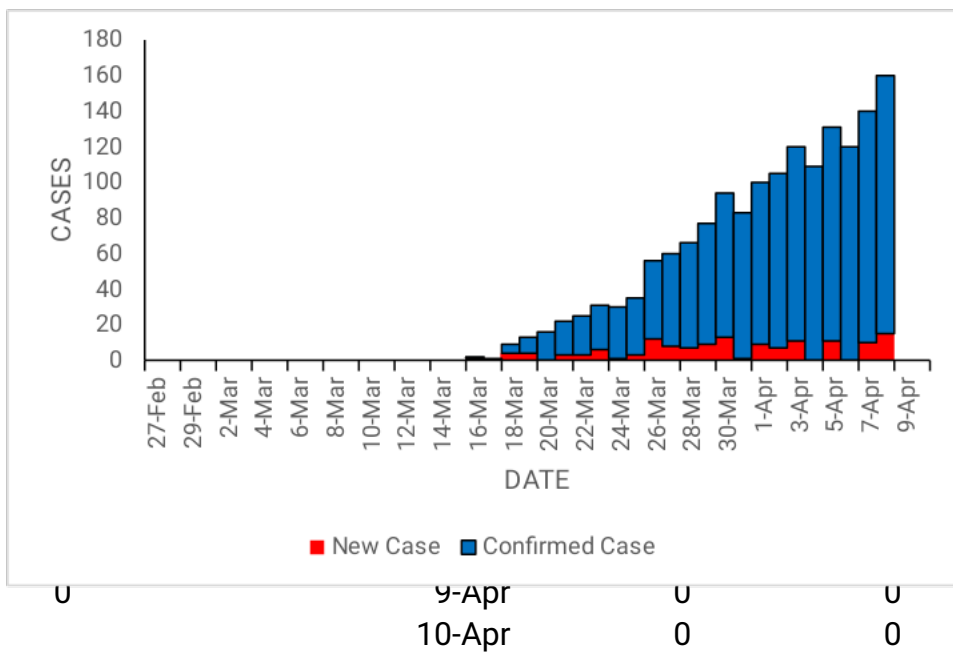


Figure 4: Daily Epi-Curve of Daily Cases in Lagos State (Week 9-15) 8<sup>th</sup> of April 2020

## Protective measures

In line with taking responsibility for your health and those around you kindly ensure the following:

- Regular handwashing with soap and water and thoroughly clean your hands with an alcohol-based hand rub/sanitiser.
- Social distancing, maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth
- Ensure good respiratory hygiene by you and those around you. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance
- The consumption of raw or undercooked animal products should be avoided
- Numbers to call are

NCDC Toll-free Number: 080097000010

## Precautions for health care setting

Health care workers (HCW) caring for patients should apply standard precautions for all patients.

Healthcare workers caring for suspected or confirmed coronavirus infection, or handling specimens should implement contact and droplet precaution in addition to standard precautions.

## References

1. <https://ncdc.gov.ng>
2. <https://www.who.int/health-topics/coronavirus>
3. <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov->

factsheet.pdf