

The Medical Sociology of Covid-19: The Greatest Enemy of Man in the 21st Century

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Abstract:- This article on “The Medical Sociology of Covid-19: The Greatest Enemy of Man in the 21st Century” is intended to establish the significant relationship between Covid-19, Man and the environment. The concept of Medical Sociology in the context of this discourse is seen as that field in Sociology that connects Man, Society and Medicine. It is also viewed as the development of knowledge and the selection of methods including actions and interactions of healthcare professionals, and the social or cultural effects of medical practice in the control and management of disease conditions. The paper equally examined the origin of the ravaging Corona Virus Disease today and it’s universally accepted definition, management and control mechanisms. The extent to which Covid-19 is redefining man and reordering man’s social, cultural and economic relationship is equally highlighted. The destructive effects of Corona Virus Disease on human body were also examined. Attempt to establish the meaning of Community Spread as defined by World Health Organization (WHO) to mean a person contacting the Covid-19 without knowing the source of the infection was equally made. Community transmission or Community spread of COVID-19 as constantly used by health workers refers to someone who gets the virus even though they haven’t been out of the country or haven’t been exposed to someone who has traveled abroad or who has COVID-19. The article concludes by asserting that Corona Virus Disease remains the greatest threat to human existence today and suggestions on how to lower the curve of Covid-19 were spelt out.

Keywords:- Medical Sociology, Covid-19, Community Transmission/Spread.

I. INTRODUCTION

Corona Virus Disease otherwise known as Covid-19 has turned humanity into object of unfathomable confusion that men from nearly all fields of human endeavour are finding it extremely difficult to break free from till this very moment. Corona Virus Disease without warning reared its ugly head into this fun filled world in late 2019 and till date it’s ravaging impact is not only biting hard, but dreadful. To say the least, the entire world is under siege of this small microbe and many Sociologist and socio Political

commentators have described the situation as war without ammunitions. Today everyone seems to be in need of help, advanced economies are collapsing, and developing societies are in utter confusion, leaving the underdeveloped world hopeless and helpless. The end of the tunnel still seems so bleak and without being immodest, the end seems not to be on site. As a result of this traumatizing confusion occasioned by the current pandemic, man have since turned to God for divine help believing that Science must work with faith in other to effectively tackle the evils of covid-19. COVID-19 indeed has turned to be the greatest enemy of man in the 21st century.

Conceptualizing Medical Sociology

Medical Sociology as a Social Science discipline according to Jike (1998) is a field in Sociology that connects Man, Society and Medicine. It is the sociological analysis of medical organizations, Society, institutions, diseases and man; it deals with the development of knowledge and the selection of methods, the actions and interactions of healthcare professionals, and the social or cultural (rather than clinical) effects of medical practice in the control and management of disease conditions. The field, Medical Sociology commonly interacts with the general sociology of knowledge, science and technological studies as they affect disease identification, effects and management and social epistemology. Medical sociologists who are trained experts in the field of Medical Sociology are also interested in the qualitative experiences of patients, often working at the boundaries of public health, social work, demography and gerontology to explore phenomena at the intersection of the social and clinical sciences (Mordi, 1998). Medical Sociologists are also desperately interested in the study of health status disparities among continents, class and race. Public Health issues are equally of great importance to the study of Medical Sociology according to Mordi (1998) because of its importance to the healthy living of man and the general environment of man. The aphorism that “Health is Wealth” is a major and regular saying in the field of Medical Sociology with the strongest of belief that a healthy society is a wealthy society. The medical sociology of the ravaging Corona Virus Disease (Covid-19) in the world today is essentially important to Medical Sociology experts because of its harsh effects on man and the society in general and also because of its public health nature. The discourse on Medical Sociology here becomes essentially important because the education and enlightenment on the

ravaging Corona Virus Disease according WHO (2020) has a strong relationship with age. WHO (2020) emphatically quipped that the negative impact of the novel Corona Disease on the aged is not only bad but disastrous. On this note therefore, the need to explore the relevance of experts in the control and the containment of this ravaging enemy of man in this century cannot be overemphasized.

Corona Virus Disease (COVID- 19): A Bacteria, Virus, or is it another World Myth?

The sudden emergence of the novel Corona Virus Disease to say the least, threw the entire world and humanity into utter confusion and an unimaginable degree of fear and frustration. Providing answers to the several questions about the sudden outbreak of the novel Corona Virus Disease, though a Public Health challenge is today the concern of all. Virologists, Immunologists, Micro Biologists, Medical Scientists, Laboratory Technologists, Para-Medics, Medical Sociologists, Politicians, Public Health analysts, Opinion Leaders, Health Commentators, Pastors, Imams and the entire religious bodies are all burning midnight candles in search of answers to the huge questions surrounding the sudden appearance of; and the huge cost of Covid-19 to man and the world economy. It is indeed not a gain saying that the Novel Corona Virus Disease is already creating a new world order both socially, economically and politically. To this end, man is today talking about “The new normal” which is evidently occasioned by Covid-19. The academia has not been too successful in their theoretical postulations and intellectual analysis on the issue of the Novel Corona Virus Disease even as the search for answers continues. It has also not been uhuru for the world of Science, Medicine and their related disciplines as there seems to remain unending confusion in all attempts to provide permanent and universally accepted management regimen and cure of the ravaging Covid-19 (Iwegbu, 2020)

The Origin of the Novel Corona Virus Disease (COVID-19)

Though little was initially known but the talks and discussions on the Novel Virus started emerging in the late 2019 without much facts and figures but on February 11, 2020, the World Health Organization (WHO) announced Corona Virus Disease (COVID -19) as the official name of the disease caused by the new coronavirus outbreak first reported in Wuhan, a City in the People’s Republic of China. The name Corona Virus Disease was formed from the combination of words according to World Health Organization (2020) such as; “Co” for “Corona”, “Vi” for “Virus” and “D” for Disease; while 19 for the year the disease was first described.

The COVID-19 Coronavirus Pandemic according to World Health Organization (2020) has led to mass scientific conference cancellations, travel restrictions, social distancing, and other unprecedented prevention measures which to state the least altered the traditions and nature of man. The news of this novel coronavirus outbreak was first documented in Wuhan, Hubei Province, China in December

2019. Today Corona Virus Disease has its presence and has now been confirmed in the six continents of the World and in more than 100 countries. As the world’s health systems channel resources into learning about, treating, and preventing infections in humans, new information is released daily on what the best practices of control measure and management should be. In this discourse, the need to examine the brief history of this novel Coronaviruses Disease is undoubtedly sacrosanct in order to put the knowledge of this novel disease outbreak into the right perspective for better and more accurate study, understanding, control, management and possible treatment and cure (Okonkwo, 2020)

II. WHAT ARE CORONAVIRUSES?

Coronaviruses are a large family of zoonotic viruses according to World Health Organization (2020) that cause illness ranging from the common cold to severe respiratory diseases. Zoonotic means these viruses are able to be transmitted from animals to humans. There are several coronaviruses known to be circulating in different animal populations that have not yet infected humans. COVID-19 is the most recent to make the jump to human infection. The virus is a Beta coronavirus, single stranded RNA virus having its primary reservoir in bats, also named Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-COV-2) because its greater than 80percent similar to SARS. (Okonkwo, 2020)

Effects of Corona Virus Disease on Human Body

A person with corona virus Disease according to Okonkwo, (2020) may experience coughing or shortness of breath and some other symptoms but laboratory examination is always essentially advised before full isolation and management of such patients. Viruses work by hijacking cells in the body. They enter host cells in stages and reproduce. The stages include the following as staged by Okonkwo, (2020):

- Attachment.
- Entry/Penetration.
- Uncoating
- Biosynthesis
- Maturation
- Release

They can then spread to new cells around the body. Corona viruses mostly affect the respiratory system, which is a group of organ and tissues that allow the body to breathe (ventilate). Coronavirus typically infects the lining of the throat, airways, and lungs. Early symptoms of coronavirus may include coughing or shortness of breath. In some cases, it can cause severe damage to the lungs. For example, some people might develop acute respiratory distress syndrome, leading to severe breathing difficulties. Usually, the immune system will identify and respond to coronavirus early by sending special proteins, or antibodies, to fight the infection, (Okonkwo, 2020).

During an infection, white blood cells release pyrogens, a substance that causes fever. A temperature of greater than

100.4°F (38°C) from an oral thermometer indicates a fever. Sometimes other symptoms will occur alongside a fever, Coronaviruses typically affect the respiratory system, causing symptoms such as coughing and shortness of breath. Some people, including older adults, are at risk of severe illness from these viruses. Coronaviruses are present in many species of animals, such as camels and bats. Mutations of the virus can infect humans. Previous outbreaks of diseases that coronaviruses have caused in humans have been severe. They typically spread rapidly and can cause death in some people. One example is severe acute respiratory syndrome (SARS), which caused a pandemic in 2002. There were around 8,439 cases and 812 deaths as a result of the virus. COVID-19 is a result of the novel coronavirus, now renamed SARS-CoV-2 that has spread rapidly across many parts of the world.

Common Signs and symptoms of Corona Virus Disease

Corona Virus Disease exhibits signs and symptoms according to World Health Organization (2020) that are very similar to the common cold and these include but not restricted to Respiratory symptoms such as dry cough, fever, shortness of breath, and breathing difficulties. But majority of infected people show no sign or symptom. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure, and death. The COVID-19 infection is spread from one person to others via droplets produced from the respiratory system of infected people, often during coughing or sneezing. According to current data, time from exposure to onset of symptoms is usually between two and 14 days, with an average of five days. Symptoms include:

- Dry cough
- Itchy throat
- Muscle pain
- Sore throat
- Headache
- Chills
- New loss of taste or smell

These symptoms may last until the body fights off the coronavirus.

Symptoms might not show up straightaway. For example, people with COVID-19 may get symptoms 2 to 14 days after infection.

In a report from the Chinese Centre for Disease Control and Prevention that included approximately 44,500 confirmed infections with an estimation of disease severity:

Mild (no or mild pneumonia) was reported in 81percent.

Severe disease (eg with dyspnea, hypoxia or >50% lung involvement on imaging within 24-48hours) was reported in 14%. Critical disease (e.g., with respiratory failure, shock, or multiorgan dysfunction) was reported in 5%. Okonkwo (2020)

Prevention and Management of the Novel Corona Virus Disease

Corona Virus Disease being a novel public Health issue is truly a great course for concern to the World today

as a result of its health implications and so many other effects it is having on human socio economic life. The Prevention and Management of the Disease remains challenging and this is because there is still no Vaccine for its prevention and there seems to be no universally acceptable or WHO approved Medications for its treatment which is the more reason why its effects have been so catastrophic since its sudden emergence. It has remained life threatening though all hope is not yet lost. The best possible preventive measures according to experts in the field of Virology include but not limited to the following;

Detection and Reporting: Early detection and reporting for epidemics of potential international concern.

Rapid Response: Rapid response to and mitigation of the spread of an epidemic.

Health System: Sufficient and robust health system to treat the sick and protect health workers.

Compliance with International Norms: Commitments to improving national capacity, financing plans to address gaps, and adhering to global norms.

Risk Environment: Overall risk environment and country vulnerability to biological threats

Challenging Areas Demanding Imminent Further Research/Studies on the World Novel Corona Virus Pandemic

Resulting from the irreparable damage forced on the world today by the traumatic and life threatening Covid-19 pandemic, there are areas of relevance in terms of Prevention, Management and Control of Covid-19 demanding imminent further research/studies on Covid-19 if the present war on this earth quaking Virus must be won. Vaccine trials have begun in many parts of the world in an attempt to nip in the bud the looming threat of human extinction by the evil wave of Corona Virus Disease currently destroying man and today the worst hit is the according to Maine (2020) United States of America with over 167,000 deaths as at 14/08/2020 with 5.26 Million total cases, this statistics is indeed alarming. Samples are taken from recovered patients to see if it can be used to produce a vaccine. A vaccine is a substance used to stimulate the production of antibodies and provide immunity. Government should invest more on prevention of this Disease by encouraging vaccine trials on recovered patients. This would go a long way to prevent further spread of this highly infectious virus. Government should also invest on research to understudy the behaviour of this virus because there are a lot of things yet to be discovered about the Corona Virus. To protect yourself, first presume or see everybody as a carrier or potential threat (indeed everyone is a suspect), proper use/wearing of Surgical Face (Nose and Mouth covering) Mask regularly at least when in public or among one or two or more people, clean your hands frequently with an alcohol-based hand sanitizer or wash your hands properly and regularly too with soap and water even to your elbows, always be at a safe distance between people (at least 6 meters away) i.e an effective practice of physical distancing.

If you live in or have traveled to an area where COVID-19 is spreading staying at home (self-isolation) is

the best immediate step to take. Even if you have mild symptoms like a headache and runny nose, stay in until you're better. This lets doctors focus on people who are more seriously ill and protects health care workers and people you might meet along the way. You might hear this called self-quarantine. Try to stay in a separate room away from other people in your home. Use a separate bathroom if you can. Call the doctor if you have trouble breathing. You need to get medical help as soon as possible. Calling ahead (rather than showing up) will let the doctor direct you to the proper place, which may not be your doctor's office. If you don't have a regular doctor, call your Local Health Authority/Board. They can tell you where to go for testing and treatment.

What Is Community Spread?

Doctors and health officials use this term when they don't know the source of the infection. With COVID-19, it usually refers to someone who gets the virus even though they haven't been out of the country or haven't been exposed to someone who's traveled abroad or who has COVID-19. In February 2020, the CDC confirmed a COVID-19 infection in California in a person who had not traveled to an affected area or been exposed to someone with the disease. This marked the first instance of community spread in the U.S. It is likely that person was exposed to someone who was infected but didn't know it.

How contagious is the coronavirus?

The transmission rate is relatively high. Early research has estimated that one person who has it can spread it to between 2 and 2.5 others. One study found that the rate was higher, with one case spreading to between 4.7 and 6.6 other people. By comparison, one person who has the seasonal flu will pass it to between 1.1 and 2.3 others. We can work to lower the transmission rate by washing hands often, keeping common surfaces clean, limiting contact with other people, and wearing cloth face masks when we can't stay 6 feet away from others.

Can Coronavirus Be Transmitted Through Groceries, Packages, Or Food?

You're much more likely to get COVID-19 from another person than from packages, groceries, or food. If you're in a high-risk group, stay home and use a delivery service or have a friend shop for you. Have them leave the items outside your front door, if you can. If you do your own shopping, try to stay at least 6 feet away from other shoppers. That isn't always possible, so wear a cloth face mask, too.

Wash your hands for at least 20 seconds before and after bringing things into your home. The coronavirus can linger on hard surfaces, so clean and disinfect countertops and anything else your bags have touched. You can wipe down plastic, metal, or glass packaging with soap and water if you want.

Coronavirus Prevention and Management

The prevention, control and the extensive management of Corona Virus Disease demand taking total responsibility

by all and sundry. Preventing and controlling the movement and the effects of this microbe is too herculean to be left for the Government alone, hence the need for all hands to be on deck. The preventive and control mechanism established by World Health Organization (WHO) and the Governments of various Nations and States in the world include but not restricted to the following;

- (i) Wash your hands often with soap and water or clean them with an alcohol-based sanitizer. This kills viruses on your hands.
- (ii) Practice social distancing. Because you can have and spread the virus without knowing it,
- (iii) Stay at home as much as possible. If you do have to go out, stay at least 6 feet away from others.
- (iv) Cover your nose and mouth in public when coughing or sneezing in public.
- (v) If you have COVID-19, you can spread it even if you don't feel sick.
- (vi) Wear a cloth face covering to protect others (wearing of Face Mask). This isn't a replacement for social distancing.
- (vii) You still need to keep a 6-foot distance between yourself and those around you even while still putting on your nose and mouth covering.
- (viii) Don't use a face mask meant for health care workers. And don't put a face covering on anyone who is:
 - Under 2 years old
 - Having trouble breathing
 - Unconscious or can't remove the mask on their own for other reasons
 - Don't touch your face. Coronaviruses can live on surfaces you touch for several hours. If they get on your hands and you touch your eyes, nose, or mouth, they can get into your body.
- (ix) Clean and disinfect surfaces regularly. You can clean first with soap and water, but disinfect surfaces you touch often, like tables, doorknobs, light switches, toilets, faucets, and sinks. Use a mix of household bleach and water (1/3 cup bleach per gallon of water, or 4 teaspoons bleach per quart of water) or a household cleaner that's approved to treat SARS-CoV-2.
- (x) You can check the Environmental Protection Agency (EPA) website to see if yours made the list.
- (xi) Wear gloves when you clean and throw them away when you're done.

In the interim according to Obinna (2020), as research on the most effective regime for the management and treatment of the Novel Corona Virus Disease in Nigeria and around the World continues, LiveWell Initiative in collaboration with frontline healthcare workers in Nigeria, has undergone hypothesis testing among physicians, researchers, pharmacists, and clinicians with online debates on several professional health platforms. The results which are based on preliminary data gathered from Physician-Patient compassionate use as Prophylaxis and off-label use of Chloroquine and Quinine with the combination of Aspirin, Vitamin C and Azithromycin in the treatment of moderate to advanced COVID-19 also recognized some self-medicating

individuals who took advantage of the non-prescription remedy and they showed a significant level of improvement and relief.

Obinna (2020) quoting Bisi Bright, said 123 volunteers were involved in the study of which 110 were on Prophylaxis and 13 on treatment. Of the 110 on Prophylaxis, there are 76 men and 34 women. The preliminary data also included a few self-medicating members of the public who did so under guidance. Out of the 110 on Prophylaxis, there were 76 men and 36 women to corroborate the fact. Obinna (2020) asserts further that the LWI Study Protocol recommends the use of quinine with the combination of Aspirin, Vitamin C and Azithromycin for all COVID-19 Inpatients (oral for regular inpatients and intravenous quinine for ICU Patients still with the combination of Aspirin, Vitamin C and Azithromycin taking orally)" she said. According to her, quinine crosses the blood-brain barrier into the alveoli which gives it an added advantage over chloroquine and hydroxychloroquine in COVID-19 and picks up where CQ/ HCQ stop. "That, of course, is in advanced COVID-19 treatment, especially during Cytokine Storm. The side effects are self-limiting. Reversible ototoxicity is the commonest but the benefit of administering it outweighs the risk of losing a life to COVID-19 Obinna (2020) affirmed. The terminal disequilibrium caused by COVID-19 is lethal and is better not experienced. The study protocols are currently being used in Kaduna, Bauchi, and some other States in Nigeria. The above suggested treatment pattern has though not placed any hard and fast rules on the administration style so presented, for instance in Delta State, Nigeria the following Covid-19 management procedure applies. SUGGESTED DRUG TREATMENT PROTOCOLS - CORONAVIRUS COVID-19 –

1. PrEP - Pre Exposure Prophylaxis:

- i) HealthCare Workers /Healthcare Professionals □ Chloroquine 500mg stat daily x 3 days or Hydroxychloroquine 400mg stat daily x 3 days. □ Azithromycin 250mg dly x 3 days
- ii) Self- Isolated Persons . Chloroquine 250mg stat then 250mg weekly x 3weeks or Hydroxychloroquine 200mg stat then 200mg weekly x 3weeks
- iii) Self Quarantined Persons Post-Travel or Persons in an Epicenter. Chloroquine 500mg stat then 250mg daily x 7 days or Hydroxychloroquine 400mg bd then 400mg daily x 7 days □ Azithromycin 250mg dly x 5-7days

2. PEP - Post Exposure Prophylaxis

- i) Contact with a person who has tested Positive (without symptoms). Chloroquine 500mg bd stat then 500mg daily x 3 days or Hydroxychloroquine 400mg bd stat then 400mg daily x 3 days. □ Azithromycin 250mg dly x 3days
- ii) Person with Dry Cough or Any throat Symptoms. Chloroquine 500mg bd stat then 500mg daily x 3 days or Hydroxychloroquine 400mg bd stat then 400mg daily x 3 days. Azithromycin 500mg dly x 3days Zinc Sulphate 220mg daily for 7 days.
- iii) Family members in a home with a self isolated member. Chloroquine 500mg bd stat then 500mg daily x 3 days or Hydroxychloroquine 400mg bd.stat then 400mg daily x 3

days. Azithromycin 250mg dly x 3days. Zinc sulphate 220mg daily for 7 days

3. INPATIENT – Admitted in Hospital or Isolation Centre Quinine p.o. 600mg tds x 5 days . OR Chloroquine 500mg bd stat, then 500mg daily for 7 days, or hydroxychloroquine 400mg bd stat, then 400mg daily for 7 days. Azithromycin 500mg dly x 7days Zinc Sulphate 220mg daily x 7 days, Generous Fluids, Vitamin C 1000mg daily x 10 days.

4. ICU PATIENT – INTENSIVE CARE UNIT

i) Patient with Severe Symptoms, Quinine I.V. with dextrose tds, Azithromycin 500mg i.v. Zinc Sulphate 220mg daily x 7 days, Generous Fluids. Vitamin C 1000mg daily x 10 days. BLS. Respirator / Ventilator

ii) Patient in Critical State. Intensive Care in isolated ICU Bunker.

Quinine I.V. with dextrose tds, Azithromycin 500mg i.v. Zinc Sulphate 220mg daily x 7 days, Generous Fluids, Vitamin C 1000mg daily x 10 days, ALS / Critical Pulmonary Care, Respirator (ventilator). Considering the above, it therefore suggests that Health Administrators, Health Management Boards, Health Ministries of different States and Countries are not restricted from adjusting the above suggested management and treatment pattern of Covid-19 in as much as a better and improved result is anticipated and hopefully achieved.

The Sociology of Corona Virus Disease

Sociologically speaking, Corona Virus Disease is today not only redefining humanity and his world but has successfully patterned life in a new order and new concepts are emerging daily that seems to interfere with man and his known way of life. COVID-19 pandemic is already giving its own designed pattern to the way men do business, worship God/gods. Generally speaking, Religion, Interactions, Dressing, Education, Relationships, Economy, Medical Practice, Tourism has been redesigned by this 21st Century enemy of man. It is ironically believed that the worst from Corona Virus Disease has not been seen or heard. The rush to pass the Nigerian Center for Disease Control (NCDC) bill at the National Assembly by our elected Representatives representing themselves and their interest is a discussion for another day.

Man from creation has always been a social animal and all of this is taking a new turn as desired by COVID-19. Aristotle asserted long ago that "man is by nature a social being" and that one who does not partake of society is "either a beast or a god." To Aristotle, Socialization is an important component of human existence and experience. Aristotle strongly affirmed that Socialization is an experience that continues even after a traumatic interruption of man and his Socio Political environment and all of this is being betrayed to by COVID 19 as man is being forced to stay home otherwise called "lockdown". Be that as it may, man remains a social animal living a communal life from birth till death, growing and surviving through a strong chain of social interaction and daily depending on trust which comes from a sense of common values and beliefs. We seek commonality, which is why we love social

networks. COVID-19 forcing humanity into a life of individualism is not only unafrican but frustrating and depressing.

Corona Virus Disease (COVID-19) pandemic with its frustrating and conflicting concepts particularly ‘Social Distancing and Physical Distancing’ need much more committed effort from all and sundry while its dastardly and crippling effects must be curtailed or better still eradicated before humanity goes into extinction. To do this, the world needs much more than Social and Physical Distancing. As it is being advocated today, if the novel Corona Virus Disease ravaging the world today must be curtailed and contained as humans anticipate COVID-19 total eradication, Social and Physical Distancing must be encouraged and ruthlessly enforced by individuals, Communities and Government Agencies. Social distancing here means a Sociological situation where there is a social disconnect in social relationships among people where person to person or inter group relationship is adversely affected. Social relations in this context are a blanket term for interactions between two or more people, groups, or organizations. Individual social relationships are composed of an immense number of social and verbal interactions that create a climate for the exchange of feelings and ideas. COVID-19 has brought in a situation where both inter and intra group relationships are adversely affected, Social interaction is deeply weakened to its marrow, meetings, clubbing, partying and generally, group life is gradually eroded. Inter personal relationship is collapsing visibly with handshakes and general exchange of pleasantries gradually becoming history; hugging and kissing are fast becoming a great source of concern ; friendly and family visitations are already threatened while family cohesions and ties are dying gradually as a result of this 21st century common enemy of man.

In social sciences, a social relation or social interaction is any relationship between two or more individuals. Social relations derived from individual agency form the basis of social structure and the basic object for analysis by social scientists. Fundamental inquiries into the nature of social relations feature in the work of sociologists such as Max Weber in his Theory of Social Action. Social relationships are a special case of social relations that can exist without any communication taking place between the actors involved. Physical distancing is being advocated in this Covid-19 era to reduce the rate of disease transmission and stop an outbreak. It is also a set of non - pharmaceutical interventions or measures taken to prevent the spread of a contagious disease by maintaining a physical distance between people and reducing the number of times people come into close contact with each other. It typically involves keeping a certain space from others (the distance specified may differ from time to time and country to country) and avoiding gathering together in large groups. It is generally believed that strictly adopting and enforcing Physical and Social distancing, the spread of contagious and highly infectious diseases can be curtailed thereby reducing the probability that a given uninfected person will come into physical contact with an infected person. Ultimately, the disease transmission can be suppressed, resulting in fewer

deaths. These efforts are all intended to tame COVID-19 and its heartbreaking effects on the human race. Though these efforts are already taking a heavy toll on man by forcing man to limit most of his commercial and social activities such as gathering of Associations, Clubs, Conferences and Workshops, Teaching and Learning, Social Events and Programmes to online activities as this will help in the effective and efficient implementation of the new COVID-19 enforced policies on Social cum Physical distancing. If this policy must be productive, man must take advantage of the available online applications designed for such Social, Economic and Educational activities. Examples include Skype, Zoom, Goto Meeting, Whatsapp, Facebook Messenger and Conference Telephoning/Calls. COVID-19 has forced the human race into the worst pattern of life in recent history.

There is no better way to conclude this piece than to say that we all must be involved in this all important fight against Covid-19 in Nigeria and in the World at large if humanity must be saved from extinction as earlier stated just as Peterson (2020) quipped and I quote “The war against Corona Virus disease is far from being over as threatening figures of death and infections are being announced daily by the Nigerian Center for Disease Control (NCDC)”. The decision to ease the lockdown basically was made in good faith and in response to the cries of the people over the attendant difficulties (mostly economic) of being at home for more months; and not necessarily because doing so was the best at the moment. Peterson (2020) exclaimed further, saying, the governments locked down when there were less than 500 cases in less than 10 states but the same governments announced gradual relaxation of the same lockdown even as the cases of deaths and infections skyrocketed daily, does that tell you anything? Peterson (2020) asserts that the government seems incapable of tackling the monster Virus alone, therefore all hands must be on deck. Everyone must take responsibility of their health and that of their neighbors’ now.

III. SUMMARY

The novel Corona Virus Disease (COVID-19) has become a worldwide threat to humanity in nearly all spheres of life to the extent that if nothing is urgently done, humanity maybe speedily plummeting towards extinction. Sociologically speaking, the culture of the people, religious and economic activities will continue to be hampered by this small microbe, inter and intra group relationship is already crying for help at all cost, groups and social interactions including socio-political activities and programmes will continue to suffer in no small measure. To avert this ugly trend and this time bomb waiting to explode, the urgent need for vaccines and therapeutics to prevent and treat COVID-19 should not in any way be compromised with weightless and unreasonable technicalities. Though countless researches, studies and efforts towards the production of Rapid SARS-CoV-2 countermeasure development has been on but contingent is on the availability of robust, scalable, and readily deployable surrogate viral assays to screen antiviral humeral responses, define correlates of immune

protection, and down-select candidate antivirals. Laboratory analysis by researchers from the field of Virology, Micro Biology and the rest has been robust towards generating a highly infectious recombinant vesicular stomatitis virus (VSV) bearing the SARS-CoV-2 spike glycoprotein S as its sole entry glycoprotein and show that this recombinant virus, rVSV-SARS-CoV-2 S, closely resembles SARS-CoV-2 in its entry-related properties. The neutralizing activities of a large panel of COVID-19 convalescent sera can be assessed in a high-throughput fluorescent reporter assay with rVSV-SARS-CoV-2 S, and neutralization of rVSV-SARS-CoV-2 S and authentic SARS-CoV-2 by spike-specific antibodies in these antisera is highly correlated. Scientific findings underscore the utility of rVSV-SARS-CoV-2 S for the development of spike-specific therapeutics and for mechanistic studies of viral entry and its inhibition.

RECOMMENDATION

Curbing the present harm being done on humanity and global wealth and institutions demands that, the efforts towards finding permanent solution/cure should triple what is on ground today if positive impact must be achieved. And another desperate area for serious consideration is Covid-19 infection surveillance which also must double if not triple. Finally, the frontline health workers needs, such as every information about Covid-19 should be made very clear and open to them and the availability of Personal Protection Equipment's (PPE) should adequately be made available to these frontline health workers who are presently the men at the war front of Covid-19. Sufficient funding for the frontline health workers is sacrosanct, funding also for the purpose of scientific research towards the production of permanent therapeutics and vaccines for the purpose of prevention, management and cure is nothing that should be ignored because this is no longer time for rhetoric but time for the intensification of functional, effective and result oriented efforts. It is also important to state emphatically that the present medications being used to manage Covid-19 infected people should no longer be kept as a secret because the secrecy concerning the virus is more dangerous to humans than the virus itself. To also add to this, the need for proper education and awareness campaign on all issues surrounding Covid-19, issues such as prevention, presentation, transmission, management, treatment and the implications of the Virus on human body.

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