



SOCIETY FOR PUBLIC HEALTH PROFESSIONALS OF NIGERIA

FULL STATEMENT ON THE CORONA VIRUS (COVID 19) PANDEMIC

BACKGROUND

Our society had made a summary statement on the current world crisis, primarily for our Nigerian audience. Here now is our full statement in this regard for one and all.

From December 2019 to the present time, the now well established pandemic of a Corona virus (COVID 19) broke out in Wuhan in the Hubei Province in China. As by the morning of the 30th of March 2020, the World Health Organization (WHO) has reported 741,907 cases and 35,337 deaths worldwide. The Nigerian Centre for Disease Control (NCDC) has similarly reported 111 cases, though testing is limited; and that number is rising dramatically now. The challenge that this has posed to national health systems all over the world is overwhelming. These are, in terms of the systems' inabilities to cope; and the huge numbers of incidence, critical care needs and of deaths, even in the so very technologically advanced countries. Countries with weaker health systems and overall national developments, such as our Nigeria surely is, cannot afford to joke with whatever it takes to prevent it from entering into their countries; and where it had done so, of containing it at the earliest point as possible. Therefore no pro-active measures taken by any leader at national or lower levels of the peoples' governance may be considered to be too much in these regards. On the contrary, such actions FOR THE COMMON GOOD, will only turn out to be the measure of how true or genuine the leadership of such a leader must have been. Leaders at all levels who are able to come out and take possession of what needs to be done for THE COMMON GOOD at this time, will only be writing down their names in gold for eternity!

THE EPIDEMIOLOGY OF THIS VIRAL DISEASE

While a lot still remains to be learnt about this disease, enough is already known that at the individual and the various community levels of public governance, a lot can already be done to prevent, to control and even to eradicate this disease. As a viral disease, it is known to be transmitted PRINCIPALLY by close contact droplet or aerosol carriage from the incubatory (that is, as yet healthy) and especially already symptomatically ill persons till death or proven recovery and test negativity. Social and other personal hygiene, of personal and social distancing AS WELL AS physical respiratory hygiene practices, therefore stand at the basis of prevention, control and eradication of this disease, namely:

- the total shut down of international travels; and even the local ones for countries that have acquired the disease – at regional, state and other more local levels.
- the avoidance of humanly crowded events; and so, the alternative of staying at Home, and other personal and family isolations
- while at home or any other isolation, to remember to take physical exercises for overall health and wellness

- while at home, to maintain love, communication and corporate spiritual life, at least electronically, with as many of your loved ones and social support system as possible
- eat foods rich in vegetables, fruits and nuts; especially those noted for their values
- the maintenance of public physical distance between persons, of at least 3 feet or one meter
- the complete avoidance of hand shaking or physical embracing of all sorts
- the maintenance of physical goodwill and camaraderie by other means such as elbow bumps; hip bumps; feet bumps – right, left or both in sequence; or some reverential bows, etc.
- the avoidance of our hands touching our faces, especially the nose, mouth or eyes
- the thorough and frequent, running water and soap-based, washing of the hands
- the frequent cleaning of the hands with 60% or more alcohol hand sanitizers; and both of these hand cleaning, done especially after touching any publicly used things.
- the avoidance of sneezing into the air but into bent elbows, as may be appropriate
- the sneezing or coughing into sanitary tissue papers that are immediately thus sanitarily disposing of as well, especially if these are wet sneezing or coughing. Re-usable fabric facemasks, even those that can be home-made AND FREQUENTLY WASHED with hot water, may be useful as well.

CASE MANAGEMENT OF THE DISEASE

As already noted, the respiratory nature of this disease and its ease of transmission in health care settings demand such expensive medical instrumentation and worker self-protection that many countries cannot ordinarily afford. In this regard therefore, the following are of utmost importance:

- early detection and contact tracing of people who may have been disposed to contracting the infection. All international travelers, especially to the already affected countries, as well as local exposure to infected people, must be educated to identify themselves for appropriate care in the public interest (THE COMMON GOOD); or otherwise, be contact traced and subjected to the most thorough surveillance. These people should wear face masks in the public interest
- the control of rumours, false stories and scare-mongering by the best methods of health education and community mobilization. Individuals must resist ANYTHING that may frighten them thereof.
- the governments should provide for research and development of all the resources needed to respond effectively to the present crisis with all our cooperation
- the early testing for diagnosis as well as for ascertaining cure before discharge of infected persons from clinical care or isolation and surveillance. National governments should find the money to advance these diagnostic methods and tools, for research, as well as for protective equipment for all, especially of the health workers. The tools for this exercise are in many places rather expensive and still being perfected for wider and easier usages. Well to do and technically competent persons must individually and corporately avail themselves to assist the responsible and common good minded governments in these regards; by public volunteering actions and programmes. These may include:
 - the building and equipping of new and emergency hospitals and isolation centres
 - the volunteering of personal knowledge, skills and services
 - the donation of the tools needed for these jobs – personal protection equipments, communication and community mobilization tools, ambulances and other transport facilities, etc

FOR OUR SPHPN; AND OUR NIGERIAN LOCAL DIMENSIONS (AND OTHER DEVELOPING COUNTRIES) OF THIS PANDEMIC

With the necessary shut down of the entire country, needed so that we can clean up the country from the much of the CORONA VIRUS that has come into it so far, we need as an association, to do the following:

- prepare ourselves to give the utmost of our knowledge and skills in the service of this country and ITS COMMON GOOD by volunteering these at all the levels that we may properly be able to do so; with the necessary protective equipments availed, BUT SURELY NOT OTHERWISE! No unreasonable risks are allowed.
- persuade our leaders to come out and serve the COMMON GOOD of every Nigerian in their jurisdiction of leadership; otherwise be marked for life! This common good includes ESPECIALLY, the care and survival of the poor in their jurisdictions
- persuade INDIVIDUALS AND OTHER PRIVATE CORPORATE BODIES who have the means – especially of food and other economic resources - to see how our brethren who live on daily earnings may get food and other household needs to survive this national COVID 19 shut down
- get better and still better organized for a swell corporate response to this situation than we may have ever done before
- this better organization as the national federation of corporate groups and individuals must be in clear support of the NCDC, the Federal and States Ministries of Health and be improved much more than has been happening before now. It will necessitate that all our corporate and individual members would do well to keep in touch with our various e-fora for those purposes. In this regard, all of us are enjoined to access the NCDC website and other information systems for the modalities for the responses as needed in each respect.
- ALL DRUG-BASED TREATMENTS MUST BE MEDICALLY SUPERVISED AND FULFILL ALL THE SCIENTIFIC AND PROFESSIONAL GROUNDS FOR DOING SO, in order to avoid self-poisoning.

THE LESSONS FROM THIS PANDEMIC FOR OUR HUMAN SOCIETY

With all due respects for everyone as individuals, races and nations, the SPHPN would like to share the lessons that we learn from this crisis with one and all as follows:

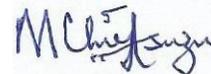
Whether anyone in the modern world believes in God or only in “Nature”, it would already be clear to such a person, or soon will be, that our human nature and/or whatever regulates it with or without ourselves, has the tendency to correct itself after anything has tried to spoil its natural harmony and equilibrium! That is the basis of our common science of human ecology. The rise in human enmity, hatred and rivalry - personal, RELIGIOUS, racial, communal, national or regional – NO MATTER HOW PERSONALLY ATTRACTIVE THESE MAY BE, must now progressively knowledgeably come to an end. THE CULTURE OF UNIVERSAL LOVE, EQUITY, PEACE AND THE PURSUIT OF THE COMMON GOOD, MUST BECOME OUR UNIVERSALLY ACCEPTED WAY TO GO. Individual, family, community, ethnic, SPIRITUAL, RELIGIOUS, and other corporate nationality autonomy, independence, self-organization, mutual love and respect must become our guaranteed world culture. The selfish pursuit of personal and HEGEMONIC POWER AGAINST THE COMMON GOOD must stop. Wars (whether cold, secrete, open or even arrogant), nuclear, BIOLOGICAL, psychological or howsoever else, AS WELL AS THOSE WHO INSTIGATE

THEM, must come to be seen as the enemies of the modern world and of human happiness and fulfilment in it. The CIVILIZATION OF HUMAN LOVE AND BROTHERHOOD, THE PURSUIT OF THE COMMON GOOD, in the midst of legitimate differences, personal and group pride, freedom, properly organized autonomy and independence, should grow from this world experience from this pandemic. No one may seek to control everyone else or to have exactly same personal values for all. WHILE ALL SORTS OF CONSPIRACY THEORIES ARE CIRCULATING, WE MUST NOT BE CARRIED BY THEM; EVEN IF THEY ARE TO TURN OUT TO BE TRUE. We should also all be changed from any future conspiracies or the fabrication of any false accusations thereof. On the contrary, the civilization of universal love, solidarity, freedom and the COMMON GOOD should prevail. China, from where the pandemic originated and who has long recovered from it ahead of everybody else, SHOULD not take ANY sort of advantage of everybody else in this regard. On the contrary, she SHOULD also share with the rest of the world, through the World Health Organization, the protective and medical care tools that it is reportedly massively producing in this regard now. As we have all shared in this disease, so shall we all share in the head-start recovery products thereof in human solidarity, most willingly and mutually respectfully; as well as in the gratitude for the following positive solidarity.

May Nigeria and our human world become better because of us, alone and together, in world health and solidarity!



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