

The Role of Coronavirus in Changing the World Thinking and Perceptions

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Abstract: *Coronavirus is a deadly pandemic disease that spreads so rapidly across the world. It started in December 2019 in China and by January-February 2020 it spreads across Asian and Europe. By March the whole world is infected with the novel COVID-19 virus. The disease is beyond normal and it posed danger to all continent since millions of lives have been lost. Everyone has a different implication and meaning to this COVID-19. While others see it as a manmade virus, some see it as beyond that. The medical staff think is due to a poor health system, some of the masses think is due to 5th Generation Technology. Majority of the populace believe that a lot is happening in the world and this is to Sharpe us as humans to do the right things. The Religious leaders' belief that the world is coming to an end soon so all humans should change their dealings. Some of the religious leaders and believers are of the view that coronavirus known as novel COVID-19 came in to help change the lives of true believers by helping us all know that in the sight of God, no one is above the other but only those who are righteous and believe in God.*

Keywords— *Coronavirus, Pandemic, Disease, 5th Generation, Worldwide, Perceptions*

1. INTRODUCTION

The novel COVID-19 pandemic has been the topic of the whole world for several months in the year 2020, and the virus spreads this disease fast. Till the present day, no accepted vaccination has been developed and this is making the spreading universally across the globe. The spreads of the virus are through close contact with two or more people and so the practising of some protocol like social distancing, lockdown, use of sanitizers and the like. Coronavirus pandemic is the present-day element of worries all over the world. It is the kind of disease which is spread by a virus whose vaccine has not yet been discovered. This is a great leading concern in all countries. In these circumstances, the best method to stay disinfected and hygienic is to practice social distancing, and staying open-minded and fully educated about the disease situation. (WHO, 2020b).

Some human beings who are curious try to be updated with information, and most of them are therefore more absorbed to be associated with social media. In the course of doing so, they ended up encounter numerous information which could be suitable or fallacious in a similar way (Sharma et al., 2020). Looking behind, we observed that, the increased in urbanization, several businesses, the growing population and social activities between countries and the geographic areas had also played an important role in the increment and spread of the novel COVID-19 disease (Owen Jarus, 2020). Fortunately, the novel COVID-19 pandemic has now started becoming part of the world history books as time is moving or progressing (Walsh, 2020). In the sequence of a fight with novel COVID-19, the great tribute or honour to the Public Healthcare Systems/services whose policies, strategies, approaches and efforts have played an effective role across the world in trying to decrease the number of mortality rate. This Coronavirus has demonstrated as a respiratory disorder/condition and its gestation or incubation period is from 2 to 14 days. (Lauer et al., 2020). The symptoms of the disease include:

- Dry Coughing
- Feverishness
- Breath Shortness
- Runny Nose
- Sore in the Throat
- Muscles joint pains
- Running Diarrhea
- Loss of human senses like: (smell, taste etc. in some cases).

It is recommended that people suffering from the disease should stay at home and take the medical precautions by isolated themselves from the community since it is a virus that is contagious.

Adopting safe and hygienic habits by using hand sanitizers and alcoholic can lead to a high chance of increased remaining safe from the virus (Krisinformation, 2020). It is apparent that human beings are responsible for the worsening the COVID-19 cases and situations at times are due to the fear/anxiety or due to the emotional distress (Taylor, 2019).

The COVID-19 is a disease also known as Coronaviruses (CoV) with a large family of viruses that causes illness like common cold to more severe diseases like the Middle East Respiratory Syndrome (MERS-CoV) and the Severe Acute Respiratory Syndrome (SARS-CoV). The novel coronavirus (nCoV) is a new strain that has not been previously identified in humans. the Coronaviruses is previously transmitted between animals and people. A more detailed investigation found that SARS-CoV was transmitted from a civet cat to humans and MERS-CoV from dromedary camels to humans. Several known COVID-19 are

partying in animals which have not yet infected humans. Common signs of infections include respiratory symptoms, fever, cough, and shortness of breath and difficulties in breathing. In most severe cases, an infection can cause kidney failure, pneumonia, deaths and severe acute respiratory syndrome.

The gap in this study is to find out if the virus has changed the world? Will the COVID-19 change the world? What lessons have been learnt during this pandemic? What cautioned are we to take from this deadly disease? These were the reasons that motivated the study.

2. REVIEW OF LITERATURE

What is Coronavirus?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

Meaning of COVID-19

COVID-19 is an infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

Symptoms of COVID-19

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who get COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

How Does COVID-19 Spread?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick. WHO is assessing ongoing research on the ways COVID-19 is spread and will continue to share updated findings.

Pandemic

Pandemic is an outbreak of a disease that occurs over a wide geographic area and affects an exceptionally high proportion of the population: a pandemic outbreak of a disease.

Difference between *Pandemic* and an *Epidemic*

An *epidemic* is an outbreak/plague of disease which spreads quickly and affects several people at the same time whilst a pandemic is a kind of epidemic which spreads across a wider geographic area than an *epidemic*, and which affects a larger number of the population.

What are some of the examples of pandemics?

There have been numerous pandemics before and during the beginning of the 20th century:

- The Black Death of the 14th century.
- The *H1N1* pandemic of 2009,
- The Spanish flu of 1918/19
- The flu pandemics in 1957 and 1968,
- The novel COVID-19 pandemic of 2019/20.

Diseases

A disease is a disorder of the living animal or plant body or of one of its parts that impairs normal functioning and is typically manifested by distinguishing signs and symptoms. It is a definite pathological process having a characteristic set of signs and symptoms. It may affect the whole body or any of its parts, and its etiology, pathology, and prognosis may be known or unknown.

Cause of Disease

- Accumulation of toxic material (this could be through poor diet).
- Infections.
- Improper / unbalanced diet.
- Incorrect posture.
- Destructive emotions.

- Suppressive drugs & vaccines usage
- Alcoholic, Coffee, and Tobacco usage.
- Environmental hazards (Air and water pollution)
- Occupational hazards (chemicals, poor air quality, asbestos, noise pollution etc.).
- Inherited factors/issues, and predispositions.

Tips in Protecting Oneself from COVID-19

The World Health Organization (WHO) recommends seven different tips in protecting yourself from the risk of coronavirus infections.

1. Wash your hands regularly with soap and water, or with an alcohol-based gel.
2. Need to cough or sneeze? Do it into a tissue or bent elbow, and then wash your hands.
3. Stay at least a metre away from other people, especially if they are coughing, sneezing, or have a fever.
4. Avoid touching your eyes, nose and mouth.
5. Avoid direct contact with live animals. If this is impossible, make sure to clean your hands afterwards.
6. Do not eat raw or poorly cooked animal products and wash your hands, clean surfaces and utensils afterwards.
7. If you develop a fever, cough or difficulty breathing, seek medical care.

Source: (WHO, 2020)

3. METHODOLOGY

This research is based on secondary data. Various related literature was reviewed. Other articles, books, journals, thesis and dissertations. The other Sources of data for this study include:

World Health Organization data on coronavirus

United Nations websites

Centre for Disease Control write-up

4. DISCUSSIONS

4.1 The Myths about Coronavirus

As the coronavirus now known as COVID-19 continue to spread across the globe, so does misrepresentation and deception surrounding it. While it's true that there is still a lot to be learned about the incredibly infectious and sometimes deadly disease that originated in Wuhan, China, there are many things we *do* know about it in terms of how it can and can't be spread and prevented. Still, that hasn't stopped myths regarding the coronavirus from circulating. Luckily, the World Health Organization (WHO) decided to debunk all of those falsehoods with some pretty helpful graphics. Here's what you need to know about the myths surrounding COVID-19 and what the experts have to say about them.

Source: (WHO, 2020)

1. First Myth

Hand Dryers can kill the New Coronavirus

Nope. According to the WHO, hand dryers are not effective in killing the new coronavirus. Instead, the best way to protect yourself against COVID-19 is to wash your hands frequently (or clean them with an alcohol-based hand rub), then dry them thoroughly with paper towels or a warm air dryer.

2. Second Myth

An Ultraviolet Disinfection Lamp can Kill the New Coronavirus

So, it's true that some hospitals use UV light to kill microbes on surfaces—like in operating rooms or labs—but, per the WHO, UV lamps should never be used to sterilize hands or skin, as they can cause skin irritation.

3. Third Myth

Thermal scanners are effective in detecting people infected with the new coronavirus

This one's twofold: While thermal scanners can detect fevers (aka, a higher than normal body temperatures) in those infected with the coronavirus, they cannot detect the infection in those who are not yet showing symptoms. "This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever," the WHO explains. Also important to note: The flu also causes similar symptoms to COVID-19, including a fever so just because someone has a fever doesn't necessarily mean they've been infected with the new coronavirus.

4. Fourth Myth

Spraying Alcohol or Chlorine all Over your Body can Kill the New Coronavirus

While spraying alcohol and chlorine is a great method to disinfect surfaces—and even using an alcohol-based hand sanitizer can help keep your hands clean using the chemicals all over your body isn't going to kill the virus if you've already been infected. "Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth)," the WHO points out.

5. Fifth Myth

It Isn't Safe to Receive a Letter or a Package from China

This simply isn't true, according to the WHO. "People receiving packages from China are not at risk of contracting the new coronavirus," they explain. "From the previous analysis, we know coronaviruses do not survive long on objects, such as letters or packages." This type of thinking is also harmful since it only helps perpetuate the stigmatization of specific populations linked to the coronavirus. This stigma—which can force people to hide their illnesses, prevent people from getting health care immediately, and discourage people from following healthy behaviours can lead to more severe health problems and ongoing transmission, per the WHO.

6. Sixth Myth Pets can spread the New Coronavirus

While pets can spread certain forms of coronavirus, the WHO confirms that presently, there is no evidence that your domesticated animals can be infected with or spread the new coronavirus.

"However, it is always a good idea to wash your hands with soap and water after contact with pets," according to the WHO. "This protects you against various common bacteria such as E.coli and Salmonella that can pass between pets and humans."

7. Seventh Myth

Vaccines can Protect you Against the New Coronavirus

Currently, there is no vaccine to protect you against coronavirus—including pneumonia vaccines, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine. "The virus is so new and different that it needs its vaccine," the WHO explains. That said, researchers are trying to develop a vaccine for the new coronavirus ASAP—it just may not be ready in time to battle the current outbreak. Still, despite the pneumonia vaccines and other flu vaccines not being effective against COVID-19, the WHO still suggests getting vaccinated against respiratory illnesses to protect yourself from those specific illnesses.

8. Eighth Myth

Regularly rinsing your nose with saline can help prevent infection with the new coronavirus

While regularly rinsing your nose with saline may help you recover more quickly from the common cold, it hasn't been shown to help prevent respiratory infections in general, including coronavirus. Keep in mind too, when you do rinse your nose with saline to help cold symptoms, make sure the product is sterile. And if you opt for a neti pot, make sure that water has also been sterilized either distilled water or water that's been boiled and then cooled back down instead of tap water, which can increase your risk of infection.

9. Ninth Myth

Eating Garlic Can Help Prevent Infection with the New Coronavirus

If you've ever eaten a piece of raw garlic, you know that stuff is *pungent* but it won't protect you against illness. Despite having some antimicrobial properties, according to the WHO, "there is no evidence" from the current outbreak that the potent herb will protect you from coronavirus.

10. Tenth Myth

Slathering yourself in sesame oil can block the new coronavirus from entering the body

We're not entirely sure where this myth comes from, but rubbing sesame oil all over your body definitely won't keep the coronavirus away. Per the WHO, "there are some chemical disinfectants that can kill the 2019-nCoV on surfaces," including bleach and chlorine-based disinfectants, ether solvents, 75% ethanol, peracetic acid, and chloroform."However, they have little or no impact on the virus if you put them on the skin or under your nose." It can even be downright dangerous to put those chemicals on your skin.

11. Eleventh Myth

The new coronavirus only affects older people

Unfortunately, people of all ages can be infected by the new coronavirus. However, "older people and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus," the WHO points out.

12. Twelve Myth

Antibiotics are effective in preventing and treating the new coronavirus

Keep in mind that antibiotics do not work against viruses of any kind—only bacteria. So, because the new coronavirus is an actual virus, "antibiotics should not be used as a means of prevention or treatment." There are no specific medications recommended to treat or prevent the new coronavirus at all, per the WHO. "However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care," the WHO explains, adding that some specific treatments are also under investigation, and will be tested through clinical trials. Source: (WHO, 2020)

4.2 The fact of the Corona Virus

Knowing the facts about coronavirus disease 2019 (novel COVID-19) is very important so that we can help stop the widespread of the disease and rumours surrounding it.

Fact 1: Diseases can make anyone sick regardless of their race or ethnicity.

No one is above the sickness. Both the rich and poor, the younger and the aged, people from developed, developing, less developed countries all experienced novel covid-19. The race, status, colour, ethnicity, power and so on does not account. We are all at risk of this virus. Fear, panic, and anxiety about novel COVID-19 can always cause humans to avoid/reject and stigmatize others even though they are healthy and not at risk of spreading the virus.

Fact 2 For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to below.

The risk of getting the virus is very low. Anything can happen because there are instances where people did not go out but the got the virus from family and friends. Though it is believed that, the older adults and aged people with underlying health conditions, like heart disease, diabetes, or lung disease are at higher risk of severe illness from COVID-19.

Fact 3: Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

This only happens if the person is infected again. Once a person has completed a quarantine or been released from isolation, the person poses no risk of infection to the family or other people

Fact 4: There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Fact 5 You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Any person having signs of COVID-19 should seek medical advice or

- Develop symptoms of COVID-19
- Have been in close contact with a person known to have COVID-19
- Live in an area or you have just travelled from an area with cases or spread of COVID-19.
- Call the doctor ahead before going to his office or any emergency room.
- Tell the health practitioners about your current travel and symptoms.

How to be Prepare

Here is what you can do to prepare your family in case COVID-19 spreads in your community.

Know where to find local information on COVID-19 and local trends of COVID-19 cases.

Know Symptoms and the signs of COVID-19 and what is expected of you if symptomatic

- Stay at home when you not feeling well
- Call the hospital or the health care provider's office first before visiting the hospital
- Limit your movements within the community
- Limit the number of visitors

How COVID-19 Spreads

Person-to-person spread

The coronavirus is believed to spread from one person to another

- Between people who are in close contact with one another (within about 6 feet).
- Respiratory droplets produced when an infected person coughs or sneezes.

4.3 The order of COVID-19 was issued by God

According to some believers, the novel COVID-19 was nothing but a sign of warning and an order from God to his creatures. Every continent and the countries within it have their part of the disease and each one can give their experiences. Below are some of the examples to learn from

- Due to COVID-19 the commanders of the most powerful army in the world, have been locked-down
- All the hotels across the world have been closed due to the sickness and the rate of spread.
- The largest gambling centres and clubs across the world has also been closed down.
- The streets of prostitution in the entire world has been closed. Most of the place their income exceeds \$ 1 billion per month.
- All countries of the world have closed down nudist clubs, gays, nightclubs, bars and many restaurants.
- Today the largest number of planes during history on the ground knocks down.
- Most countries announced that the interest rate would be reduced to zero, that is, the abolition of interest.
- There was discussing with some leaders to stop the war in between countries and attacks
- the entire world is covering the face and is prospecting for fear of a virus that is not visible to the naked eye.
- stock exchanges have been locked down which is a great loss to the various nations
- The complete world is searching for deliverance
- There are no more people who thought they were capable of controlling the world

4.4 Council of Psychologists

The council of psychologist advised that we should distance ourselves from the following:

Isolate yourself from news about the virus. (Everything we need to know, we already know).

A lot has been said about the causes and effects of coronavirus. We now know and understand the dos and don'ts of the virus. All the perceptive measures we are asked to take we know it. The principle of the seat at home, wash your hands with flowing water, sanitize your hands etc is what will help us to be safe, healthy and coronavirus free.

Do not look for additional information on the Internet, it would weaken your mental state and could cause somatization.

All the information we need, we have it and is enough to help us protect yourself. Searching for more information is punishing yourself which may cause somatization.

Avoid sending fatalistic strings and messages. Some people do not have the same mental strength as you (instead of helping you, you could activate pathologies such as depression). Continue sending messages and fatalistic strings to families, friends, and Watsapp groups and individual is not the best option now. Avoid send more message for this could worry others and it leads to depression.

If possible, listen to music at home at a pleasant volume.

Listening to music will make to happy, boost your morale, and make you forget certain happening in the world to concentrate on the future. Not engaging yourself in extra curriculum activities will make you think so much and cannot plan for the future well. Yes, we have coronavirus, and of course, the virus will go soon and life must continue. So what plans are we making towards making a better life and a changed life after these times? What history do we have to tell to the next generation after the end of this virus? This is the questions we should be asking ourselves ad this will make us plan for the future well. We are all at risk but taking the necessary measure can let you have the assurance that you will survive these times. May God continue guiding and protecting us all. Ameen

* Look for board games to entertain children, tell anecdotes and future projects.

Maintain discipline at home by washing your hands, installing a sign or an alarm for all the occupants of the house.

Washing hands every 30 minutes whilst at home and sanitizing your hands is one of the disciplines you should maintain. Educate all your children on the need to wash their hands always whilst at home.

Your positive mood will help protect your immune system, while negative thoughts have been shown to depress your immune system and make it weak against viruses.

Always have a positive mind and mood. Be positive always because your immune systems work strongly with positive minds than with negative. The more you believe in the possible means of not getting the virus and practising the avoidable, the more you get stronger and so be it and the vice versa.

Most importantly, believe firmly that this will pass and that the universe is created by a higher being called God who is a God of love and not of punishment.

You must have a strong faith and believe in your creator. The religions, Islam, Christianity believe in the Love of Almighty Allah. We believe that we were created out of love and HE will continue to love and forgive us.

Conflict of Interest

We declared no conflicts of interest in this article

5. CONCLUSION

All through medical staff thus the doctors and the nurses are doing their best and they deserve applause, most of them mentioned that this sickness is real and it needs prayer than ever.

All countries across the world believe that it is not about, money, neither is it about resources, COVID-19 goes beyond valuable materials and resources a country is having.

Politicians now believe that the real power lies with God and with him alone since people are powerless, self-control is all dying from COVID-19. The rich and the poor all now believe that no one above the one in the sight of God for the sickness is in all.

The people in the world all believe that the year 2020 is the year of trial, year of repentance, year of sicknesses, year of death, year for the survival of those that God decree to survive and the year that only HE GOD knows how it is going to end.

In 2020, most medical staff have given up and concluded that only God has the treatment, cure and protection of those HE wanted.

Most people believe that the world is about to come to an end while others also believe that, Bad things are happening within the human set up and Almighty God wanted us to learn from our actions and inactions.

Some scientist, researchers, pastors, “mallams” and “wulamawus” are also of the view that the preparation towards establishing fifth-generation (5G) is the cause of all this coronavirus worldwide.

6. RECOMMENDATIONS

6.1 Recommendation by the World Health Organization (WHO)

According to the world health organization, the below recommendation/Suggestions should be practised by the Health Workers;

- Follow established occupational safety and health procedures, avoid exposing others to health and safety risks and participate in employer-provided occupational safety and health training;
- Use provided protocols to assess, triage and treat patients;
- Treat patients with respect, compassion and dignity;
- Maintain patient confidentiality;
- Swiftly follow established public health reporting procedures of a suspect and confirmed cases;
- Provide or reinforce accurate infection prevention and control and public health information, including to concerned people who have neither symptoms nor risk;
- Put on, use, take off and dispose of personal protective equipment properly;
- Self-monitor for signs of illness and self-isolate or report illness to managers, if it occurs;
- Advice management if they are experiencing signs of undue stress or mental health challenges that require support interventions;
- Report to their immediate supervisor any situation which they have reasonable justification to believe presents an imminent and serious danger to life or health.

6.2 Recommendations

- We recommend that people should stay at home to prevent or reduce the spread of this COVID-19.
- The precautions and the directives given by the medical staff should be followed
- The advice and recommendation of WHO should be practice by all countries
- The directives of the various governments in their countries should be followed accordingly.
- Our good deeds should exceed our bad deeds and obey Gods by doing what is ordained in the Holy Books of God.
- Neighbours should support one another in this period of COVID-19.

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