

# COVID-19 FEAR FLIGHT OR FIGHT

A stylized map of the African continent is shown in a dark grey color against a background of a bright orange and yellow sun. Several colorful virus particles, resembling coronaviruses with red and blue spikes, are scattered across the map, primarily concentrated in the southern and eastern regions.

*..Simple Personal  
Risk Assessment to  
demystify the enemy  
and win  
The FIGHT*

*By*

**OKEE ONWUKA**

© 2020 Okee Onwuka

Forget the story about copyright. If you think the personal views inside is worth sharing, you can share as you please. In the end, it will only be pay-after-service, or disregard-after-service. I don't even know if that sounds right, as in, service for a book. I think you get my drift anyway. This politically correct era can be tiring.

Okee Onwuka asserts the moral rights to be identified as the author of this book. What does this even mean? I only know I typed it out on my laptop. I own the laptop. And I read a lot of materials to inform my adopted position. Some of these I read a long time before *coro-coro* (*Covid-19*) showed up, others after the *gbege don start*<sup>1</sup>.

eBook first published April 2010

ISBN: 978-1-64136-274-0

Price: \$1 (or N500). *If you like the book after reading, then pay N500 into this account -0421982238 GTBank Sage pointe limited. If the book na<sup>2</sup> rubbish, please, hiss, delete it and forget you ever read it.*



---

<sup>1</sup> Gbege don start- a *pidgin* expression for “trouble or confusion”.

<sup>2</sup> Na- *pidgin* for “is”.

"Our most striking observation to date is the powerful effect that solar light appears to have on killing the virus - both surfaces and in the air,"... ultraviolet rays had a potent impact on the pathogen, offering hope its spread may ease over the summer.

"The virus dies quickest in the presence of direct sunlight,"

### **William Bryan**

*Science and technology adviser to the Department of Homeland Security, addressing reporters at the White House on, April 24, 2020 on government scientists Studies that found ultraviolet rays had a potent impact on the corona virus pathogen. Source: Al Jazeera report of April 24, 2020.*

.

"This sounds truly shocking but let me give you the numbers," "821 million people go to bed hungry every night all over the world, chronically hungry, and as the new Global Report on Food Crisis published today shows, there are a further 135 million people facing crisis levels of hunger or worse."

"That means 135 million people on earth are marching toward the brink of starvation. But now the World Food Programme analysis shows that, due to the Coronavirus, an additional 130 million people could be pushed to the brink of starvation by the end of 2020. That's a total of 265 million people,"

### **David Beasley,**

*Executive director of the U.N. World Food Program,  
the world's largest humanitarian organization:  
Reported on THE BLAZE online, April 24, 2020,*

# COVID-19

## FEAR FLIGHT *or* FIGHT

---

Simple stories and personal risk assessment to confidently navigate through the challenge.

*I say challenge, because there must be a lot I do not know. The world is on lock down for a virus that kills about 1-3% of those infected, and most of those who die are the elderly or immune compromised, and majority of infected people recover.*

*Religious gatherings have been banned. Jobs are lost. Recession has set in. Oil price has completely crashed.*

*The authorities are firm, they agree on pointing out that there are no CURES for Corona virus, yet majority of infected people are either asymptomatic or recover.*

*There is no cure for corona, no one is allowed to ever voice a cure or treatment, yet the scientists, the doctors, do not tell us the solution.*

*Are we looking for a corona cure for only those who are the elderly or immune compromised?*

*Why do we all need a vaccine for 100% of the population when less than 10% of the population are at risk of death?*

*Is the risk of corona infection/death appropriate justification for the crash in the global economy, that would certainly cause more deaths?*

*Lock down and quarantine laws or orders that give no clues as to when it will end, when life will return to normal*

If these does not alarm you enough to do some personal thinking, personal risk assessment, personal soul searching, I am alarmed enough. I will look inwards. I will look upwards, from where cometh my help.

I will use all I know, all I have, all my training, my education, my instincts, to demystify this tiny enemy that has brought the whole world to its knees. I must overcome this fear. This panic. And fight the way I can. To gain peace in the midst of chaos.

I will respect the laws of the land. I will respect the authorities.

And I will do all within my being, to find that space. This remains my right. My fundamental right.

No one can take this from me.

**WHY A STUDY SHOWING THAT COVID-19 IS EVERYWHERE IS GOOD NEWS**

If millions of people were infected weeks ago without dying, the virus must be less deadly than official data suggest

*The Economist,*  
*April 11<sup>th</sup>, 2020 Edition.*

"there is a real danger that more people could potentially die from the economic impact of COVID-19 than from the virus itself."

*David Beasley,*  
*Executive director of the U.N. World Food Program,*  
*the world's largest humanitarian organization,*

On non-porous surfaces such as stainless steel, the new coronavirus takes 18 hours to lose half its strength in a dark, low-humidity environment,

In a high-humidity environment, that half-life dropped to six hours, and when the virus was exposed to high humidity and sunlight, the half-life dropped to two minutes,

But when exposed to sunlight, it lost half its strength in 90 seconds.

### **William Bryan**

*Science and technology adviser to the Department of Homeland Security, addressing reporters at the White House on, April 24, 2020 on government scientists Studies that found ultraviolet rays had a potent impact on the corona virus pathogen. Source: Al Jazeera report of April 24, 2020.*

In the China CDC Weekly Report, *Vital Surveillances: The Epidemiological Characteristics of an Outbreak of 2019 Novel Coronavirus Diseases (COVID-19) — China, 2020*

*...report findings states that 80.9% of COVID-19 cases were mild and total fatality rate of 2.3%.*

According to the World Health Organization, Q & A, April 17, 2020,

*..Most people (about 80%) recover from the disease without needing hospital treatment. Around 1 out of every 5 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart and lung problems, diabetes, or cancer, are at higher risk of developing serious illness.*

If the above is true, should the world not be focused on the vulnerable population for protection, rather than total world lockdown and quarantine? Would these wider measures not cause more death, more harm, and for longer periods than the corona virus?

If these do not get you confused, it got to me. When the authorities we rely on, do not have answers, disagree with each other but

- tell me I have no answers,
- tell me to avoid other human beings,
- tell me to wear masks,
- make me lose my job but to tell me stay safe at home,
- make me lose my savings but still tell me to stay safe,
- tell me to believe there is no cure but to wash my hands and stay safe
- tell me to stop worshipping together with fellow believers



## **THANK YOU**

---

To the Almighty God, the creator of the whole universe.

The God,

Who created man with complete freedom of will and choice, while accepting that not all men would accept Him or choose the path of light.

Who knows the truth behind the origins of the corona virus and everything associated with it.

Who provides assurances to those who put their trust in Him and not in the ways of man.

## DISCLAIMER

---

I am neither a medical doctor, nor a laboratory scientist, or virologist. I just happen to be an engineer, and a risk analyst. That probably makes me an applied scientist.

But more importantly, I think I am a human being who feels the emotions of fear, flight or fight when faced with threats of any kind.

Covid-19 just happens to be a form of threat.

And for me, I find it important to quickly develop a personal survival strategy that allows me to avoid the possibility of being frozen with fear. Or jumping headlong into worse danger.

If the President of the United States of America, Donald J Trump, a multi-billionaire well before he became president, can be abused by Americans, the public, the news media, in the way he has been, I think it will be foolish for anyone to even think of escaping abuse by the public on anything. People who cannot win an election to retain their positions within their homes, pour abuses on elected officials at the slightest opportunity.

I must applaud politicians for the courage to fight all the way to win elections and have the people you lead heckle you endlessly. “*I no fit abeg*<sup>3</sup>”. I consider myself extremely lucky that The Almighty God removed from my body, all the chemicals or hormones that propel interest in political ambition. For this, I am extra thankful. I cannot even dare to think of it.

You may read this as regular family gist. Shared stories in the kitchen. At the lounge. As you take a walk. At bedtime.

It is simply a collection of stories, some personal, others not so personal, all around the emotions of fear under threat, emergency or attack. Illustrations are given using real life

---

<sup>3</sup> I no fit, abeg- *A pidgin expression, exasperated tone for, I simply can't deal with it.*

episodes to serve as some form of insight into the mind when faced with threat. And by extension, the fears around the current Corona Virus, with the cool sounding name, Covid-19.

This is about my personal perspectives and nothing more. It is about using my experiences, education, history and the global resources to gain personal peace in the face of a global threat.

This is not a prescription or a dogma to be followed by all. If you find anything interesting, that's fine. Otherwise, simply click on the "delete' button and follow up with "*Delete Permanently*".

That works just fine.

## ONE LOUD NOISE..

---

The noise was as loud as it was cacophonous. Nothing prepared anyone for this. At least, I was not prepared and it did not appear anyone was prepared. It was a regular, normal Sunday morning service. Sunday school was over and the Pastor was going through the routine and was about to deliver the homily. Everyone was quiet, paying attention. No one wanted to miss, maybe the keyword that could guarantee heaven. Heaven was the goal. But maybe we were not all so ready.

And suddenly it happened.

The problem was not that it happened. The problem was, no one knew what happened. Or what was happening. It was a deafening and frightening sound. Loud. Crashing. Biting. Metallic. Angry. Fierce.

I don't know who got through the doors first. Myself or my mother or my younger brother. Not that there was any sequence of motion. It didn't matter. All hell had broken loose and people had to escape for their lives. In seconds, the church members were outside and steadily running outwards. I can't remember exactly how far away from the church building we got to. But some people could have made it home within those few moments. It was more like, every man to himself, God for us all.

Was this the rapture? If it was the rapture, are we not supposed to be flying upwards into the sky? And in some white robes. Or have we been left behind and others had disappeared? That sound was nothing like the voice of the Archangels, nor any form of glorious trumpet. Whatever the case, it appeared no one was ready to remain inside the church building to find out.

After some sobering period had elapsed, we realized the building was still intact. And saw people gradually start to make their way back into the building. And, as “follow-follow” syndrome dictates, one by one, the church building filled up again. As the stories began to filter through, it turned out there were some people, few of them who did not run out. One of them was Joseph Anyanwu. And my mum was to tell us later what he said happened. And why he did not run off like every other person.

He said;

*“I fought in the Nigerian war as a soldier. And we had a rule. Never run at the sound of danger until you ascertain the source of the danger. Then one can decide on a superior course of action. This helps to avoid running headlong into the danger”*

This event happened over forty years ago and I haven't forgotten the lesson: *The importance of quick assessment of a threat before taking an informed decision to enhance survival.*

## CONTENTS

<b>ONE LOUD NOISE..</b> .....	<b>XII</b>
<b>EXPLOSION IN THE AIR</b> .....	<b>15</b>
<b>....ENTER COVID-19</b> .....	<b>19</b>
<b>RISK ASSESSMENT TEMPLATE</b> .....	<b>21</b>
<b>RISK ASSESSMENT STARTS HERE</b> .....	<b>25</b>
LOCATION .....	25
LIFE INTENT/OBJECTIVE.....	28
HAZARD/RISK SCENARIO.....	32
PRELIMINARY ASSESSMENT OF RISK/HAZARD .....	35
RISK CAUSES (THREATS) AND EXISTING CONTROLS .....	44
IMMEDIATE IMPACT (ASSUMING YOU DO NOTHING) .....	46
CONTROL MEASURES .....	46
CONSEQUENCES .....	47
ESCALATED IMPACT/CAUSES.....	53
ESCALATION CONTROLS .....	54
RISK ASSESSMENT (ESTIMATION OF RISK).....	55
PERSONAL MEASURES, STRATEGY TO FIGHT COVID -19 .....	57
1. <i>Boosting My Immunity Levels</i> .....	57
2. <i>Destroy the Fear of Covid-19.</i> .....	62
<b>RISK ASSESSMENT WORKSHEET- POPULATED</b> .....	<b>67</b>
<b>REFERENCES</b> .....	<b>73</b>

## EXPLOSION IN THE AIR

---

It was a loud bang.

We had just taken off from GIMPO (formerly Kimpo International Airport) in Seoul, South Korea. It was a transatlantic flight from Seoul to San Francisco, United States. It took less than 30 minutes after takeoff when it occurred. A loud bang. An explosion. And the big plane shuddered.

This was sometime in February, 1998. I was still a relatively young engineer in Mobil producing Nigeria at the time.

I had no clues as to what had just happened but I was not alone. I looked around the cabin and I saw the unmasked fear and anxiety. The other passengers were clearly shaken.

Then the announcement came.

*We have just experienced an explosion in one of our engines. The computers are analyzing the damage and we shall communicate the results as we receive it. We are currently requesting for permission for an emergency landing in Nagano.*

This cannot be happening. Why did I have to travel to Korea at this time. Why me? What have I done wrong? Who did I offend? Is this the end? Why did I have to be the engineer assigned to do this job?

My mind was racing. My heart beating fast. The air-conditioning was working but I saw the sweat on my palms. I saw the other passengers wearing similar expressions. No one was saying anything. But then, words were not needed. We may just have to remain calm, so, maybe we hear the next bang. We could be lucky to land in Nagano with the remaining engines.

One hour turned to two. Three. We were still in the air. The pilot continued to assure us that the computer results were still being processed. This announcement would be repeated, almost every hour, and I was not sure what effects it had on anyone. For the 13 hours of the entire flight, it continued. When we got close to San Francisco, the pilot announced that the weather conditions were poor and we would need to circle the airport for maybe an hour or two, till we get clearance to land.

At this point it was clear, we were not destined to make it.

My only thoughts were on when the crash would happen. Inside the sea. The mountains. The forest. What if it happens in the remotest parts of the world? Would our bodies ever be found? Would it be painful or swift? I had only just gotten married and our daughter was less than a year old. Who would take care of my family? And no opportunity to even make one last call home. What would happen to my parents? How would they deal with this?

Is there an escape route somewhere?

Unfortunately, there were no alternatives. We were all stuck inside the plane. Yes, the fear and anxiety were not optional. But there were no other alternatives. There was no running away from this danger. Nor any means to personally fight it.

Under such a threat, the only option available to deal with the fear, is to pray. For those who belief in prayer. I said my prayers but I was not sure it calmed me enough. But I could not jump out of the plane. The windows were too strong for any such lunacy.

Miraculously, somehow, the plane successfully landed.



An on-air incident, is arguably one of the most trying of scenarios ever. And the reason for this, is that one is left completely at the mercy of the pilot, the weather and science. Bravery counts for little on your part as a passenger. Except may be, the bravery to not scream at the top of one's voice.

Aircraft crashes are rare but when they occur, survival chances are often low.

There are other types of threat or danger, as the next story illustrates.

*This happened sometime in 2002, in our family residence in Festac town, mainland Lagos.*

*As soon as I made my way into the cybercafe, at about 8.45PM, I turned as the doors opened. We were not expecting any new customers. Not at this time. The operator was rounding up and a few customers were still on their systems.*

*Then I saw it.*

*He was dressed in some long dark kaftan, but I saw the projecting end of the gun he was keeping close to his body. At that time, all sorts of images flooded my mind. I remembered that the one rule to obey when under a robbery attack, was never to look into the face of the robber or robbers. But at this time, I was not sure they were robbers. All I saw was the gun. Probably a pump action, sawed-off gun. I dared not look up.*

*As they advanced towards me, I made my way smoothly to the floor. My answers to the questions they threw at me must have flown out of my mouth. I have no recollection of what they asked or what my response was. There was also no time to pray for forgiveness. I lay flat on my face looking away from the one closest to me. I asked for permission to put my hands into my pockets to bring out the money there. It was granted. I emptied my pockets and they grabbed all that came out. As they went through each person in the hall, the command was,*

*“if you raise your head, I will blast you away.”*

*They proceeded to the main building where they made away with the day’s cash receipts. I was to learn that my father was about to jump over the balcony railings when the robbers pulled him back, as my mother showed them where the cash was kept. Downstairs, at the garage-converted cybercafe, we remained on the floor, long after they had escaped.*

*Some of my cousins who were fished out of the wardrobes, had interesting stories to tell.*

*That was my first close encounter with armed bandits.*

*I had just enough time to recognize they were robbers and took the only step, the only safe step: lie face flat and remain still. And hoped for the best.*

*Luckily, they left with the cash and did not hurt anybody.*

## ....ENTER COVID-19

---

In late 2019, panic gripped the world when the news broke of the Corona virus outbreak in Wuhan, China. The media became filled with chilling photos of corpses everywhere, people dying from the virus.

With the convergence of science and communications, the world a global village, everyone easily followed the developments of satellite TV, local TV and the internet.

Clearly, a virus threat has been unleashed. Regardless of the theories surrounding the source of the virus, the fear of the virus spreading became real. The panic in the air was thickening by the hour. Theories and theories started making the rounds. Social media went into some frenzy. In no time, countries began to implement strict measures to prevent the spread and also treat the infected.

As the fears escalated and the threat established, on a personal basis, I had to do some quick assessments to derive a comfort zone. Once I'm able to do that, then it becomes easier to deal with the daily frenzy that goes with the times.

In essence, it is the fear of death that is at the core of the global panic. This fear of death, immediate death, is so extreme that the world economy has ground to a halt. It doesn't matter if the measures wipe out our jobs, savings or investments, curtail or destroy our social or religious habits, as long as we don't die, as long as we don't contract the virus and die, all is well.

On the surface, it would appear that death from hunger, starvation, lack of regular health care, unattended cancer, is

far better than death from Covid-19. A deadly virus with a beautiful easy-to-remember name.

In the corona case, I saw it as far better than being trapped in an aircraft, 30,000 ft above sea level with an engine failure. My feet are on the ground and I have far greater opportunities for survival than up there. I recognized that I have opportunities to fight. The option of running away is ruled out. All borders are closed. The hospitals appear to be high risk places. Yes, there is fear but I need to quickly evolve a fighting strategy to help deal with the fears. I was not going to be getting much help from people around me or the internet.

All I saw was panic.

I had learnt some 40 years ago to stay still, study the enemy before taking the first step. So, I had to do some risk assessment. A very simple risk assessment. This I would share with you. Hopefully. I'll resist the temptation to deviate. If I do, please jump over it and continue. You'll get the *koko*<sup>4</sup> anyways.

At the end of the book, I will populate the table for the "*book-book*"<sup>5</sup> people who are used to structured risk assessments. *I no fit shout, abeg*<sup>6</sup>!

---

<sup>4</sup> *Koko- the pidgin for "the essence" of the discussion.*

<sup>5</sup> *Book-book- street reference for the more intellectual, more formal.*

<sup>6</sup> *I no fit shout, abeg- A playful street term, something akin to "to avoid trouble or arguments, please"*

## **RISK ASSESSMENT TEMPLATE**

---

The risk assessment template is presented. I have tried to keep it as simple as possible but note that you do not need to master this table or try to remember the structure as you follow the subsequent pages.

<b>SAMPLE RISK ASSESSMENT WORKSHEET</b>	
<b>LOCATION</b> <i>(State the location of the risk Exposure)</i>	
i.e. Lagos State, Nigeria.	
<b>LIFE INTENT/OBJECTIVE</b> <i>(This states the target value or quality that may be under threat i.e. long life in sound health)</i>	
I want to continue my life as before, finish my projects, earn more money, have my dream vacation...etc.. <i>(yes, even though we know we will all die someday but, not just now. Not from corona please.)</i>	
<b>HAZARD/RISK SCENARIO</b> <i>(The risk is always based on a desire or objective. In this case, the risk of death, if infected by the corona virus)</i>	
Death resulting from corona virus (Covid-19) infection in Lagos, Nigeria.	
<b>PRELIMINARY ASSESSMENT OF RISK/HAZARD</b> <i>(What is the hazard or risk? What is the corona virus all about? How can it harm or kill? How does it spread? How can infection be avoided?)</i>	
Here, we list or outline the basic things we know about the virus.	
<b>RISK CAUSES (THREATS)</b>	<b>EXISTING CONTROLS</b>
<p><i>What are those things that make the virus more potent than others?</i></p> <p><i>What are the things to contribute to the severity of the virus?</i></p>	<p><i>What are the things we know, exist, in the society that serve as controls to handle the threat posed by the virus or the conditions that contribute to making the virus more potent, more dangerous?</i></p>

<b>IMMEDIATE IMPACT</b> ( <i>Assuming you do NOTHING</i> )	
What are the possible immediate impacts on contracting the corona virus? We list these here.	
<b>CONTROL MEASURES</b> ( <i>Those items or things you know can help deal with the Impact</i> )	
<i>This is the section where you list available things that can be done to limit the risks to health following confirmed positive Covid-19.</i>	
<b>ESCALATED IMPACT</b>	
<i>These are the possible outcomes, if immediate controls are absent or they fail to function as expected</i>	
<b>ESCALATION CAUSES</b> ( <i>The reasons why the impact can get worse</i> )	<b>ESCALATION CONTROLS</b> ( <i>known measures that can be taken to prevent death, after health conditions deteriorate</i> )
<i>These would represent worst possible outcomes. The major risk under assessment. In this case, death. Trauma. Other losses.</i>	<i>We list all that apply here.</i>
<b>RISK ASSESSMENT</b>	
<i>Probability of Event Occurring (Contacting the Virus)- HIGH, MEDIUM, LOW</i>	
<i>Potential for Death, after infection (HIGH, MEDIUM, LOW)</i>	
<i>Assessed Risk in Location (HIGH, MEDIUM, LOW)</i>	

**RECOMMENDATIONS/ACTIONS MEASURES TO STAY SAFE**

- *The personal steps to take, to feel safe or recover.*
- *Steps to eliminate fear and allow for greater peace of mind.*



## RISK ASSESSMENT STARTS HERE

---

### LOCATION

This represents the setting for my assessment. The area covered and some background to the whole *mata*<sup>7</sup>.

The setting is Lagos, Nigeria. And maybe we can extend to cover all the other states in Nigeria that I could visit in the course of duty, work, family or social interactions. The option of travelling overseas is not considered here. These days, the deal is to explore all possible interaction, meetings via all online channels, *WhatsApp*, *Facebook*, *google hangout* and I hear there is a *zoom* app used for video-conferencing. I am not so into the trends in technology. I'm old school in these things. **No wahala**<sup>8</sup>. All I know is until all these video channels and phone calls are exhausted, overseas risk assessments would be another scenario.

I have heard somewhere that before the borders are opened up for free travel, evidence of immunity against corona virus may need to be produced. Some say it has to be a vaccine, others say it is vaccine plus chip implantation. These do not look like interesting times but not to worry, **all die na die**<sup>9</sup>. The *hustle* continues.

Corona virus must be feeling like a king of some sorts, if it had the sensibilities to see all the fear and respect it has generated

---

<sup>7</sup> Mata- *street coinage for the English word, "matter".*

<sup>8</sup> No wahala- *Pidgin for "It's O.K."*

<sup>9</sup> All die na die- *street lingo in pidgin literally meaning, death is death, regardless of type or manner.*

all over the world. Malaria that *kpai*<sup>10</sup> many Africans daily, HIV/AIDS, Ebola, cancer, diabetes, and several others, non has received this level of respect. Even road accidents that kill humans in large numbers daily, have not led to vaccinating cars, or banning the use of cars, but a tiny virus, invisible to the naked eyes, a virus that kills mostly elderly or weakened people, have caused churches to shut down, mosques to close.

No more night clubbing, or partying. Adults, presidents, Governors, leaders of society, men and women of high societal standing, now proudly dress up looking like masquerades and interestingly, beam with pride in open respect of a tiny virus with a cute name. Maybe one day, some awards would be presented for the best designed nose/face masks.

Luckily for me, I am an African food addict. I have never been a fan of continental meals. I consider this a blessing of some sort during times like these. Maybe when garri<sup>11</sup>, or eba<sup>12</sup> starts to become super-scarce, I'll be forced to do an emergency survival assessment. Going one full day without "swallow"<sup>13</sup> is not a 'thinkable' option for me.

My mother, when she was alive used to say God is her witness, as she raised us having regular breakfast of eggs, corn flakes, Quaker oats, cereals in general with tea. Where I picked up the habit of eating eba in the morning cannot be due to her negligence. I would not argue. I only feel sorry for those who don't know eba or enjoy it the way that I do.

---

<sup>10</sup> *Kpai- pidgin for "kill".*

<sup>11</sup> *Garri- grains prepared from cassava roots.*

<sup>12</sup> *Eba- a semi-solid preparation of dried cassava grains(garri) with hot water.*

<sup>13</sup> *Swallow- local parlance for meals involving soup and semi-solid preparations from cassava, yam, rice or potato.*

It is no surprise that the price of rice would not bother me, as a person but my wife and kids, I suspect would be more worried, if rice is missing from the dining table.

Next, we look at why we should even be afraid of dying. What is it at stake, in this fear of *coro-coro*<sup>14</sup>.

---

<sup>14</sup> *Coro-coro- street term for corona virus, covid-19*

## LIFE INTENT/OBJECTIVE

Why should anyone be afraid of corona virus, Covid-19? Or better still, why should anyone be afraid of death? I think there are many reasons for this. And not all applies to everybody but some are more common than others. We'll try to look at a few.

We only know of this world. No one has gone and returned to share his or her experiences, without dying again. In the Bible, even after Lazarus was raised from dead, he died again. Death thus remains a mystery journey. Although we all accept that death is inevitable, facing death is another ball game entirely.

We will all die someday but not so fast. Not now please. We have so many things to accomplish before we are ready. That is, if any one can ever be ready.

- We have to get a degree, get a better job and live better. Show friends and family that we have arrived. *Haba..I no come world come suffer*<sup>15</sup>.
- How can I die when I am still single, no kids yet?. No no no.
- I have just gotten married and need to enjoy this a little more. Surely, this cannot be the end.
- I have not yet built or bought my own house.
- I have to become president first. Death should not come yet. At least, I should become a Senator first.
- I need to win the Champions league first.

---

<sup>15</sup> Haba..I no come world come suffer - *Pidgin for, "I was not born to suffer"*.

- I need to win the premiership first. We are so close to winning one, how can somebody die now. ***God forbid bad thing<sup>16</sup>***.
- The girl I want to marry is proving difficult but let me win her love first, we get married, then maybe, after, just maybe..
- I am still so young. Having the time of my life, in my teens. Death needs to step aside till I am in my 70s..
- I'm in my 20s...not yet. So much to do. I have not travelled overseas, taken selfies in London, America, Germany, Singapore.
- I need to drive my dream car first.
- I need to experience having a girlfriend, a boyfriend first.
- Not when I am still active, maybe when I am tired of life, death can come.
- I have just started my dream project, pleassssee..how can I die now and leave all this, unaccomplished?
- Who will take care of my kids, no way, ***I cannot fit to die now.***
- I need to first exact my revenge on the man that killed my parents, my relatives.
- I am just recovering from a financial crisis of years and just got this new wonderful job, how can death show up now, no way. I have to remain alive. I cannot even risk infection.
- How can I die and leave all the treasures, my gold, my mega millions in the account, my properties? Those

---

<sup>16</sup> **God forbid bad thing.- street parlance, term for "God forbid evil"**

'yeye' people will now chop my money anyhow<sup>17</sup>, no way.

- I am so close to securing the mega million-dollar contract, something I have been chasing for years, how can I now die and miss out?
- What would my many followers do? What will they say?
- Life is too sweet please. I know there is a heaven but no one said we must be in a hurry to go there. Afterall, the earth was created for a purpose.
- My wedding is already planned. Why now?

It is not possible to list all scenarios of life, of living that give essence to expectations of a longer life. Yes, there are suicidal situations but then, this represents an individual option, choice.

You can add the reasons for your own fear, to this list. Unless you are fortunate to have no fears at all.

I have my own goals. Dreams. Projects lined up. I accept the daily challenges and yes, I would love more years on earth. Surely, I would not want to be beaten by a virus, something so tiny, it can only be seen with powerful microscopes.

In the context of myself, my family, extended family, friends, colleagues, business partners, community, country, I suspect it is important I'm able to extend my time here. I may even be fooling myself in thinking there are people who want me here longer but I can at least try to live longer to make my existence count.

---

<sup>17</sup> 'yeye' people will now chop my money anyhow, - *Pidgin for "people I have no regard for, to inherit or waste my hard-earned money"*

Now that it is normal, to ***not-want-to die***, we can look into the hazard or risk involved in the quest to stay alive.

## HAZARD/RISK SCENARIO

This is where we describe what the risk is. The scenario we do not want to play out. In risk assessment, this is probably one of the most difficult tasks: accurately stating or describing the key issue. Knowing what it is. Getting clarity. Focus.

In life, sometimes, we can be faced with so many challenges, data, information, issues, demands, and probably anxiety. All of which could impair our ability to process information accurately. We lose focus. We get disoriented. In the process, we lose track of what the real issue is and find ourselves drifting with the prevailing public view. Or changing with every change in direction. In street parlance, what we call **anywhere-belle-face**.<sup>18</sup>

This is a confusion that should be avoided, because sometimes, even the people we trust, the institutions we believe in, the sources we trust can fail. And fail miserably. We will get back to this later. But for now, we'll get clarity and simplify what the real concern is. When we get this correct, others fall into place. And easier too.

The clue to creating a hazard or risk scenario, is that it typically describes an unwanted state or condition. The risk, if it plays out, would have some further unwanted or unpleasant circumstance or events. And naturally, there would be some events that would, if uncontrolled, if we don't do anything about them, potentially enable the risk to occur. And after it occurs, escalation is possible. Don't get too bogged down on these

---

<sup>18</sup> anywhere-belle-face. - street term derived from an abusive reference to a footballer who is so poorly gifted, that he can only kick the football forwards, even if he scores against his team. It is a somewhat negative remark on reasoning abilities, though often used in a playful banter.



technicalities. We can start with a few possible options for consideration.

Possible risk scenarios are listed below.

1. Death from hunger
2. Inability to achieve my life's goals
3. Enemies taking over my country
4. Untimely death following infection by corona virus.
5. Hoodlums attacking me in my house, all alone
6. My planned wedding or project halted by corona lockdown
7. Corona pandemic causing me to lose my job
8. My marriage fails, my partner runs away
9. I get very hungry when my sores food items are exhausted
10. My savings wiped out by the financial crisis resulting from the covid-19 saga.
11. Our currency crashes completely
12. Hyperinflation following this pandemic
13. Inability to sleep at night from *coro-coro* fears
14. Loss of social status as social distancing cripple my empire.
15. Social distancing preventing my partner and I from making babies!

I think we can stop here. Take a look at the list. You may add yours. Then we select the one that would help us gain focus and traction. Then we proceed to the simple analysis.

Hmnnnn..which one is it now?

***Tumbo tumbo tub o lo tu bois, laba laba kai kai, ti tin boys and girls.....voila<sup>19</sup>...***

I choose **#4: *Untimely death following infection by corona virus***

#4 captures the full essence. This is about the corona virus, specifically and the biggest risk, is that of dying following an infection.

There are clearly many issues we have to contend with daily and we cannot analyze all at the same time. If we attempt to do this, we can get into a cyclic process. Or get into a process so convoluted, we lose orientation completely. What did I just write? Ok. In basic terms, it means, we must avoid confusion. Otherwise, we *fit-miss-road*<sup>20</sup>.

Next phase is to go one step deeper to ask:

How much of a risk am I running as an individual?

What risks do we face as a family, a unit, a community? In other words, we need to do some form of initial assessment of the danger.

Often, this early, or preliminary risk or hazard assessment can be enough to take early informed decisions. We'll see how this pans out shortly.

---

<sup>19</sup> *Tumbo tumbo tub o lo tu bois, laba laba kai kai, ti tin boys and girls.....voila. This is a vernacular recitation we used, as kids, when we are confused on making a choice or selection. I don't even know what language it is, or what it means. All I know is that at the end of the recitation, in some animated mood, as we point to each option, where ever it ends, what you are pointing to, in the end, is the choice.*

<sup>20</sup> *we fit-miss-road - Pidgin English term for, getting lost or getting confused.*

## PRELIMINARY ASSESSMENT OF RISK/HAZARD

This is clearly about the corona virus, nothing else. There are several questions that run through the mind, regarding this virus.

- *What risk are we really exposed to?*
- *How does it infect people?*
- *How long does it take to kill after infection?*
- *How many people has it killed?*
- *Who even gave it such a fine name?*
- *Can infection be avoided?*
- *Is this a plague as written in the Bible?*
- *Is this the end of the world?*

This reminds of an event that happened about two decades ago. Sometime in year 2000, I got a call from a friend who worked in the financial sector. She informed of some rumour making the rounds that some banks are getting distressed and the Central Bank would soon be making the confirmations formal. She advised that I move my money to a safer bank.

I had to chew over this information. She was in the sector. She should know. What banks were distressed? What banks were safe and stable? How do I move the money? What would be the best time to do this?

I was still thinking about what to do when I got a call from her. She was clearly in distress. Her voice was barely audible. I tried to get her to tell me what the problem was. All I could make out was: *some N400,000 was gone. Gone ke?*<sup>21</sup> From where to where? N400,000 was about \$265,000 (*Exchange rate then was \$1 /N1.51*). That was no small money. I had to dash out to

---

<sup>21</sup> *Gone ke?* – an English-Yoruba lingo exclamation, an expression of 'disbelief'.

get the facts. It was not a pleasant story. She had withdrawn all her savings, in cash and taken a taxi to deposit into another bank. On the way, she was robbed of the money. All of it. Those were not the days of today's efficient online transfers. And I think she did not want her bank putting a trace to where she was moving the funds to.

If tears could replace stolen money, that money would have surely returned into her accounts, even if it went into the bank where it was lodged. No such luck. The money was lost.

Ironically, the bank she was moving the money from, has survived all distress episodes in Nigeria from before year 2,000 to date.

I have not forgotten that episode. It may not appear to be on the same scale as a viral epidemic but the lessons are as applicable. In any threat or imminent danger, one must first assess or characterize the threat. Then a matching, guided response would follow.

The information coming through the news channels, local and international, social media, word of mouth, all coming in torrents, was and is as chaotic, if not more than, possibly the virus itself.

How does anyone make sense of it all?

Who do you believe?

Who do you trust?

What do you trust?

I'll attempt to capture a few of the feeds through the media over the past few months;

- *The virus originated, sometime in late 2019 in a seafood market in Wuhan, China, transmitted from an animal. And infected humans. Soon enough, the Chinese began to die enmasse.*
- *The Chinese accuse the American military athletes who attended the World Military Games, in October 2019, in Wuhan, China, as being responsible for bringing the virus into China.*
- *The virus originated from The Wuhan Institute of Virology, Chinese Academy of Sciences and spread to outer world.*
- *The corona virus disease (COVID-19) is a highly transmittable and pathogenic viral infection. And it is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). It is similar to SARS-CoV and the middle east respiratory syndrome coronavirus MERS-CoV.*
- *Corona virus is similar to a family of Flu viruses, SARS-like and is possibly originated from bats.*
- *Corona virus shares similar structure with the seasonal flu virus.*
- *Corona virus is man-made. A biological weapon.*
- *Covid-19 cannot be transmitted from human to human.*
- *Covid-19 is highly infectious and easily transmitted between humans.*
- *Viruses are not naturally occurring pathogens. They do not exist in nature.*
- *Viruses exist and can be naturally occurring.*
- *The news channels show thousands dying in China. Then thousands start to die in Italy, Spain, and the UK. Soon enough, the virus has travelled all over the world. Deaths start to occur in the middle east, Asia, Africa, Brazil, the US and spreading.*

- *Cruise ships have many passengers test positive for covid-19.*
- *Covid-19 becomes declared a global pandemic.*
- *Flu viruses do not survive in temperatures above 70 DEG F.*
- *Flu Viruses do not thrive in temperatures above 70 DEG C.*
- *Flu viruses are seasonal and tail off in summer. Corona virus share similar protein structure as flu viruses.*
- *Chloroquine and an antibiotic are effective cures for Covid-19.*
- *Chloroquine has not been clinically tested and proven to be a cure for covid-19.*
- *Corona vaccine should be first tested in Africa.*
- *Combination of hot weather and high humidity kill off corona viruses.*
- *Hot weather does not kill the virus. There is no cure.*
- *Corona virus is overloading the health institutions globally, there is a crisis all over. The world needs help.*
- *Covid-19 is not as deadly on young people who have strong immune systems. Covid-19 kills more of the elderly and people with underlying health conditions or compromised immune systems. Most infected people are asymptomatic.*
- *Taking hot water, lemon water, garlic, does not cure covid-19.*
- *There is no Covid-19. Only 5G is killing people.*
- *5G kills nobody. Wireless communication is perfect innovation. It is silly conspiracy theory to say 5G kills. Covid-19 is real. Please be safe.*
- *The best response to covid-19 is social distancing, isolation and regular hand washing, wearing of masks.*

- *Social gatherings must be banned. Borders sealed up. Movements restricted, to curtail the spread of the virus.*
- *Report yourself to the authorities if you start to show symptoms of infection.*
- *China has contained the spread of the virus and has relaxed lockdowns and opened up for business.*
- *The only way to return to normal life is to develop effective vaccines and have everybody vaccinated, plus chips implanted.*
- *The end of the world has come and Covid-19 is an end time plague.*
- *The corona death figures are not real.*
- *The low death numbers in Tropical Africa is incorrect, because there is under-reporting, under-testing. There surely will be more deaths.*
- *Melinda Gates warns the world to act fast, otherwise there will be dead bodies all over the streets of Africa.*
- *W.H.O Contagion model for Corona deaths is wrong.*
- *W.H.O Contagion model is correct. We are facing a serious epidemic.*
- *To control covid-19, there must be massive lockdowns all over the world.*

Interestingly, I saw some stories of defiance. I'll capture some below:

- *Belarus President, Lukashenko calls corona virus brazenly 'mere flu'.*
- *With the rest of Europe on coronavirus lockdown, Belarus President is not so moved. Alexander Lukashenko, the*

*Belarus President is not buying the country lockdown bandwagon. He has advised drinking more vodka as a remedy to beat the corona-virus.*

- *A recent report on the ECONOMIST writes: Why a study showing that covid-19 is everywhere is good news: If millions of people were infected weeks ago without dying, the virus must be less deadly than official data suggest*
- *Another report on Al Jazeera states: Sunlight and humidity kill coronavirus the fastest: US scientists- Experiment shows UV rays destroy COVID-19 both on surfaces and in air, but US gov't research yet to be made public.*

I had also seen two reports in early March 2020. These reports I found to be very interesting.

- *The real reason germs spread in the winter, By David Robson. 19th October 2015. AND*
- *NEWS / WEATHER NEWS: How does cold weather impact the spread, survival of the flu virus? By Ashley Williams, AccuWeather staff writer*

The next challenge, is how to get a grip on what is truly happening. How possible is this?

How realistic can one be, considering that;

- The experts are arguing against each other.
- Authorities reverse each other.
- There is no common ground on anything: that is, except for the fear and massive panic that has gripped the entire world. Oil prices have crashed. Economy has ground to a halt. There are more answers than



questions. Social media became charged. Opinions and counter opinions.

- Theories and counter theories.
- People advise we listen to authorities. Listen to the experts. But the experts are confused too. Data keeps changing.
- The experts seem to agree on only one thing: Covid-19 is to be feared. The experts tell us what will not work. But they are not agreed on what will work. Only what would reduce the risk of spreading the virus.
- And so, most countries are on lock down. The lockdowns extend. In some countries, the lockdowns are heavily enforced. Anyone attempting to downplay the significance of Covid-19 is easily branded a lunatic.

How does one accurately assess a risk of this nature, without a degree in Microbiology, or medical sciences? *The fact that even professors in medical sciences do not even agree on all fronts regarding the origin or best form of cure for the corona virus, compounds the problem.*

Well, all hope is not lost. I went down to my own basics to define the virus, using some commonalities in the sequence of events. Some consistencies.

And my summary Assessment on Covid-19 is summarized below:

1. 5G, as a wireless technology, would be as harmful if not more than existing 3G and 4G. For those who are not aware of the harmful effects of 3G and 4G should visit this website <https://www.mast-victims.org/>. And read these stories. You may also research further.

<https://www.dailymail.co.uk/health/article-1027699/14-die-cancer-seven-years-living-phone-mast-highest-radiation-levels-UK.html>

<https://www.independent.ie/irish-news/people-are-driven-from-home-by-phone-mast-radiation-26397783.html>

You may then evaluate the potential impact of the stronger signals from 5G radiation. With or without the corona virus, there are many victims of 3G and 4G, which appears to be worse for those living close to the GSM masts.

Interestingly, there are many publications by scientists who state that wireless radiation is completely harmless. But the many people who suffer electrohypersensitivity and other wireless radiation health effects, know much better. And many of these people share their stories and experiences with the public.

2. From the illustrations and microscopic views of the covid-19, it shares many features with the common flu virus. It may have few features that are different but the similarities are more than the differences. Covid-19 is a Virus. Man-made or natural, regardless. It is a virus, *shikena*.<sup>22</sup>
3. Hot weather and high humidity strongly impede the survivability and transmission of the covid-19.

---

<sup>22</sup> shikena- Hausa term for, Period. Affirmative.

4. Covid-19, like all disease or viral strains, CANNOT behave in the same way in every country, climate or environment.
5. Death rate is about 1-3% (average) of infected people. Majority of those killed are the elderly, those with weakened or compromised immune systems, people with other health conditions such as cancer, asthma, diabetes, pneumonia, etc.
6. Behavioral patterns would differ between cold and warm climates.
7. Any treatment that has proven successful in treating or managing Flu virus and other viruses, will be of help, in dealing with covid-19. A strong immunity increases survival chances against covid-19
8. Authorities (*Scientists, Doctors, regulators*) are unsure and counter each other, the base rule will be to obey all government laws, rules while taking personal responsibility for safety and response to infection, by practicing safe habits.
9. Statistics confirm that death rates in Nigeria and tropical Africa is significantly less than the rate in colder regions of the world. It may be an Act-of-God, Serendipity, chance. Whatever it is, it cannot be ignored.

## **RISK CAUSES (THREATS) AND EXISTING CONTROLS**

- *What are those things that make the virus more potent than others?*
- *What are the things to contribute to the severity of the virus? What are the things we know, exist, in the society that serve as controls to handle the threat posed by the virus or the conditions that contribute to making the virus more potent, more dangerous?*

There are a few threats that can lead to one getting infected with the virus. We can list some of these:

- **Coming into contact with an infected person who returns to Nigeria after getting infected overseas.** It could be from an infected person already showing symptoms. Or from an infected person who is asymptomatic. That's the big grammar for someone having the virus but not showing any symptoms. The guides to prevent or minimize the risk is to frequently wash hands with alcohol-based sanitizers. And to avoid rubbing the nose and eyes with the hands.

Symptoms are as outlined below:

- *Common symptoms:*
  - *fever.*
  - *tiredness.*
  - *dry cough.*
- *Some may experience:*
  - *aches and pains.*

- *nasal congestion.*
  - *runny nose.*
  - *sore throat.*
  - *diarrhea.*
- **Travelling to high risk countries.** Borders are closed and travel now highly restricted. Most infections now will be mainly within countries, states or communities.
- **Using, sharing or visiting places that a patient also visited,** within the period where the virus is still active in the air or on surfaces. Hospitals and public places are high risk places. Wearing face masks and gloves when visiting these places would help. I must confess that facemasks look very comical. Medical personnel are duly trained. Social distancing and quarantine/lockdown measures have largely curtailed movement and the risks of contacting the virus.
- **False Positive test result, using defective or frailty test kit.** This may lead to untimely death, as the resulting trauma may be worse than corona virus itself. This may result in being kept together with other infected persons, leading to getting infected. Some test kits have been confirmed to be faulty, so there is hope that there is a quality measure in place to validate the authenticity of test kits.

## **IMMEDIATE IMPACT (ASSUMING YOU DO NOTHING)**

What are the possible effects or impact on contracting the corona virus?

- If one is older than 50, with a compromised immune system, underlying health conditions, risk of death is higher, so medication attention is of top priority.
- Younger people, would survive better.
- According to real time data, chances of surviving the infection in Nigeria, is much higher than surviving the infection in the US, UK or Italy.

## **CONTROL MEASURES**

*This is the section where you list available things that can be done to limit the risks to health following confirmed positive Covid-19.*

There are standard measures the Governments has put in place to limit the rate of infection and also handle confirmed infected individuals,

- Strict control of movement within Countries
- Curfew in towns
- Businesses shut down: meetings to be held strictly online
- Schools shut down
- Churches and religious gatherings banned/prohibited
- Wearing of nose masks emphasized for compliance.
- Lockdowns extended till some future date

## CONSEQUENCES

As I was developing this short write up, I saw on social media a post on Corona Virus that got me somewhat irritated. It was titled, FACTS ABOUT COVID-19:

### FACTS ABOUT COVID-19

- Hot lemon does not kill COVID-19
- Eating Garlic and ginger does not eliminate COVID -19
- Gargling warm water and salt does not kill COVID-19
- Drinking and spraying Dettol and water all over your body does not kill COVID-19
- Special oils do not kill COVID-19
- Drinking palm oil does not prevent the virus
- Chloroquine does not cure COVID-19

On this post, there was NO single pointer of hope. Nothing on what works. Except to wash hands and wear masks, like we are all kids who need to be reminded to wash our hands.

Unfortunately, “authorities’, experts all over the world, end up agreeing only on a few things:

***Nothing cures Corona Virus. Not Chloroquine. Not Antibiotics. Not immune Boosters. Nothing.***

***Low deaths in Africa do not add up. Deaths will occur.***

All the people who seem to have success with dealing with Corona virus are ignored.

The scientists we rely on, to point the way forward are confused.

They have no common direction.

Vaccine proponents are continuously pushing for fast tracking of production, testing and approval of vaccines for Covid-19.

Governments are only united on the common front of lock downs, social distancing and provision of relief cash, food items. In Nigeria, the lockdown has probably created far more problems than the covid-19 itself.

Where is this heading now? What is going on?

At this rate, my personal assessment is simple:

**THE FEAR OF COVID-19, AS A THREAT TO LIFE HAS BECOME COMPLETELY CRAZY AND DEFIES ALL KNOWN LOGIC FROM THE HISTORY OF THE WORLD TILL NOW.**

**THIS FEAR, IS FAR MORE DEADLY THAT THE COVID-19 VIRUS ITSELF.**

**COVID-19 IS EITHER THE HOAX-OF-THE-CENTURY, OR SOME MASQUERADE THAT WOULD SOON BE UN-MASKED.**

This extreme fear of Covid-19 has led to extreme consequences with no end in sight. I cite just a few:

- **A virus that kills at a rate much lower than cancer and malaria** has led to the crashing of the world's entire economy. Millions of jobs have been lost, revenues destroyed. Some may never be recovered again.  
The world is talking about vaccines for Covid-19 but **no one has ever pursued a vaccine for Malaria. And no vaccines have been found for Cancer too.**
- **The Flu virus has been around in the world for decades, re-occurring annually during the winter and tailing off in the Summer.** Why is there such a high hope on



developing a vaccine so fast? **Extreme fear, in my opinion, can only breed irrational results.**

- The fear of covid-19, and the lock-downs have significantly increased the **risk of death in people with health conditions that need regular medical attention.** These would inevitably lead to associated, indirect deaths and the world appears to be oblivious to these, as long as Covid-19 is feared, respected. Hospitals now tend to turn away patients and focus more on Covid-19. Some hospitals have been closed down, on the grounds that they have been visited by people who have tested positive to corona virus.
- **Due to the similarity of the symptoms of Covid-19 infection with other respiratory conditions such as Asthma,** these individuals avoid the hospitals for fear of being mis-diagnosed as covid-19 carriers and forced into quarantine and possibly poorer treatment.
- Several countries are adopting the wholesome economic lock-down measures of Europe, Asia and America without calibrating the characteristics of the virus in their climates. And sometimes, without matching relief measures to cushion the effects of lost business and revenue. **Nigeria is one of such countries that is yet to develop our own customized response.** Madagascar has developed a local remedy for the virus and are implementing their local measures to good effect. Senegal has evolved a promising method of dealing with the virus including the 3D printing of cheap and affordable ventilators at about \$60 each. Ghana is relaxing lock-down measures. But Nigeria, with 200million people, with our highly educated population,

has not yet shown any direct steps taken to create a home-grown covid-19 response.

**The poverty level in the country has worsened.**

**Death from starvation looms large.**

**Jobs are lost. Oil price has crashed. Inflation has set in.** With Government revenues from crude oil lost, the naira is on a free fall.

**Food crisis is fast approaching** as existing supplies would run out and if farmers fail to plant and tend to their crops due to lock-downs and social distancing, social insecurity and starvation risks increase exponentially. With interstate borders closed, and food suppliers afraid of being attacked on the way to deliver the items, the associated deaths, indirectly from the Covid-19 fear, will surely be higher than the direct deaths from Covid-19.

- However, I do not blame the Nigerian leaders or government for adopting the wholesome lock-down measures and the extreme public show of wearing masks, social distancing and such fashionable covid-19 swag. This is truly a bad era to be a politician or leader. In Nigeria or anywhere in the world.

**If Nigeria does not lockdown, many Nigerians, in the country and overseas will lampoon the Government, the Governors for incompetence.** Foreigners would also blame them. Whatever leaders do, anyone does, there will be no universal agreement, by everybody that the adopted position is perfect. **In this regard, I feel for everyone in leadership.**

The fear of covid-19 has already been sold globally.

Any leader who dares to be different would likely come against fierce attack.

The president of Belarus is called a lunatic for daring to think differently, for refusing to lock down his country. It is globally clear, that the fear and respect for Covid-19, is considered the educated position to take. Or maybe, the politically correct position to adopt.

- **Religious gatherings have become eliminated. Group worship gone.** The power of group faith has become destroyed. People who can afford the data and gadgets for online interactions may not realize the effect on the millions who have no access to the internet, cannot afford smart phones or costs for internet data. The social fabric for a deeply religious society has been destroyed. Maybe for a long time to come. This is where **I miss the prophets of old. Prophets like Elijah, Elisha, Jeremiah. Daniel. Prophets who would boldly unmask the Corona Virus and what it is all about, without fear of any Government or leader or Authority.** Prophets who report only to The Almighty God. Prophets who will tell us exactly what The Almighty God says about this crisis, so His people do not perish. Unless God chooses to be silent, as God alone is Omnipotent, Omnipresent and Omniscient.
- **A world of weaker people.** When people go to war, when soldiers go to war, it is known and accepted that people will die. It will cost lives on either side. But nowadays, it

would appear that men fear death so much, we are all willing to lose our faith, our religion, our sources of revenue, income, our passion, just to stay alive. Even when the threat to our life has less than a 10% probability of successfully killing us, if we get infected. **Humans, in the Covid-19 case, has chosen to take flight, run away, hide in isolation than to unmask the enemy and fight with everything we have.** Unfortunately, in the process, we lose so much more. We have more opinionated people on social media, than we have people of real grit and fight. It is probably a lot easier to abuse Donald J Trump, than it is to confront an enemy much smaller than an ant. A sad world. I am so glad I am not a politician and happier that there is no strand of political office traceable to any component of my DNA.

- **The people who are pushing for Covid-19 Vaccine, to save the world are the same people who think the world is overpopulated.** Yet, many educated people hold out strong hopes for a Covid-19 vaccine.

## ESCALATED IMPACT/CAUSES

In the simplest of terms, the escalated impact of Covid-19 is massive deaths, discomfort, and other negatives that result from associated impacts of ***fear-driven measures*** to contain the virus I.e. *the lockdowns and the associated disruption to commerce, enterprise and production.*

Global recession, loss of jobs and extreme deviation from the social system the world has always known before now.

Specifically, escalated impacts include the following:

- Global recession and associated impacts
- Severe business interruption
- Job losses
- Restricted movement
- Family members, relatives, friends losing jobs, and suffering extensive losses
- Increased social pressure
- Restricted or limited access to Medicare in the event of an emergency
- Loss of relatives or friends who are deprived of regular healthcare access due to lockdowns.
- Inflation and inflation effects
- Security deterioration
- Social interference

## ESCALATION CONTROLS

We have social distancing laws, enforced by the police and sometimes, the military.

Hospitals have been equipped with testing kits. Treatment centres have been set up in strategic locations in Nigeria.

The Nigerian Centre for Disease Control, NCDC is the central body responsible for managing Nigeria's response to the Covid-19.

It must be noted however, that one major cause of escalation in Nigeria, is the complete copying and adoption of covid-19 measures in other cold climates with little or no application of Nigeria-specific measures. This has resulted in endangering the sustenance of a significant number of people who earn a living daily.

With this trend, there is no visible end to the restrictive lockdown and social distancing measures. Hence the likelihood for increased despair, despondency and other associated negative consequences.

On this basis, I suggest that Nigeria and all tropical African countries, investigate and validate the findings from the recent study by US Scientists that showed promise, in an earlier quote, re-captured here:

*In a high-humidity environment, that half-life dropped to six hours, and when the virus was exposed to high humidity and sunlight, the half-life dropped to two minutes, **but when exposed to sunlight, it lost half its strength in 90 seconds**, - William Bryan*

## RISK ASSESSMENT (ESTIMATION OF RISK)

### PROBABILITY ASSESSMENT (LOW, MEDIUM, HIGH)

**Probability (P) of contracting or getting infected by the Corona Virus in Nigeria - LOW**

*(In a country of 200 million people, we have less than 1,300 confirmed cases as of April 27, 2020.)*

### IMPACT ASSESSMENT (I) (LOW, MEDIUM, HIGH)

**Potential for death, after infection, in Nigeria- LOW**

*(Considering only 40 deaths from 1,273 cases @April 27, 2020.  
Recovery rate in excess of 96%)*

### ASSESSED RISK OF DEATH

*(Risk of dying from Covid-19 infection in Nigeria)*

$P \times I = \text{LOW} \times \text{LOW} = \text{LOW RISK}$

IMPACT	PROBABILITY		
	LOW	MEDIUM	HIGH
LOW	Low Risk	Medium Risk	Medium Risk
MEDIUM	Medium Risk	Medium Risk	High Risk
HIGH	Medium Risk	High Risk	High Risk

Usually, in risk management terms, assessed low risks, are not treated in the same way as assessed high risks.

However, given the global concerns and the widespread fear, I would list in the next section, my personal measures, as an

individual, that will characterize my FIGHT, against the covid-19. You may jump over this section.



## **PERSONAL MEASURES, STRATEGY TO FIGHT COVID -19.**

All I will state here are personal and for the specific case of being located in Nigeria.

Regardless of theories, postulations and conjectures surrounding the origin of the covid-19, I personally find this proverb appealing:

***“A superior doctor prevents sickness; A mediocre doctor attends to impending sickness; An inferior doctor treats sickness.” -Chinese Proverb***

And one sure way to prevent disease is the boosting of one’s immunity. The immunity boosting becomes my primary, physical response to the fight against covid-19.

### **1. BOOSTING MY IMMUNITY LEVELS**

All experts agree that a strong immunity is critical in the fight against Covid-19. As a result, I prioritize the boosting and maintaining a sound immunity by eating right. And also avoiding things that weaken the immunity. I’ll recognize that the best medication starts from the food we take. And many of the good things in life are provided free by The Almighty God.

These would inform some daily routines:

- **Spend some time in the sun daily.** This provides me with required amounts of Vitamin D.
- **Exercise to sweat.** I have to avoid exercising in an airconditioned space. Rather, I would walk or bike in moderate sunlight. This will help my body detox the

*nyama nyama*<sup>23</sup> that accumulate daily. I have been told that sweating, as one exercises

- boosts energy,
  - helps to maintain a healthy weight, improves mood (this would surely help deal with the effects of this forced quarantine),
  - defend against many diseases and health conditions (hopefully covid-19 will be included),
  - promote good sleep (*this would come in handy, now that being indoors makes it tougher to know when the cycle of day and night starts or stops.*)
- **Avoid processed foods, as much as I can.** Luckily, Eba and *Ukazi*<sup>24</sup> soup, and yam, belong to natural meals which I really relish eating. Particularly eba. As long as it is not with *ogbono*<sup>25</sup> soup, I'll take it. Okro soup is cool too. I have to wait for the lockdown to ease up before getting some *amala*<sup>26</sup> and *ewedu*<sup>27</sup> soup.
  - **Avoid Alcohol.** I hear alcohol weakens the immunity levels, so it has to be avoided. Particularly if I have

---

<sup>23</sup> *Nyama nyama*..local parlance for dirt or unpleasant stuff.

<sup>24</sup> *Ukazi*- *A local soup popular in Eastern Nigeria, made with Ukazi leaves. Ukazi is a perennial plant that grows in Nigeria.*

<sup>25</sup> *Ogbono*- *A soup variety that is very thick and has a thicker flow than okro, which is why I dislike it. Requires too much skill to navigate through eating the soup.*

<sup>26</sup> *Amala*- *Local yam flower*

<sup>27</sup> *Ewedu soup*- *A special vegetable sauce prepared for eating amala.*

close contact with anyone returning back to Nigeria from overseas.

- **Get at least 7 hours of sleep daily.** I think this is the simplest of all, as we are all at home. No traffic to deal with. But the kids who kick wildly in their sleep can alter the equation, particularly the ones who insist on sleeping with me. I'm mastering the techniques.
- **Eat some local spices that have been beneficial to my health in the past.** The moringa plants around me, ginger, onions, lemon, bitter cola, coconut oils that are regulars in my family would remain with me.

All of these can be done without the approval of NAFDAC, NCDC, FDA or the Government of any country. If I cannot take a walk outside the house, I can do the trekking in my room.

When the FDA and NCDC warn us not to take certain medications for curing covid-19, it would appear that all approved drugs by the FDA or NAFDAC or NCDC would work for everybody, under every condition. If one looks at the side effects of many approved drugs, it is not uncommon to read the drug leaflets to find potential side effects to include some medical conditions that are disease conditions on their own.

For example, there is a common approved medication for stooling that has side effects as listed below:

- *Dizziness.*
- *Drowsiness.*

- *Dry mouth.*
- *Vomiting.*
- *Constipation.*
- *Fatigue.*
- *Stomach pain, discomfort, or enlargement.*

Such side effects are common on approved drugs for use. You can verify this on any drug you may be using currently.

There are some approved drugs that I dare not touch. Otherwise, the side reactions can lead me to an early departure.

And we also know that many pharmaceutical drugs are synthesized from natural plants and herbs, cloning the therapeutic elements or compounds found in these plants. There is no denying the many benefits of pharmaceutical drugs and medical science. Emergency response procedures, Surgeries, ventilators, oxygen support, and many drugs are undeniable life savers. Medical doctors and nurses require only our highest respects. And appreciation. I am a firm admirer of the inroads that medical science has made in improving the quality of our lives daily.

**But I completely disagree with the idea of preventing individuals from eating** what they have known for decades in their families to have definite benefits to their health and general wellbeing. Medical doctors do not have to prescribe natural herbs or roots. Some people know what roots work for them. I know a few that work for me. I would not be violating any laws by eating what gives me health. Or strengthens my immunity levels.

When I take pharmaceutical drugs, I have to follow the dosage/prescription protocols. When I eat or drink

traditional food, herbs or roots, I follow traditional guidelines.

The questions would be;

*What should an individual do, in the face of a health attack, when the authorities have no known cure, contradict each other on what constitutes a cure?*

*What happens when one is faced with an attack, in the dead of the night, when there are no doctors close by or available access to a medical institution?*

*If I have dogonyaro<sup>28</sup> plants around me and I have no cash to buy anti-malaria drugs, should I abandon the drinking of agbo<sup>29</sup>, that has worked for decades in treating malaria and other ailments in my family, simply because dogonyaro has not been approved by NAFDAC or the FDA for treating malaria?*

---

<sup>28</sup> Dogonyaro- Neem Tree, also known as 'Azadirachta indica' is a tree native to India but widely grown in Nigeria. The bark, leaves, and seeds are used to make medicine. Although less frequently, the root, flower, and fruit are also used/

<sup>29</sup> Agbo- *A native concoction of dogonyaro leaves, roots and other herbs.*

## 2. DESTROY THE FEAR OF COVID-19.

It is important, that the fear of Covid-19 is destroyed in my person and from any member of my family. As early as the late February 2020, when the stories around Covid-19 broke through the media, I had carried out the threat assessment and taken a position of peace and calm. I do not recommend or suggest anyone share my viewpoint. I accept that I will be labelled a lunatic in some quarters. That is fully accepted.

Below are the reasons why I have zero fear for Corona virus and all the issues associated with it.

- A. **I refuse to watch or read any negative press, or coverage of COVID-19.** I refuse to follow the media who promote death and uncertainty. **My primary interest will be on all media, all countries, and communities that are successful in dealing with the virus.** My mind would tilt towards what I feed it with.

I have no interest in countries who are eager to belong to the *covid-19-fear-panic train*.

I have no interest in reports of Covid-death statistics that do not differentiate corona-virus from being either the primary or secondary cause of death.

**I have no interests in Covid-death statistics that are stand-alone** and do not include death statistics from other diseases or causes, such as cancer, malaria, respiratory infections, Diabetes, seasonal Influenza/Flu, others.

I will disregard completely all who ONLY say what would not cure Covid-19 but have no firm view of what would cure or treat it. It is my choice what I watch, what I read.

I align completely with all who are winning the battle. I will follow the positive developments in Senegal, Madagascar as African leadership examples. I applaud the response of Israel on Covid-19.

I admire the courage of those who are intelligently bringing their countries back up. I will follow developments in New Zealand.

I will applaud the mentality of the Belarus President and disregard all who criticize him.

I will read any publication, write-up that provides firmness in fighting the virus with sure-footedness.

**I reject every contagion model that predicts massive deaths on African soil.** Actual data has invalidated such flawed contagion models.

I accept the good fortune of tropical Africa, that our hot and humid weather offers protection for a technologically weak region of the world, against the corona virus. If we have had to rely on ourselves, or on the intervention of the developed world to come to our aid, how would we have fared, given that international borders have become closed and every country is struggling for own survival?

If I had found myself in the US or any other cold weather, winter environment, this is what I would do: In my house or room, I will re-create the tropical African environment by setting the room air conditioner to 70 DEG F or higher and installing a room humidifier. Then, I'll open the blinds to allow as much sunlight as possible to penetrate the room. This would be a form of calibrated response, given the real validated data on African soil.

- B. No disease or pandemic has succeeded in destroying the whole world i.e. killing the whole of mankind on earth.** Regardless of how devastating some of them were, the will of mankind eventually overcame the threats and life continued on earth. There could be other disease outbreaks or pandemics, but with history, Covid-19 will go the way of all others in the past.

We can briefly mention a few.

- *There was the Black Death plague of 1346-1353, with estimates of wiping out about half of European population.*
- *The great plague of London 1665-1666 left about 100,000 people dead in London.*
- *The great plague of Marseille: 1720-1723 wiped out about 30% of the population of Marseille.*
- *The Russian plague of 1770-1772 killed an estimated 100 people.*



- *The Flu pandemic of 1889-1890, with early cases first reported in Russia killed an estimated 1 million people around the world.*
- *The American polio epidemic: 1916 had 27,000 cases and about 6,000 deaths in the US. Vaccines have helped control the disease.*
- *An estimated 500 million people around the world contacted the Spanish Flu, that raged from 1918-1920, with leaving about 20% of these people dead. This was around World War I.*
- *The Asian Flu (Avian Flu) of 1957-1958 killed an estimated more than 1 million people. The CDC reported 1.1million deaths, with 116,000 deaths in the United States.*
- *AIDS pandemic and epidemic: 1981-present day. The HIV/AIDS has claimed an estimated 35 million lives since it broke out in the 1980s. The world has conquered it.*
- *A group of viruses under the H1N1 Swine Flu pandemic attacked the world between 2009-2010, in one year infected about 1.4billion people and the CDC estimates the total deaths to be between 151,700 and 575,400 people. It however affected mostly children and young adults. A vaccine has been developed.*
- *There was the West African Ebola epidemic from 2014-2016, with about 28,600 cases and 11,325 deaths, more than a 30% death rate. No Vaccine yet but the world survived it.*
- *There is also the mosquito carrying Zika Virus epidemic: 2015-present day,*

- C. **Only the creator of the world, is capable of ending the world. Only what is permitted, will happen.** Regardless of the origin of the corona virus, outside the realm of science, authorities and Governments all over the world, contagion models, media frenzy, doomsday predictors, all of mankind is subject to The Almighty God.
- D. **If covid-19 pandemic and the associated events surrounding it, would signal the end of the world, then so be it.** If the owner and creator of the universe decides the end is here, what do I want to extend my stay on earth for? If I have any faith at all, then the first value, a deep value of the faith is to conquer the fear of death. The test of faith and belief is the validation under threat. Jesus Christ made this clear, in all His teachings on earth.

How can I fear Covid-19 more than I fear the creator of the heavens and the earth? ***It is simply impossible. Dem never born that virus<sup>30</sup>!***

**Covid-19 is either the hoax-of-the-century, or some masquerade that would soon be un-masked.**

**I rest my case.**

---

<sup>30</sup> Dem never born that virus- *Pidgin slang for "such a virus does not exist"*

## **RISK ASSESSMENT WORKSHEET- POPULATED**

---

The worksheet is populated with summarized extracts from the narratives in the detailed risk assessment.

<b>SAMPLE RISK ASSESSMENT WORKSHEET</b>	
<b>LOCATION</b>	<i>(State the location of the risk Exposure)</i>
	Lagos, Nigeria. Other cities, states of Nigeria.
<b>LIFE INTENT/OBJECTIVE</b>	
	<ul style="list-style-type: none"> <li>• Live to the fullest of my potential, in sound health and accomplish the purpose that I was created.</li> <li>• Use my God-given gifts to add value to my family, my community, the state, the country and the world as a whole.</li> <li>• Leave positive footprints for future generations, should God decide to extend the span of life on earth.</li> </ul>
<b>HAZARD/RISK SCENARIO</b>	
	<ul style="list-style-type: none"> <li>• Getting infected by the corona virus, in Lagos or other parts of Nigeria.</li> </ul>
<b>PRELIMINARY ASSESSMENT OF RISK/HAZARD</b>	
	<ul style="list-style-type: none"> <li>• From the illustrations and microscopic views of the covid-19, it shares many features with the common flu virus. It may have few features that are different but the similarities are more than the differences. Covid-19 is a Virus. Man-made or natural, regardless. It is a virus.</li> <li>• Hot weather and high humidity strongly impede the survivability and transmission of the covid-19.</li> <li>• Death rate is about 1-3% (average) of infected people. Majority of those killed are the elderly, those with weakened or compromised immune systems, people with other health conditions such as cancer, asthma, diabetes, pneumonia, etc.</li> <li>• Covid-19, like all disease or viral strains, CANNOT behave in the same way in every country, climate or environment.</li> <li>• Behavioral patterns would differ between cold and warm climates.</li> <li>• Any treatment that has proven successful in treating or managing Flu virus and other viruses, will be of help, in dealing with covid-19. A strong immunity increases survival chances against covid-19</li> </ul>

<ul style="list-style-type: none"> <li>• Authorities (Scientists, Doctors, Regulators) appear unsure and counter each other, the base rule will be to obey Government laws, instructions while taking personal responsibility for safety and response to infection, by practicing safe habits.</li> <li>• Statistics confirm that death rates in Nigeria and tropical Africa is significantly less than the rate in colder regions of the world. It may be an Act-of-God, Serendipity, chance. Whatever it is, it cannot be ignored.</li> </ul>	
<b>RISK CAUSES (THREATS)</b>	<b>EXISTING CONTROLS</b>
<ul style="list-style-type: none"> <li>• Travelling to high risk countries. High interstate travel traffic.</li> <li>• Using, sharing or visiting places that a patient also visited, within the period where the virus is still active in the air or on surfaces. Hospitals and high population density public places are potential high-risk places.</li> <li>• False Positive test result, using defective or frailty test kit. This may lead to untimely death, as the resulting trauma may be worse than corona virus itself. This may result in being kept together with other infected persons, leading to getting infected.</li> </ul>	<ul style="list-style-type: none"> <li>• Borders are closed and travel now highly restricted. Most infections now will be mainly within countries, states or communities.</li> <li>• Wearing face masks and gloves when visiting these places would help. I must confess that facemasks look very comical. Medical personnel are duly trained. Social distancing and quarantine/lockdown measures have largely curtailed movement and the risks of contacting the virus.</li> <li>• Some test kits have been confirmed to be faulty, so there is hope that there is a quality measure in place to validate the authenticity of test kits.</li> </ul>

**IMMEDIATE IMPACT** *(Assuming you do NOTHING)*

- If one is older than 50, with a compromised immune system, underlying health conditions, risk of death is higher, so medication attention is of top priority.
- Younger people, would survive better.
- Chances of surviving the infection in Nigeria, is much higher than surviving the infection in the US, UK or Italy.

**CONTROL MEASURES** *(Those items or things you know can help deal with the Impact)*

- Strict control of movement within Countries
- Curfew in towns
- Businesses shut down: meetings to be held strictly online
- Schools shut down
- Churches and religious gatherings banned/prohibited
- Wearing of nose masks emphasized for compliance.
- Lockdowns extended till some future date

**ESCALATED IMPACT**

- Global recession and associated impacts
- Severe business interruption
- Job losses
- Restricted movement
- Family members, relatives, friends losing jobs, and suffering extensive losses
- Increased social pressure
- Restricted or limited access to Medicare in the event of an emergency
- Loss of relatives or friends who are deprived of regular healthcare access due to lockdowns.
- Inflation and inflation effects
- Security deterioration
- Social interference

<b>ESCALATION CAUSES</b>	<b>ESCALATION CONTROLS</b> (known measures that can be taken to prevent death, after health conditions deteriorate)
<ul style="list-style-type: none"> <li>• One major cause of escalation in Nigeria, is the complete copy and adoption of covid-19 measures in other cold climates with little or no application of Nigeria-specific measures. This has resulted in endangering the sustenance of a significant number of people who earn a living daily.</li> <li>• With this trend, there is no visible end to the restrictive lockdown and social distancing measures. Hence the likelihood for increased despair, despondency and other negative consequences.</li> </ul>	<p><i>In a high-humidity environment, that half-life dropped to six hours, and when the virus was exposed to high humidity and sunlight, the half-life dropped to two minutes, <b>but when exposed to sunlight, it lost half its strength in 90 seconds,</b></i></p> <p><b>- William Bryan</b></p> <p>Maybe, Nigeria and tropical Africa would follow this lead to develop home-specific corona virus management system and have an informed model that is validated by real data.</p>
<b>RISK ASSESSMENT</b>	
<p><b>PROBABILITY ASSESSMENT (LOW, MEDIUM, HIGH)</b></p> <p><b>Probability (P) of contracting or getting infected by the Corina Virus in Nigeria - LOW</b></p> <p><i>(In a country of 200 million people, we have less than 1,300 confirmed cases as of April 27, 2020.)</i></p> <p><b>IMPACT ASSESSMENT (I) (LOW, MEDIUM, HIGH)</b></p> <p><b>Potential for death, after infection, in Nigeria- LOW</b> (Considering only 40 deaths from 1,273 cases @April 27, 2020. Recovery rate in excess of 96%)</p>	

**ASSESSED RISK OF DEATH***(Risk of dying from Covid-19 infection in Nigeria)***P x I = LOW x LOW = LOW RISK**

IMPACT	PROBABILITY		
	LOW	MEDIUM	HIGH
LOW	Low Risk	Medium Risk	Medium Risk
MEDIUM	Medium Risk	Medium Risk	High Risk
HIGH	Medium Risk	High Risk	High Risk

**RECOMMENDATIONS/ACTIONS MEASURES TO STAY SAFE**

- Boost personal immunity through exercising, eating right.
- Refuse to watch or read any negative coverage of covid-19
- Watch and read only coverage of positive and successful response to the fight against covid-19
- Realize that the world has defeated several disease outbreaks in the past. Covid-19 will also be defeated.
- If The Almighty God, the creator of the heavens and the earth decides that the end is here, so be it, otherwise, the future continues.



## REFERENCES

---

1. Will warmer weather help fight the coronavirus? Singapore and Australia suggest maybe not:  
<https://edition.cnn.com/2020/03/12/asia/coronavirus-flu-weather-temperature-intl-hnk/index.html>
2. Will warmer weather stop the spread of coronavirus?  
<https://theconversation.com/will-warmer-weather-stop-the-spread-of-coronavirus-133208>
3. How does cold weather impact the spread, survival of the flu virus? <https://www.accuweather.com/en/weather-news/how-does-cold-weather-impact-the-spread-survival-of-the-flu-virus/342182>
4. Coronavirus research: keys to diagnosis, treatment, and prevention of sars  
<https://www.ncbi.nlm.nih.gov/books/nbk92477/>
5. Warm, humid weather could slow corona virus, new research finds  
<https://www.washingtonpost.com/weather/2020/03/24/warm-humid-weather-coronavirus/>
6. Coronavirus outbreak: the story so far  
<https://www.pharmaceutical-technology.com/features/coronavirus-outbreak-responding-china-wuhan/>
7. Coronavirus treatment: vaccines/drugs in the pipeline for covid-19  
<https://www.clinicaltrialsarena.com/analysis/coronavirus-mers-cov-drugs/>

8. Spanish flu <https://www.history.com/topics/world-war-i/1918-flu-pandemic>
9. How does cold weather impact the spread, survival of the flu virus? <https://www.accuweather.com/en/weather-news/how-does-cold-weather-impact-the-spread-survival-of-the-flu-virus/342182>
10. Why a study showing that covid-19 is everywhere is good news [https://www.economist.com/graphic-detail/2020/04/11/why-a-study-showing-that-covid-19-is-everywhere-is-good-news?fsrc=scn/fb/te/bl/ed/footprints-of-the-invisible-enemy-why-a-study-showing-that-covid-19-is-everywhere-is-good-news-graphic-detail&fbclid=iwar0kcn1uhmncmwg\\_rfzcfdkgovikajjlluywmbs5vcfs08zpvjsdveek8o](https://www.economist.com/graphic-detail/2020/04/11/why-a-study-showing-that-covid-19-is-everywhere-is-good-news?fsrc=scn/fb/te/bl/ed/footprints-of-the-invisible-enemy-why-a-study-showing-that-covid-19-is-everywhere-is-good-news-graphic-detail&fbclid=iwar0kcn1uhmncmwg_rfzcfdkgovikajjlluywmbs5vcfs08zpvjsdveek8o)
11. Sunlight and humidity kill coronavirus the fastest: us scientists [https://www.aljazeera.com/news/2020/04/sunlight-humidity-kill-coronavirus-fastest-scientists-200424065853466.html?fbclid=iwar1qysthrpi2-giigk17hr\\_o1yfiydnt-atf0xj\\_bnsbx3dqh9yzu2woq0](https://www.aljazeera.com/news/2020/04/sunlight-humidity-kill-coronavirus-fastest-scientists-200424065853466.html?fbclid=iwar1qysthrpi2-giigk17hr_o1yfiydnt-atf0xj_bnsbx3dqh9yzu2woq0)
12. 20 of the worst epidemics and pandemics in history <https://www.livescience.com/worst-epidemics-and-pandemics-in-history.html>
13. Coronavirus myths explored <https://www.medicalnewstoday.com/articles/coronavirus-myths-explored>
14. Top UN officials: economic shutdowns could kill more people than the coronavirus itself. <https://www.theblaze.com/news/un-shutdown-worse-coronavirus->

economic?fbclid=iwar2u7jehlmsxrzk5capwxsaxbpp\_w\_8g6jrbns51fz2mghqg8alhisdsqu

15. The US will need to spend trillions more as economy takes until 2022 to fully recover: *CNBC survey, PUBLISHED TUE, APR 28 2020 8:48 AM EDT UPDATED TUE, APR 28 2020 1:25 PM EDT, Steve Liesman @stevieliesman.*  
<https://www.cnbc.com/2020/04/28/cnbc-fed-survey-the-us-will-need-to-spend-trillions-more-as-economy-takes-until-2022-to-fully-recover.html?fbclid=IwAR1tgSSZG7k8zbxerTLBqom4bdT5HEVBBEoSNIcQ8gptTuGOYURP2KuVIW8>

## ABOUT THE AUTHOR



Okeke Onwuka simply loves to creatively explore the richness of life's options regardless of discipline or field. He has deep interests in Fine Arts, Drama, Sociology, Psychology and Soccer. His one major passion area is the pursuit of personal awareness, control and influencing skills to free self from the ills of stress & anxiety. With a first class honours degree in engineering and over 30 years' experience in the Energy, Power, Oil & Gas industries working for international companies and the companies he

founded after leaving ExxonMobil. He has extensive experience in Process and Facilities Engineering, HAZOP leadership, Risk Assessments, Project Engineering and Management. When his father who was never sick was diagnosed of cancer in 2006, at age 70, his interest in the fight against various types of cancer, heart failures, diabetes and other debilitating diseases was born, never to be diminished again. Focusing mainly on natural organic plants, fruits and herbs, he sometimes uses himself as human guinea-pig but he considers this a part of the fun, convinced that any herb or plant that can reverse a disease, can prevent the disease! In addition to consulting and driving his companies, he finds time to write books on Self Development, Motivation, Technical Safety & Risk Assessments, Process & Facilities Engineering, Natural Healing, Nutrition, Business Start-ups and Expansion.

Among others, he is the author of books **THE IGNORANCE OF ARROGANCE** and **IF I AM THE PRESIDENT OF NIGERIA**.

Married, Yes. Kids, Yes.

## ..COVID-19, FEAR, FLIGHT OR FIGHT

The mistake covid-19 made, natural or man-made, is that it shares the same structure as the seasonal flu or influenza. It is this similarity, regardless of what other ways it has mutated to become more potent, that gave me a rather instant confident that, for the most parts, the factors that have helped the world deal with the seasonal flu will come into play.

As I had postulated, though with strong references to technical reports by scientists and experts in the field, corona virus will be strongly impacted by direct sunlight and high humidity. Recent studies and reports have validated this position.

It will be utterly disappointing, if Nigeria and the rest of the Tropical African countries with so much sunlight and high humidity fail to be early leaders in validating a covid-19 model that optimizes the gift of nature in our environment.

Considering that a virus, where over 80% of cases are mild, recover without hospitalization and an average of 1-3% fatality rate in infected people, has destroyed the global economy, and the fear of corona virus appear to be the politically correct position to take, nothing will come as a surprise to me anymore. The higher deaths resulting from the extreme response measures would seem acceptable. I refuse to panic. The world did not create itself. The Creator is aware.

