

## **Implications of Social Adaptation in the Kingdom of Lesotho during 2019-nCoV Pandemic**

by

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### **Abstract**

This paper expatiates on the outbreak of coronavirus (2019-nCoV) in a city named Wuhan in China using the Kingdom of Lesotho as a case study. It is the essence of this paper to break, analyze, and deduct the concept of coronavirus and to present its causes and how it can be thwarted from spreading. A research gap under investigation of this paper originates from an argument from two Lesotho students studying in the People's Republic of China who were conversing about the readiness of Lesotho in the context of the 2019-nCoV pandemic. The nature of this paper argues on the implications and readiness on the social adaptations in the Kingdom of Lesotho in relation to the 2019-nCoV pandemic. Results in this paper subscribe to the theoretical background of 2019 Novel Coronavirus, the framework of family coronavirus, an outbreak of 2019-nCoV in the Kingdom of Lesotho, the effects of lockdown and prevention over the spread of Coronavirus (2019-nCoV) in Lesotho. The method of approach conducting this paper is a qualitative meta-analysis. Data is collected from different sources and reliable journals, reliable websites, and interviews. This paper explores with a succinct summary of the outbreak of 2019-nCoV in Lesotho. The closure of schools and the impact of how small businesses moved most of the small businesses to bankruptcy are also discussed in this paper. Lesotho remained corona-free until May 2020 since 2020-nCoV emerge in Wuhan, China. This study concludes by putting forward the measures which the Kingdom of Lesotho should subscribe in relation to the fight coronavirus(2019-nCoV pandemic).

**Keywords:** 2019-nCoV (Covid-19), Family of Coronaviruses, Social Adaptation, Lockdown, Kingdom of Lesotho.

### **Introduction:**

Many African governments were exceptionally swift to adopt social distancing measures, in some cases before their hospitals (Dyer, 2020). In the Southern African region, Lesotho was the last country to experience the outbreak of COVID-19. A country entirely surrounded by the Republic of South Africa but COVID-19 emerged despite the rules and lockdown rules that were implemented. The Centers for Disease Control and Prevention (CDC) is closely monitoring an outbreak of respiratory illness caused by a novel coronavirus first identified in Wuhan, Hubei Province, China. Chinese authorities identified the new coronavirus, which has resulted in thousands of confirmed cases in China, including cases outside Wuhan City. Human coronavirus

(HCoV) infection causes respiratory diseases with mild to severe outcomes (Fung and Liu, 2019). Health workers worldwide are currently making efforts to control further disease outbreaks caused by the novel CoV<sup>1</sup> which was first identified in Wuhan City, Hubei Province, China, on 12 December 2019 (Dhama et al., 2020). Additional cases have been identified in a growing number of other international locations, including the United States (NCIRD, 2020). The concept of coronavirus changed after the outbreak of the sprawling capital of Central China's Hubei province. Wuhan populated 11,08 million. The virus was first announced in December 2019.

The main objective of this paper is to unpack the general outlook of coronavirus also known as 2019 Novel Coronavirus (2019-nCoV) and also analyze how it can be prevented from spreading. It is the nature of this paper to expatiate on the causes and 2019-nCoV and deduct and give birth of basic knowledge of 2019 Novel Coronavirus. The existence of the research gap of this paper started in mid-January when the entire globe started being apprehensive, the number of infected people started spreading around the Peoples' Republic of China, and few countries affected by the 2019-nCoV.

The method of the approach used in this paper is a qualitative meta-analysis and data collected from trustable websites and journals. A systematic review is adopted because it is the best reviews synthesize studies to draw broad theoretical conclusions about what literature means, linking theory to evidence and evidence to theory (Siddaway et al., 2019). Qualitative Data Analysis remains the most comprehensive and complete treatment (Schwandt, 1996). A general analytic strategy used in qualitative research, to approaches specific to particular types of qualitative data, including talk, text, sounds, images, and virtual data (Flick and Timulak, 2014).

The Peoples Republic of China has taken major efforts to fight the 2019 Novel Coronavirus and also to protect people. Major efforts include the building of hospitals and tremendous means of alerting people about the virus and most of them will be discussed in this paper. The discussion will also explore what needs to be known about the 2019 Novel Coronavirus. Common symptoms of 2019-nCoV are also thrashed out however currently, there is no effective treatment for this epidemic (Gao et al. 2020). Till today there is no official treatment for 2019-nCoV and the spread especially in some African countries and the Kingdom of Lesotho is amongst the African countries that the pandemic of 2019-nCoV.

### **Approach and Methodology:**

The nature of the method conducting this paper is qualitative meta-analysis. A meta-analysis is a form of systematic review or integration of qualitative research findings in a target domain that are themselves interpretive syntheses of data, including phenomenologies, ethnographies, grounded theories, and other integrated and coherent descriptions or explanations of phenomena, events, or cases (Onwuegbuzie et al., 2012). Qualitative meta-analysis is an interpretive analytical technique which research method which conducts a qualitative analysis.

### **Research Designs:**

Research design is referred to as a framework of methods and techniques chosen by a researcher to combine various components of research in a reasonably logical manner so that the research problem is efficiently handled (Bhat, 2019).

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<sup>1</sup> originally named 2019-nCoV

A research design adopted in this paper is qualitative research design. Bhat postulates that a research design as qualitative research determines relationships between collected data and observations based on mathematical calculations. Theories related to a naturally existing phenomenon can be proved or disproved using statistical methods. Researchers rely on qualitative research design methods that conclude “why” a particular theory exists along with “what” respondents have to say about it (Bhat, 2019). Moreover according to (Gilbert, 2014) research designs refers to a scientific model that lay out the aims, methods, and analysis of data in research.

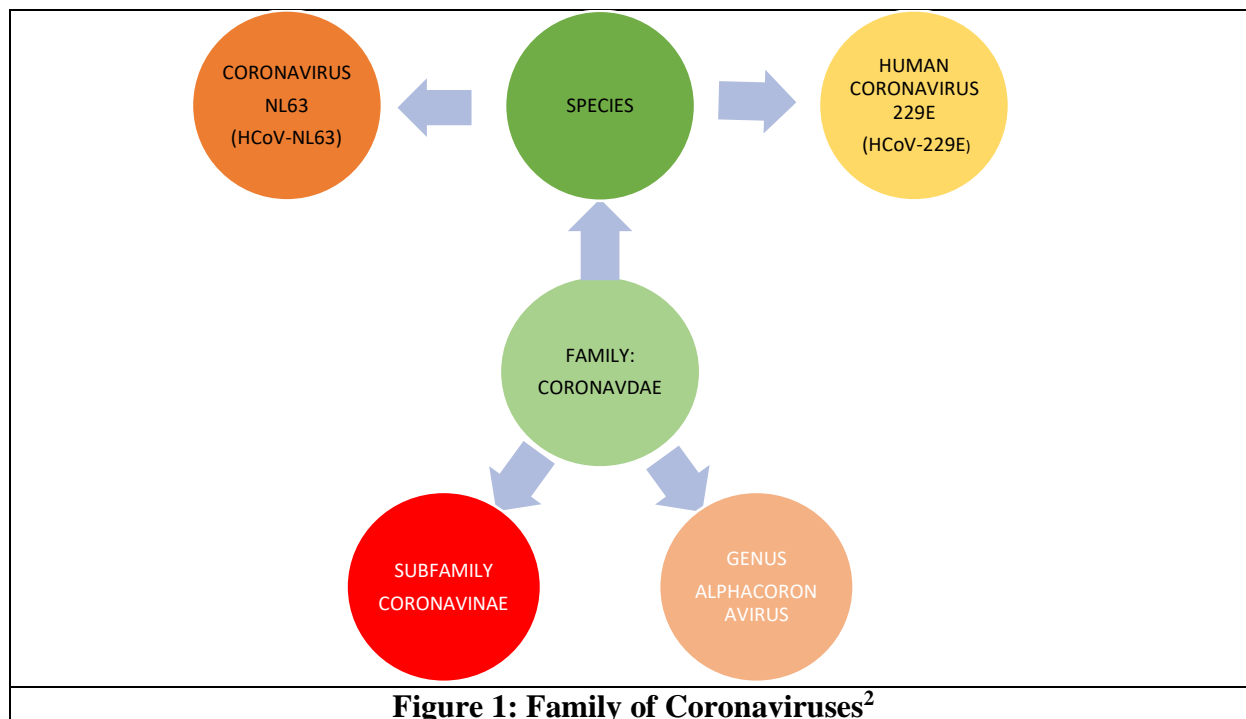
### **Theoretical Background of 2019 Novel Coronavirus:**

The nature of this section is to explicate the theoretical background of the 2019 Novel Coronavirus and historical foundation. Centers for Disease Control and Prevention (CDC) is closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus (named “2019-nCoV”) or covid-19 that was first detected in Wuhan City, Hubei Province, China and which continues to expand (NCIRD, 2020). The sudden outbreak of a deadly disease called Covid-19 caused by a Corona Virus (SARS-CoV-2) shook the entire world (Dhawan, 2020). Viruses are evolving at an alarming rate, spreading and inconspicuously adapting to cutting-edge therapies (Kiselev et al., 2020). The concept of 2019-nCoV has been breaking the news and all types of social media since December 2019 worldwide since the outbreak of the Wuhan virus.

Coronaviruses infect many birds and mammals, including humans, causing respiratory tract, enteric, hepatic, renal, and central nervous system diseases of varying severity (Fraire et al., 2013). The existence of coronaviruses has been subscribed by authors named Hamre and Procknow (1966) way back that Since the isolation of the prototype murine virus in 1949 (Cheever and Daniels, 1949), viruses in the subfamily Coronavirinae have been recognized primarily for causing a wide range of economically significant diseases in farm animals and domesticated pets, while the two known human coronaviruses, Human coronavirus-OC43 (HCoV-OC43) and Human coronavirus-229E (HCoV-229E) first described in the mid-1960s (Franks and Galvin, 2014).

The historical perspective dates two species from the family of coronaviruses; Human coronavirus-OC43 also known as (HCoV-OC43) and also Human coronavirus-229E, in short, is (HCoV-229E) (Vijgen et al. 2005) connote that HCoV-OC43 (ICTVdb code 19.0.1.0.006) and HCoV-229E (ICTVdb code 19.0.1.0.005) were isolated in 1967 from volunteers at the Common Cold Unit in Salisbury, United Kingdom. However (Vijgen et al., 2005) argues that the coronaviruses are classified into three groups based on genetic and serological relationships. Group 1 contains the porcine epidemic diarrhea virus (PEDV), porcine transmissible gastroenteritis virus (TGEV), canine coronavirus (CCoV), feline infectious peritonitis virus (FIPV), human coronavirus 229E (HCoV-229E), and the recently identified human coronavirus NL63 (HCoV-NL63). Group 2 contains the murine hepatitis virus (MHV), bovine coronavirus (BCoV), human coronavirus OC43 (HCoV-OC43), rat sialodacryoadenitis virus (SDAV), porcine hemagglutinating encephalomyelitis virus (PHEV), canine respiratory coronavirus (CRCoV), and equine coronavirus (ECoV). Group 3 contains the avian infectious bronchitis virus (IBV) and turkey coronavirus (TCoV). The SARS coronavirus (SARS-CoV) is not assigned to any of these groups but is most closely related to group 2 coronaviruses.

There is another specie of coronavirus named Severe acute respiratory syndrome-related coronavirus. SARS-CoV is an animal virus that crossed the species barrier when environmental change increased chances for the virus to enter humans and enable human-to-human transmission, moreover, it is the most aggressive human coronavirus known to date, and its epidemiology is quite different from that of the five non-SARS human coronaviruses (Franks and Galvin, 2014).



As shown in Figure 1 the family Coronaviridae comprises a group of large, single, plus-stranded RNA viruses isolated from several species and is previously known to cause common colds and diarrheal illnesses in humans (Benvenuto et al., 2020). The complete genome sequences of six species in the coronavirus genus of the coronavirus family avian infectious bronchitis virus-Beaudette strain (IBV-Beaudette) (Brian and Baric, 2005). Currently, the world is in an interepidemic period for SARS. Moreover SARS is a zoonosis caused by SARS-CoV, which first emerged in China in 2002 before spreading to 29 countries/regions in 2003 through a travel-related global outbreak with 8,098 cases with a case fatality rate of 9.6% (Hui et al. 2020). The resurgence of SARS remains a distinct possibility, as the circumstances that allowed a SARS-COV-like virus to cross the species barrier from animals to humans in the live- anima. Having seen succinct historical origins of coronaviruses, the focus of this paper is on a recent 2019 Novel Coronavirus that was discovered in China, Wuhan city in December 2019.

### **Brief Introduction to coronaviruses:**

The term coronavirus-like particle has been used by a number of authors, but not all of the particles described have been exactly alike (Kidd et al., 1989). Coronaviruses are a family of RNA<sup>3</sup> viruses. They are called coronaviruses because under an electron microscope the virus particle exhibits a characteristic ‘corona’<sup>4</sup> of spike proteins around its lipid envelope. Coronavirus infections are common in animals and humans, and there is a history of coronaviruses crossing species and adapting to new hosts. There are many species and strains of coronavirus which have different characteristics, causing a range of clinical signs– from mild to severe disease – in humans and in different animal species (WHO, 2020). Coronaviruses are distributed among humans, other

<sup>2</sup> author’s own work

<sup>3</sup> ribonucleic acid

<sup>4</sup> crown

mammals and birds and have been implicated to cause respiratory, hepatic, gastrointestinal and neurological infections. Six coronavirus species are known to cause human infection, four of which typically cause cold symptoms in immunocompetent individuals, while the other two namely SARS-CoV<sup>5</sup> and MERS-CoV<sup>6</sup> both zoonotic in origin were implicated in 2002 and 2003 outbreaks in Guangdong, China and 2012 outbreaks in the Middle East and can cause severe respiratory illness and fatalities (Carlos et al., 2020).

### **The origins of 2019 Novel Coronavirus(2019-nCoV):**

SARS-CoV and MERS-CoV originated from China in 2003 and Saudi Arabia in 2012, respectively, while the outbreak of COVID-19 began in December 2019 in Wuhan, China (Moazzam & Sajid, 2020). The existing outbreak of coronavirus infection is a threat to the health of the public and a breaking news story that changes hour by hour. We can eventually take a long view of how to manage and prevent epidemics, but today practitioners and public health authorities need actionable information as soon as possible (Rubin et al. 2020). An outbreak of 2019-nCoV which took place in Wuhan, China happened at the peak of the Chinese winter holidays most of the Chinese families visit each other. Unfortunately as an outcome, it is easy and quick to spread through the entire country of the Peoples Republic of China and worldwide.

It is not clear what might have caused 2019-nCoV or whether it was transmitted from bats but academicians trace the coronaviruses from animals, however animal to human transmission is considered the origin of epidemics as many patients declared to have visited a local fish and wild animal market in Wuhan in November. Quite recently, evidence has been gathered for the animal to the human and inter-human transmission of the virus. Coronaviruses have been in existence for quite some time as we have seen in the previous section. There was no evidence that coronavirus infection in hyenas caused clinical signs similar to feline infectious peritonitis in domestic cats or was a direct cause of mortality in hyenas (East et al., 2004). A total of 1975 pneumonia cases have been confirmed in China initially (the State Council Information Office in Beijing, capital of China, January 26, 2020 (Benvenuto et al., 2020). It is not a virgin disease in the arena of health and the study of medicine however 2019-nCoV outbreak subscribes to a concern that is it the evolution of SARS-CoV. Moreover, a new coronavirus, named 2019-nCoV belonging to the Orthocoronavirinae subfamily, distinct from MERS-CoV. The concept of MERS-CoV is genetically and biologically distinct from other known coronaviruses, e.g. the coronavirus causing Severe Acute Respiratory Syndrome<sup>7</sup> in humans (WHO, 2020). and SARS-Co was described (Benvenuto et al., 2020).

The 2019-nCoV has a different coronavirus-specific nucleic acid sequence from known human coronavirus species, which are similar to some of the beta coronaviruses identified in bats (Lu et al., 2020). At an outset of this study, a family of coronavirus is analyzed and 2019-nCoV has no synonym (Franks & Galvin, 2014) postulates that the term coronavirus is typically used in conjunction with a species designation, for example, *Miniopterus bat coronavirus- HKU8* or *human coronavirus-229E*, or severe acute respiratory syndrome-related coronavirus. Scholars have been debating about the causal roots of 2019-nCoV because most of the patients visited a local fish and wild animal market during the discovery of Wuhan 2019-nCoV. The animal market sold live animals such as birds, bats, fish, and other animals that 2019-nCoV might have been detected

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<sup>5</sup> *severe acute respiratory syndrome coronavirus*

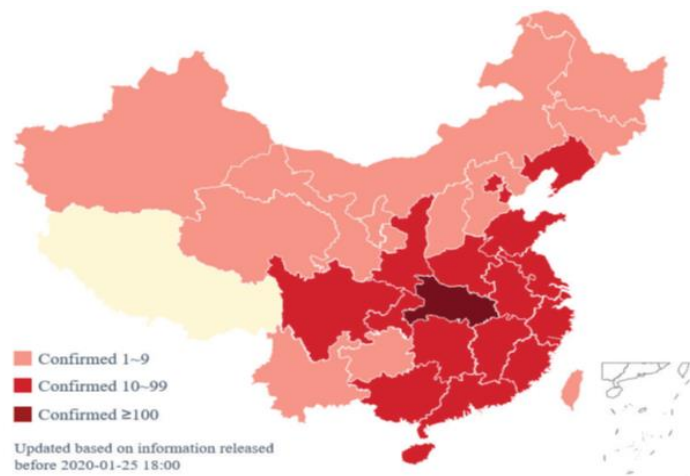
<sup>6</sup> *Middle East respiratory syndrome coronavirus*

<sup>7</sup> SARS

or originated and social media has portrayed a lady in Wuhan eating a bat soup, however many believed that it was the cause of 2019-nCov. Moreover, it has been argued that bat soup was not the cause of 2019-nCoV. Thousands of Twitter users blamed supposedly “dirty” Chinese eating habits—in particular the consumption of wildlife—for the outbreak, said to have begun at a so-called wet market that sold animals in Wuhan, China, there was just one problem. The video wasn’t set in Wuhan at all, where the bat is not a delicacy. It wasn’t even from China. Instead, it showed Wang Mengyun, the host of an online travel show, eating a dish in Palau, a Pacific island nation (Palmer, 2020). The influence of social media can mislead the world if there is a lack of investigation or lack of evidence. The virus specific nucleic acid sequences were detected in lung fluid, blood, and throat swab samples in 15 patients, and the virus that was isolated showed a typical coronavirus appearance under electron microscopy (Lu et al., 2020). Coronaviruses have shown significant pathogenicity against humans and other vertebrates (Moazzam & Sajid, 2020).

### **The City of Wuhan, China:**

The city of Wuhan in China is the focus of global attention due to an outbreak of a febrile respiratory illness due to a coronavirus 2019-nCoV. In December 2019, there was an outbreak of pneumonia of unknown causes in Wuhan, Hubei province in China, with an epidemiological link to the Huanan Seafood Wholesale Market where there was also the sale of live animals (Hui et al. 2020). The recent years have been marked by a rising frequency of emerging viral infections, e.g. SARS, or a more recent Coronavirus 2019-nCoV outbreak (Kiselev et al., 2020). Figure 2 portrays nearly 7,700 human infections with a novel coronavirus (2019-nCoV) that have been confirmed in China with at least 170 reported deaths. Additional cases have been confirmed in multiple countries including the United States (Carlos et al., 2020).



**Figure 2: Map of China<sup>8</sup>**

### **Country profiles: The Kingdom of Lesotho:**

Lesotho is a democratic, sovereign and independent country with the unique characteristic of being totally surrounded by its neighbor, the Republic of South Africa (Lesotho, 2020). The country formerly known as Basutoland was renamed to the Kingdom of Lesotho upon

<sup>8</sup> Carlos et al., 2020

independence from the UK in 1966. In 1993 after 23 years of military rule, a new constitution was implemented leaving the King without any executive authority and proscribing him from engaging in political affairs (Lesotho, 2020). In 1998, violent protests and a military mutiny following a contentious election prompted a brief but bloody South African military intervention. Constitutional reforms have since restored political stability; peaceful parliamentary elections were held in 2002. However, Lesotho is one of three remaining monarchies in Africa (Lesotho, 2020). Moreover, Africa may be full of democratically governed countries, but it is still the land of many kings. Sure, there are only three African countries with constitutional monarchies – Morocco, Swaziland and Lesotho but there are several hundred traditional monarchs dispersed across Africa in urban, semi-urban and rural communities in independent countries (Nsehe, 2014).



**Figure 3: Qiloane mountain (Thaba Bosiu) in Lesotho<sup>9</sup>**



**Figure 4: Rural area in Lesotho<sup>10</sup>**

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<sup>9</sup> Lesotho Image Gallery, 2020

<sup>10</sup> Lesotho Culture History People Stock Images And Stock Footage, 2020

Figure 4 depicts Lesotho from mountainous parts and most places have no electricity the citizens are struggling to get water, however, 2019-nCoV no case has been recorded so far in these communities. Two-thirds of Lesotho consists of mountains. The highest peak, Mount Ntlenyana, is 11,424 feet (3,482 meters) above sea level (Guy, 2020). Families and clans still cluster together as units in the numerous small rural villages, where social cohesion is strengthened by the persistence of clan and family loyalties. The villages range in size from one large family to four or five extended families, with an average of 30 to 50 nuclear families. The villages, situated on the plains and surrounded by aloes and trees, offer fine views of the rocky highlands (Guy, 2020).

### **An outbreak of 2019-nCoV in the Kingdom of Lesotho:**

Lesotho is completely surrounded by South Africa, which imposed a lockdown that restricted all movement. But it is common knowledge that people move between the two countries without going through immigration even where there are fences and rivers (Ngatane, 2020). It was a matter of preparedness from the government as 2019-nCoV has attacked South Africa and 40% of Lesotho citizens work in South Africa. Subscribing to the readiness of Lesotho of 2019-nCoV, the results or cases of 2019-nCoV serve to prove that Lesotho was not ready for covid-19. Health workers, immigration officers at the borders were still in dark about the preparedness of 2019-nCoV. On 28 February 2020, WHO reported 82,000 confirmed cases worldwide, and the outbreak reached 45 countries other than China. Following the rapid transmission course, 90,000 infected cases and 60 countries were dealing with the COVID-19 outbreak by 2 March 2020 (Moazzam & Sajid, 2020) however, Lesotho remained corona free till the first case was recorded in May 2020 after more than 70 people were tested. The first positive case comes a week after the country lifted its national lockdown (News, 2020).

### **Effects of Lockdown in Lesotho:**

Lesotho went into lockdown on March 29 to protect itself from a potential spread of the virus from South Africa, which entirely surrounds the kingdom and has the continent's highest number of confirmed cases (Presse 2020). The COVID-19 emergency has significantly transformed the working environment and job demands (Ramaci et al., 2020). Job demands in Lesotho have been subscribed in a negative manner. The former prime minister Prime Thomas Thabane once said “all non-essential services and enterprises” would be allowed to “temporarily open shop (Presse 2020). However, as a result, most street vendors had to shut down their small businesses due to lockdown and they find it to support their families. Despite delays at border points due to sanitary controls, food supplies, and other essentials have been able to reach Lesotho even during the total lockdown in South Africa. Market supplies have therefore not suffered much despite the slowness and initial fears when the border closures were announced.

### **Lesotho deploys military and police during 2019-nCoV lockdown:**

Lesotho Defense Force (LDF) and Lesotho Mounted Police Service (LMPS) were deployed to control the pandemic rules and regulations. The deployment comes a day after the Constitutional Court overturned his decision to suspend parliament for three months. The Lesotho army military vehicles and soldiers were deployed onto the streets of Maseru after embattled the former prime minister Thomas Thabane moved to deal with security threats (Africanews, 2020). However, The PM who was accused of murdering his estranged wife, announced that he was



deploying troops onto the streets of the capital to “restore order.” Thabane says unidentified security forces are seeking to undermine democracy.

Lesotho military was deployed and was physically assaulting the citizens were not obeying the rules and regulations of COVID-19. Arguments came into existence when some of the citizens were in favor of this system of military deployment because they believed that was the only way the citizens will follow the epidemic prevention and control laws. Images of police and soldiers making citizens roll on the ground and beating them up were already going viral (Ngatane, 2020). In March, Thabane imposed a three-month suspension of parliament shortly after the National Assembly passed a bill prohibiting him from calling new elections if he loses a no-confidence vote hanging over his head

### **2019-nCoV hits the economy of Lesotho:**

The economic development of Lesotho has historically relied on remittances from Basotho employed in South Africa, where employment declined in recent years (Lesotho 2014). The COVID-19 pandemic is having a severe impact on Lesotho’s economy. Supply chains for major industries have been disrupted and a national shutdown to contain the virus curtailed economic activity with adverse social impacts (Kingdom of Lesotho, 2020). The economy of Lesotho has been boosted by small businesses all across the country. The economy is expected to be further hit by declining external demand for textiles and diamonds, shrinking remittances, and delays to major construction projects (Kingdom of Lesotho, 2020). Right in the center of Maseru City Council on the 19<sup>th</sup> August 2020, street vendors and small business owners came in numbers to protest against the covid-19 trust fund that was promised by the government. One of the participant stated that “our government promised to assist us with money since our businesses are closed due 2019-nCoV pandemic. Street vendors marched on the streets of Maseru after security guards of the Maseru City Council (MCC) forcibly tried to remove street vendors who were still plying their trade on the streets of the city despite instructions to move by the Ministry of Local Government. They also need to buy food for their families. Stuck with mountains of stock, some who sell vegetables, food, and fruits say they had to throw away some of their products which were now rotting (Rakotsoane & Menafn, 2020; Loko, 2020). The members of the Lesotho Mounted Police Service also arrived to dissolve the existed march.

They are capitalists to the core and don’t give a hoot about the interests of the poor, he says. ‘We previously heard that the Prime Minister would meet different sectors before the lockdown. But nobody met us,’ Lebitsa says. ‘This clearly indicates that we are not considered to be important players in the economy (Rakotsoane & Menafn, 2020). Although many street vendors had begun their businesses using personal savings and buying smaller stock on a daily or weekly basis, a few are able to acquire formal capital to buy large stock from South African cities. Most women deal in perishable goods, while more men than women deal in non-perishables (OSSREA, 2020).

### **An Increase of domestic violence:**

In the context of the effects of the 2019-nCoV pandemic in the kingdom of Lesotho, the number of domestic violence cases has increased and as a result, many families are undergoing this unsocial culture resulting from the effects of the 2019-nCoV pandemic. Because COVID-19 heavily interferes with social activities, a multi-dimensional assessment is warranted to assist authorities with developing or modifying pandemic policies to reduce negative impacts,

appropriately mitigate the pandemic, and improve physical, social, and mental health (Li, 2020). During the lockdown in Lesotho, most families had to spend time together. Additionally, controlling behaviors (often a means of coping with trauma), unemployment, and limited access to social support systems have all been identified as family violence risk factors that also commonly occur after natural disasters (Campbell, 2020). The rate of unemployment and poverty increased at a very high rate. Social distancing and quarantine could increase the feeling of disconnection and the perception of social pain in vulnerable individuals (Campbell, 2020).

### **School closure:**

Many countries around the world have closed educational institutions to reduce the spread of this pandemic. Hence, Education in high schools is facing unprecedented challenges (Naciri et al., 2020). Coronavirus Disease (COVID-19) outbreak poses serious concerns to global education systems (Impact of Coronavirus Pandemic on Education 2020). School closures are based on evidence and assumptions from influenza outbreaks that they reduce social contacts between students and therefore interrupt the transmission (Viner et al. 2020). The schools in Lesotho from both higher and lower institutions have been affected by the 2019-nCoV pandemic and as a result, they are closed. The system of online studying was introduced in some private schools, even though some students and parents were facing some difficulties in online learning however, poverty, lack of internet was the main element.

Due to the COVID-19 pandemic and nationwide executive orders closing schools, many trainees completing their supervised independent fieldwork in educational settings lost the ability to accrue hours linked to restricted activities of a therapeutic and instructional nature with students (i.e., clients) (Fronapfel and Demchak, 2020). Four systematic reviews of the effects of school closure on influenza outbreaks or pandemics suggest that school closure can be a useful control measure, although the effectiveness of mass school closures is often low. School closure strategies might be national, regional, local, or reactive closure of individual schools in response to student infection rates (Viner et al., 2020).

### **Prevention, Exposure and Spread of 2019-nCoV in Lesotho:**

Social distancing is one of the most recommended policies worldwide to reduce diffusion risk during the COVID-19 pandemic (Xie, 2020). In Lesotho, the principle of social distancing has been implemented during the lockdown but the main challenge people are not used to social distancing. It has affected their social norms and the relationships within societies especially in urban areas like Maseru. The most basic prevention from 2019-nCoV are as follows:

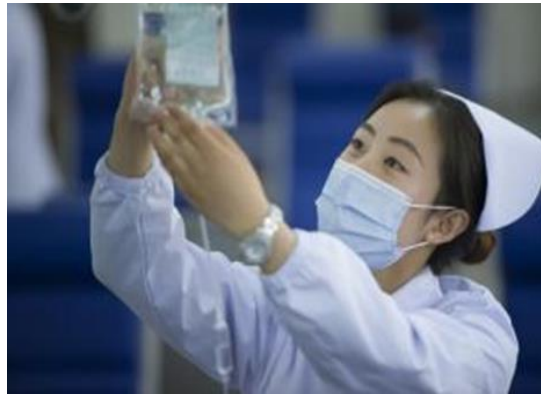
- i. Avoid close contact with people who have fever and cough.
- ii. Cover your mouth and nose when coughing and sneezing.
- iii. If you get sick traveling, inform the authority and get medical assistance.
- iv. Avoid close contact with people who have fever and cough.
- v. Do not travel if you have a fever and cough.
- vi. Wash your hands more often.

According to Carlos et al. (2020), the prevention and awareness of 2019-nCoV are:

- i. Avoid touching eyes, nose, and mouth with unwashed hands.

- ii. Avoid close contact with people who are sick.
- iii. Cover a cough or sneeze with a tissue, then discard the tissue in contained trash.
- iv. Clean and disinfect frequently touched objects and surfaces.
- v. Seek medical attention if you believe you have been exposed and have symptoms.
- vi. Handwashing with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

### **Treatment of 2019-nCoV:**



**Fig 5: A Chinese medical Assistant<sup>11</sup>**

The picture in Figure 7 depicts a Chinese medical assistant helping a 2019-nCoV patient. To date there is no specific antiviral treatment is suggested for the 2019-nCoV infection. Symptomatic and supportive care is recommended along with respiratory and contact isolation for infected individuals. No vaccine exists to prevent infection; therefore, early identification and prevention of transmission is of paramount importance (Carlos et al., 2020).

### **Transmission:**

The virus is transmitted through droplets, close contact, and other means, and patients in the incubation period could potentially transmit the virus to other persons (Tian, 2020). People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this with this new coronavirus, but this is not thought to be the main way the virus spreads (NCIRD, 2020). How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (like measles), while other viruses are less so. Another factor is whether the spread continues over multiple generations of people (if the spread is sustained). The virus that causes COVID-19 seems to be spreading easily and sustainably in Hubei province and other parts of China. In the United States, spread from person-to-person has occurred only among a few close contacts and has not spread any further to date (NCIRD, 2020). In major developments surrounding the novel coronavirus (2019-nCoV) outbreak centered in China, the World Health Organization said it sees possible evidence of sustained transmission—meaning the virus is spreading beyond just clusters of patients (CIDRAP, 2020).

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<sup>11</sup> CIDRAP, 2020

### **The symptoms of 2019-nCoV(Covid-19):**

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of the virus that can cause pneumonia. Those who have fallen ill are reported to suffer coughs, fever, and breathing difficulties. In severe cases, there can be organ failure. As this is viral pneumonia, antibiotics are of no use. The antiviral drugs we have against the flu will not work. Recovery depends on the strength of the immune system. Many of those who have died were already in poor health (Guardian, 2020) and most of them were old aged people with fever, cough, and shortness of breath.

### **Synthetic analysis of 2019-nCoV in Lesotho - Way forward:**

It should be remembered that the SARS and MERS were brought under control not by medical, scientific, or technological advances but by public health measures long known to be effective against contagions: widespread testing, isolation of infected individuals, and contact tracing(DiMaio et al., 2020). Since no antiviral drug or vaccine exists to treat or prevent SARSCoV-2, potential therapeutic strategies that are currently being evaluated predominantly stem from previous experience with treating SARS-CoV, MERS-CoV, and other emerging viral diseases (Dhama et al., 2020).

### **An impact of Volunteerism in Lesotho:**

The major system China's s applied to fight 2019-nCoV was volunteerism from the ordinary people, students, university lecturers, and the officials. One of the volunteers from Wuhan, China puts her experience like "Car owners like me joined those groups and volunteered to ferry them about. My main jobs are to take medical staff to and from work and to deliver medical supplies to hospitals. We also deliver meals to them from restaurants that have been providing free food throughout the outbreak" (News, 2020).

An approach that has been amended in China to fight the 2019-nCoV pandemic was volunteerism lot of Chinese citizens were doing their best with their skills to help fight 2019-nCoV. The same phenomenon could be adapted in Lesotho and people should volunteer and fight the crisis of 2019-nCoV. One participant from the capital city of Lesotho, Maseru stated that "partaking in any volunteerism activities in Lesotho especially during the 2019-nCoV pandemic is challenging and risky since there is no personal protective equipment (PPE)". As a matter of fact, it is unsafe to volunteer during this pandemic due to a lack of PPEs. It is essential to be safe before others. It could be risky to increase the spread of 2019-nCoV. On March 15, 2020, Peace Corps Director Judy Olsen announced the suspension of all volunteer activities globally due to the COVID-19 outbreak and related travel constraints and school closures. Following on evacuations that have taken place in certain countries, all Peace Corps volunteers worldwide are now being evacuated (Onyema, 2020). However, this is the time volunteers are needed the most.

### **Conclusion:**

Social adaption, We have learned about the origins of the novel coronavirus also known as 2019-nCoV from the outset of this paper. In relation to the outbreak of 2019-nCoV in Wuhan, the Chinese government suspended traveling in and out of Wuhan and few cities in China. The continuation of the virus spread is rising daily in the Kingdom of Lesotho few patients are

recovering but most cases are found in urban areas, as a result, it is pretty interesting from the social aspect of view that people living in rural areas are on the advantage page. What interventions will ultimately control this outbreak is not certain because there is currently no vaccine, and the effectiveness of antivirals is unproven. However, basic public health measures such as staying home when ill, hand washing, and respiratory etiquette including covering the mouth and nose during sneezing and coughing were effective in controlling 2019-nCoV. One of the recommendations of this paper is a need for the citizens of the Kingdom of Lesotho and the government to work together to fight the 2019-nCoV pandemic by providing a necessary assist between the social institutions such as financial assistance from the government and also volunteerism factor from the ordinary citizens. Lastly, people should abide by the rules and regulations of the World Health Organization in relation to the 2019-nCoV pandemic.

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