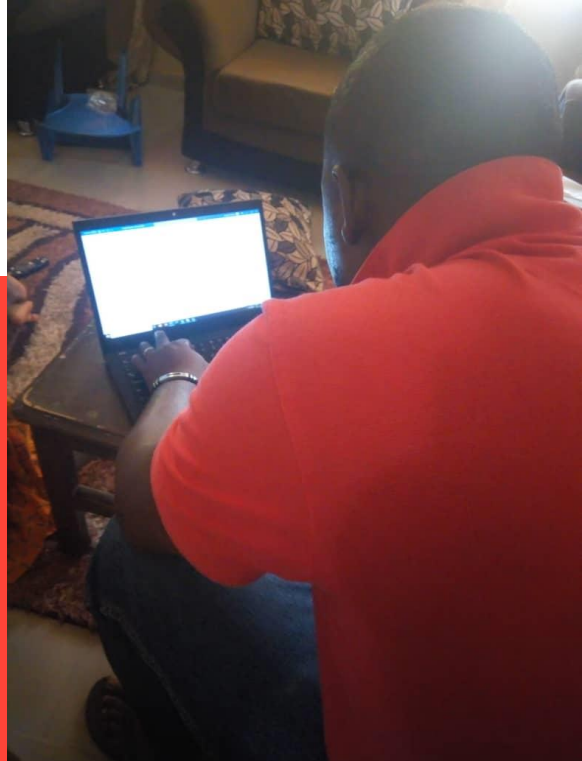


A Day in the Life

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My name is Ayuba Enoch McRae, I am a Social Science Researcher at Sightsavers, working with COUNTDOWN on the Wellbeing study in Nigeria. Below are pictures that represent my daily life during the 75 days COVID-19 lockdown in Kaduna State.

COVID-19 has become a global pandemic affecting every country of the world. It has affected how we think, how we work and how we carry out most activities of our daily lives. Most especially, it has affected the way we work whereby we have had to from home in order to obey the social distancing rules set by the government.

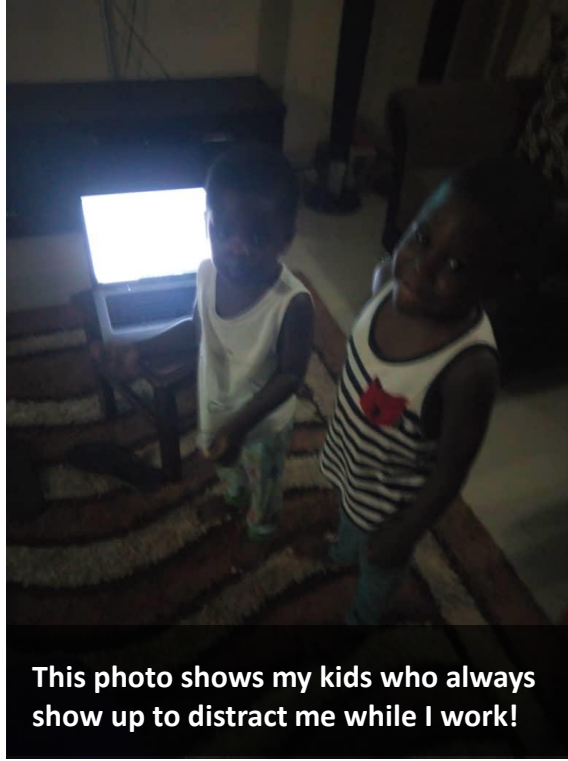
In Nigeria, quite a high percentage of citizens live on daily wages. In Kaduna state (where I am resident), we were placed on 75 days partial lockdown and only essential activities were allowed. This means that we had to adapt to doing things differently to how we used to do them. Staying at home also means that many people were not allowed to converge at a particular place at the same time and so day to day activities, such as businesses, religious, leisure and offices have had to be shut. This has also affected our daily work as researchers since we have to be situated in a single location without moving out to interact with research locations and people where we collect data.

“It has affected how we think, how we work and how we carry out most activities of our daily lives”



Being at home means reduced activity, less exercise and increased appetite which has resulted in me eating more food than I used to. This has also led to an increase in my body weight.

I do not have a proper work station and so I tend to assume many sitting positions which can cause discomfort and does not allow me work for as long as I would have done if I was at my work place.



This photo shows my kids who always show up to distract me while I work!

The lockdown also means that schools have been closed and so children are also fully at home. Good parenting means I have to pause my work so as to grant them the attention they need at such times. Though the attention is sometimes only mischief, most of it is usually genuine.

“Being at home means reduced activity, less exercise and increased appetite”



This photo clearly depicts disconnection from work as a result of power failure. Power cuts mean I am unable to access electronic media for current information, it also means that my work sometimes gets delayed.

For instance, writing this blog took me more time than I would have because I had several episodes of power cuts and I had to wait until the power was restored.



Looking at these plants grow made me see hope

The lockdown has not been all negativity, one positive side to this period is the fact that I rediscovered the farmer in me. Power cut at early hours of the day meant I didn't have access to television and my laptop and so I had time to reflect on so many things. I decided to try out farming where I planted a few crops and vegetables within my property. It made me realize that being locked down did not mean I would not grow and so even after the COVID-19 lockdown, positive growth is possible. This also reflects that there is hope in achieving our research goal after the pandemic is contained.

“The lockdown has not been all negativity...one positive is the fact that I rediscovered the farmer in me”



The few times I had access to electronic media helped in providing information on both local and foreign updates.

During the lockdown, I did not have to go out of my home and so when available, I was able to access updated information especially on the COVID-19 pandemic. This improved my knowledge and kept me abreast of relevant information on how to keep me and my family safe.

Before now, many of us were not used to regular washing of hands or making use of hand sanitizers even after we have close contact with other people. Since the onset of COVID-19, my family and I now wash our hands regularly and also make use of hand sanitizers whenever we step out of our home or to buy essentials.

We do this not only because the government and health personnel have instructed us to do so, but because this is one of the means of keeping safe.



“Since the onset of COVID-19, my family and I now wash our hands regularly”