COVID-19: 20 QUESTIONS WITH EYAMBABADAFINONE
A SURVIVOR’S PERSPECTIVE

win more with just ₦5,000
Simply Dial *901*5# to open a DiamondXtra account today
When we decided to do the Covid-19 series, I thought at most, we would have six editions. But as the weeks go by, we discover more areas to explore because this period has become the new normal in our welfare and lifestyle! Though we already interviewed a survivor, Oluwaseun Osowobi, we had to revisit the issue again with another survivor, Eyamba Dafinone. Unlike Oluwaseun who was the first person to visit IDH in Yaba, Eyamba went in when the front liners were in full throes. She gave a very deep insight on their progress and suggested ways for government to bridge the gap with the various hurdles they are facing now in combating this virus.

One thing most paramount in this pandemic is how people have learnt to think outside the box. Innovations have been borne out of self-isolation. People have discovered things about themselves that they didn’t know they had within them. Innovations and exciting ways to kill boredom has become the order of the day. I, personally, have thoroughly enjoyed the various challenges being enacted on Instagram. Most entertaining to watch I must say.

I also believe one of the traits that will stay permanently post-Covid is our hygiene. I believe we will continue to wash our hands obsessively. Also, I believe we will be a lot more cautious in public gatherings and will safely say the days of hugging and handshakes are over. We also find about this lockdown is how people are catching up with communication to keep ones and friends. I have had so many random calls from people just calling to check up on me. It took a while to digest that because most of my calls are either work related or mostly restricted to just family and close friends. Bad habit but there never seemed to be enough hours in the day to reach out to anyone else.

Now...we have all the time in the world to do so. Let us enjoy it while it lasts. These are quiet moments to treasure.

Stay Home. Stay Safe.

To read STYLE online every Sunday, go to www.thistdaylive.com
Colours to boost your mood

If your first instinct is to light a candle or go for a run to feel energized, you’ll look for influencing your mood which for us fashion people, that something as picking out a red top versus a blue is a significant choice than you think, which is why we thought it would be fun to educate everyone on the best colours for mood and the feelings each of them evoke.

Four weeks in to the lock down in Lagos and I’m pretty sure most of us have fine-tuned our wardrobes to work from home but if you are still not sure what pieces are comfy yet practical to wear during these trying times then this is for you.

BLUE
Blue is often linked to feelings of calmness and tranquility, which has us conjuring idyllic images of a blue lagoon or swimming pool. While different shades of blue have different associations, I feel that pale-blue hues are well-suited to feelings of calm and stillness.

TANGERINE
Tangerine is intimidating to wear. But take on this punchy hue and you get to benefit from all the uplifting and energetic effects the bright orange has on the psyche, so really, the rewards outweigh the risks.

GREEN
Greens are very tied to nature and all the feelings of safety and grounding that come with experiences like gardening, sitting under a tree, or just generally being surrounded by nature. There is also ample research to show that being in nature reduces stress and anxiety, but since we can’t go run through a field of grass right now, trending shades of olive green will do just fine, too.

PINK
Shades of pink are known for their nurturing vibe, and even can project a feeling of love and kindness, according to research.

WHITE
Here’s a colour trend you might not have considered to have any pronounced psychological effect but does. Sure enough, studies have linked shades of white to feelings of cleanliness, purity, and calmness. White is a colour that pops on every skin tone.

COMFY STAPLES TO BE WEARING NOW!

Four weeks in to the lock down in Lagos and I’m pretty sure most of us have fine-tuned our wardrobes to work from home but if you are still not sure what pieces are comfy yet practical to wear during these trying times then this is for you.

BY FUNKE BABS-KUFEJI

T-SHIRT
Our matching options for a basic tee and sweatpants are endless. A simple style that is also versatile, the silhouette is well suited for an updated look.

JOGGERS
These might seem like a no-brainer but joggers are a staple for a laid-back yet cool look. Worn in a coordinating set or separately with other basics this look should become your super comfy work from home look.

LEGGINS
Similar to joggers, leggings are another must-have for your work from home look. They are super comfy and go with just about any other comfy staple you have in your wardrobe.

OVERSIZE SWEATSHIRT
If you're slightly more dressed up vibes, it's all about a comfortable but chic look. White or off-white is bang on trend right now, clean, smooth and soft. Wear it with anything that pops on every skin tone.

SLIDES
Slides are great but furry slides are even better.
If you’re pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

1. Learn a language

Remember all those times you said you’ll learn Italian, Spanish or French but just couldn’t find spare minutes? Here’s your chance! With a wide selection of YouTube tutorials and online courses, it’s never been easier to pick up a new skill.

2. Organize your wardrobe

Most of us have at least one dress that we know we’ll never wear again or a pair of jeans that just don’t fit the way they used to. It’s time to declutter your wardrobe and get rid of those signed pieces that no longer suit the look of today. Either pass them onto friends, donate them to charity or sell them online.

3. Start a blog

Can’t stop staring at that annoying chip in your sideboard? Despair no more! Why not try your hand at blogging and give your new hobby a space of its own? A blog is a great way to explore your creativity.

4. Update your CV and professional accounts

Before lockdown, the idea of updating your CV and covering letter as LinkedIn profiles might not have been very high up on your priority list. Rather than putting it off any longer, why not give all your professional documents and accounts a total makeover? Use this present period to work towards an even brighter future.

5. Get fit

Missing the gym? Working out at home can be just as beneficial for both your mind and body. Why not try out different types of workouts over the course of the next five weeks and find that workout that really works for you.

6. Upcycle your furniture

Can’t stand staring at that annoying chip in your sideboard? Despair no more! Why not try your hand at upcycling and give those tired pieces of furniture a new lease of life.

7. Clear out your kitchen cupboards

Organise the entire contents of your kitchen cupboards. Chuck the expired items, get rid of those canned goods at the back, clear out that junk drawer you’ve been avoiding or go the whole hog and colour coordinate your spice rack! You know what they say: tidy kitchen, tidy mind.

8. Wash your makeup brushes

Been meaning to wash your makeup brushes for a while now? Besides bacteria, your favourite beauty brushes also accumulate dead skin cells and oils over time, so it’s pretty important that you keep them fresh and clean. Avoid makeup sprays and patches by painting your face with a smooth, more streamlined brush.

9. 3. Learn to play an instrument

Dust off that keyboard you got for Christmas last year, re-tune that guitar you’ve had for god knows how long and begin to fill your days with the music you’ve had for god knows how long. There are plenty of things you can do to pass the time.

10. Read a book

If you’ve pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

11. Recapture your old hobbies

If you’ve pretty much completed all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

12. Read a book

If you’ve pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

13. Recapture your old hobbies

If you’ve pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

14. Read a book

If you’ve pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

15. Recapture your old hobbies

If you’ve pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

16. Read a book

If you’ve pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

17. Recapture your old hobbies

If you’ve pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

18. Read a book

If you’ve pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

19. Recapture your old hobbies

If you’ve pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

20. Read a book

If you’ve pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

21. Recapture your old hobbies

If you’ve pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

22. Read a book

If you’ve pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

23. Recapture your old hobbies

If you’ve pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

24. Read a book

If you’ve pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.

25. Recapture your old hobbies

If you’ve pretty much modelled all of Netflix and the idea of spending another day on the sofa watching movies is too much to bear, it’s time to change your routine and get those creative juices flowing. Busting lockdown doesn’t have to be boring, not if you keep yourself occupied. From learning a language to organising your wardrobe, updating your CV or writing your own blog, there’s plenty of things you can do to pass the time.
**6 TOP FASHION TRENDS IN 2020**

BY IYANU AYODELE

As the year progresses, so do the hottest styles. From designer Showroom road runways to street style fashion, there have been plenty of fresh looks to try this year. From the accessible neutral colour combinations to a myriad of bright shades, there is something for everyone. Here are some of these top trends everywhere you go.

**STYLE & DESIGN**

**CAPSULES**

Oh wow, this ship called the oh wow... on a good day it’s cold and lonely and now we are being教 how to do... and the most important thing is that you do... at least once a day during the day. In the past few seasons, the season has come a monochromatic and neutral outfits. Choose from trending shades, try your hand at soft clutch. This lockdown in also the perfect time to catch up with friends. However, the season has come a monochromatic and neutral outfits. Choose from trending shades.

**PROFITING FROM COVID 19**

According to the International Labour Organization, over 90m jobs have been lost due to the COVID pandemic. Many service industries are smiling to the bank, Eric Ari, owner of Zoom Video Communications, is $4bn richer as his platform tracks the spread of the corona virus, has attracted over 350m visits and a company offered to pay him 58m to put adverts on his website but he turned down the offer. It’s one of the hottest styles. From designer Showroom road runways to street style fashion, there have been plenty of fresh looks to try this year. From the accessible neutral colour combinations to a myriad of bright shades, there is something for everyone.

**INFORMATION OVER IGNORANCE**

This is the time we must bless the lord for the inventions of the world wide web. The fact that we can all stay connected even when we are physically distant, is something that distinguishes this Chinese flu from the Russian Flu (1889-1902), the Spanish Flu (1918-1920) and the Asian Flu (1957-1958). With the democratization of information, ignorance is no longer an option. These are many good free courses online. It would be wise to take advantage of them. This lockdown presents an opportunity to get tech savvy. It’s one of the hottest styles. From designer Showroom road runways to street style fashion, there have been plenty of fresh looks to try this year. From the accessible neutral colour combinations to a myriad of bright shades, there is something for everyone.

**THE COLOURS OF LIFE SHOW**

On Easter Sunday, we kicked off our Colours of Life show on YouTube. Through conversations, testimonies and stories, this lifestyle programme brings hope to the viewer. In the first edition, Sarah Boudou, shares her incredible experience of finding peace after the tragedy. Last week, Peace Ighodaro tells us how she got into drugs, his time in prison, gaining freedom and stories, this lifestyle programme brings hope to the viewer. In the first edition, Sarah Boudou, shares her incredible experience of finding peace after the tragedy.

**PROFITING FROM COVID 19**

According to the International Labour Organization, over 90m jobs have been lost due to the COVID pandemic. Many service industries are smiling to the bank, Eric Ari, owner of Zoom Video Communications, is $4bn richer as his platform tracks the spread of the corona virus, has attracted over 350m visits and a company offered to pay him 58m to put adverts on his website but he turned down the offer. It’s one of the hottest styles. From designer Showroom road runways to street style fashion, there have been plenty of fresh looks to try this year. From the accessible neutral colour combinations to a myriad of bright shades, there is something for everyone.

**INFORMATION OVER IGNORANCE**

This is the time we must bless the lord for the inventions of the world wide web. The fact that we can all stay connected even when we are physically distant, is something that distinguishes this Chinese flu from the Russian Flu (1889-1902), the Spanish Flu (1918-1920) and the Asian Flu (1957-1958). With the democratization of information, ignorance is no longer an option. These are many good free courses online. It would be wise to take advantage of them. This lockdown presents an opportunity to get tech savvy. It’s one of the hottest styles. From designer Showroom road runways to street style fashion, there have been plenty of fresh looks to try this year. From the accessible neutral colour combinations to a myriad of bright shades, there is something for everyone.

**THE COLOURS OF LIFE SHOW**

On Easter Sunday, we kicked off our Colours of Life show on YouTube. Through conversations, testimonies and stories, this lifestyle programme brings hope to the viewer. In the first edition, Sarah Boudou, shares her incredible experience of finding peace after the tragedy. Last week, Peace Ighodaro tells us how she got into drugs, his time in prison, gaining freedom and stories, this lifestyle programme brings hope to the viewer. In the first edition, Sarah Boudou, shares her incredible experience of finding peace after the tragedy.
Not being able run around outside and burn off some energy can be really hard for kids and even for adults too! You need a little extra ‘funk’ from time to time. Your parents can help and encourage your family in some amazing fun activities. We’ve rounded up a wide selection of board games to keep the whole family entertained, an unmissable update of your family, whether it’s 2, 3, or 10 family members, there is a wide range of fun-filled activities and ideas that your whole family can put to use. From online games to classic board games. There’s really something for everyone on this family-friendly round up. These games are extremely competitive, fun to brighten your moods and kill boredom.

FREE APPS YOU CAN DOWNLOAD TO HELP WITH SOCIAL DISTANCING

Not being able run around outside and burn off some energy can be really hard for kids and even for adults too! You need a little extra ‘funk’ from time to time. Your parents can help and encourage your family in some amazing fun activities. We’ve rounded up a wide selection of board games to keep the whole family entertained, an unmissable update of your family, whether it’s 2, 3, or 10 family members, there is a wide range of fun-filled activities and ideas that your whole family can put to use. From online games to classic board games. There’s really something for everyone on this family-friendly round up. These games are extremely competitive, fun to brighten your moods and kill boredom.

FREE APPS YOU CAN DOWNLOAD TO HELP WITH SOCIAL DISTANCING

Not being able run around outside and burn off some energy can be really hard for kids and even for adults too! You need a little extra ‘funk’ from time to time. Your parents can help and encourage your family in some amazing fun activities. We’ve rounded up a wide selection of board games to keep the whole family entertained, an unmissable update of your family, whether it’s 2, 3, or 10 family members, there is a wide range of fun-filled activities and ideas that your whole family can put to use. From online games to classic board games. There’s really something for everyone on this family-friendly round up. These games are extremely competitive, fun to brighten your moods and kill boredom.

FREE APPS YOU CAN DOWNLOAD TO HELP WITH SOCIAL DISTANCING

Not being able run around outside and burn off some energy can be really hard for kids and even for adults too! You need a little extra ‘funk’ from time to time. Your parents can help and encourage your family in some amazing fun activities. We’ve rounded up a wide selection of board games to keep the whole family entertained, an unmissable update of your family, whether it’s 2, 3, or 10 family members, there is a wide range of fun-filled activities and ideas that your whole family can put to use. From online games to classic board games. There’s really something for everyone on this family-friendly round up. These games are extremely competitive, fun to brighten your moods and kill boredom.

FREE APPS YOU CAN DOWNLOAD TO HELP WITH SOCIAL DISTANCING

Not being able run around outside and burn off some energy can be really hard for kids and even for adults too! You need a little extra ‘funk’ from time to time. Your parents can help and encourage your family in some amazing fun activities. We’ve rounded up a wide selection of board games to keep the whole family entertained, an unmissable update of your family, whether it’s 2, 3, or 10 family members, there is a wide range of fun-filled activities and ideas that your whole family can put to use. From online games to classic board games. There’s really something for everyone on this family-friendly round up. These games are extremely competitive, fun to brighten your moods and kill boredom.

FREE APPS YOU CAN DOWNLOAD TO HELP WITH SOCIAL DISTANCING

Not being able run around outside and burn off some energy can be really hard for kids and even for adults too! You need a little extra ‘funk’ from time to time. Your parents can help and encourage your family in some amazing fun activities. We’ve rounded up a wide selection of board games to keep the whole family entertained, an unmissable update of your family, whether it’s 2, 3, or 10 family members, there is a wide range of fun-filled activities and ideas that your whole family can put to use. From online games to classic board games. There’s really something for everyone on this family-friendly round up. These games are extremely competitive, fun to brighten your moods and kill boredom.

FREE APPS YOU CAN DOWNLOAD TO HELP WITH SOCIAL DISTANCING

Not being able run around outside and burn off some energy can be really hard for kids and even for adults too! You need a little extra ‘funk’ from time to time. Your parents can help and encourage your family in some amazing fun activities. We’ve rounded up a wide selection of board games to keep the whole family entertained, an unmissable update of your family, whether it’s 2, 3, or 10 family members, there is a wide range of fun-filled activities and ideas that your whole family can put to use. From online games to classic board games. There’s really something for everyone on this family-friendly round up. These games are extremely competitive, fun to brighten your moods and kill boredom.

FREE APPS YOU CAN DOWNLOAD TO HELP WITH SOCIAL DISTANCING

Not being able run around outside and burn off some energy can be really hard for kids and even for adults too! You need a little extra ‘funk’ from time to time. Your parents can help and encourage your family in some amazing fun activities. We’ve rounded up a wide selection of board games to keep the whole family entertained, an unmissable update of your family, whether it’s 2, 3, or 10 family members, there is a wide range of fun-filled activities and ideas that your whole family can put to use. From online games to classic board games. There’s really something for everyone on this family-friendly round up. These games are extremely competitive, fun to brighten your moods and kill boredom.

FREE APPS YOU CAN DOWNLOAD TO HELP WITH SOCIAL DISTANCING

Not being able run around outside and burn off some energy can be really hard for kids and even for adults too! You need a little extra ‘funk’ from time to time. Your parents can help and encourage your family in some amazing fun activities. We’ve rounded up a wide selection of board games to keep the whole family entertained, an unmissable update of your family, whether it’s 2, 3, or 10 family members, there is a wide range of fun-filled activities and ideas that your whole family can put to use. From online games to classic board games. There’s really something for everyone on this family-friendly round up. These games are extremely competitive, fun to brighten your moods and kill boredom.

FREE APPS YOU CAN DOWNLOAD TO HELP WITH SOCIAL DISTANCING

Not being able run around outside and burn off some energy can be really hard for kids and even for adults too! You need a little extra ‘funk’ from time to time. Your parents can help and encourage your family in some amazing fun activities. We’ve rounded up a wide selection of board games to keep the whole family entertained, an unmissable update of your family, whether it’s 2, 3, or 10 family members, there is a wide range of fun-filled activities and ideas that your whole family can put to use. From online games to classic board games. There’s really something for everyone on this family-friendly round up. These games are extremely competitive, fun to brighten your moods and kill boredom.

FREE APPS YOU CAN DOWNLOAD TO HELP WITH SOCIAL DISTANCING

Not being able run around outside and burn off some energy can be really hard for kids and even for adults too! You need a little extra ‘funk’ from time to time. Your parents can help and encourage your family in some amazing fun activities. We’ve rounded up a wide selection of board games to keep the whole family entertained, an unmissable update of your family, whether it’s 2, 3, or 10 family members, there is a wide range of fun-filled activities and ideas that your whole family can put to use. From online games to classic board games. There’s really something for everyone on this family-friendly round up. These games are extremely competitive, fun to brighten your moods and kill boredom.

FREE APPS YOU CAN DOWNLOAD TO HELP WITH SOCIAL DISTANCING

Not being able run around outside and burn off some energy can be really hard for kids and even for adults too! You need a little extra ‘funk’ from time to time. Your parents can help and encourage your family in some amazing fun activities. We’ve rounded up a wide selection of board games to keep the whole family entertained, an unmissable update of your family, whether it’s 2, 3, or 10 family members, there is a wide range of fun-filled activities and ideas that your whole family can put to use. From online games to classic board games. There’s really something for everyone on this family-friendly round up. These games are extremely competitive, fun to brighten your moods and kill boredom.

FREE APPS YOU CAN DOWNLOAD TO HELP WITH SOCIAL DISTANCING

NOT BEING ABLE RUN AROUND OUTSIDE AND BURN OFF SOME ENERGY CAN BE REALLY HARD FOR KIDS AND EVEN FOR ADULTS TOO! YOU NEED A LITTLE EXTRA ‘FUNK’ FROM TIME TO TIME. YOUR PARENTS CAN HELP AND ENCOURAGE YOUR FAMILY IN SOME AMAZING FUN ACTIVITIES. WE’VE ROUNDED UP A WIDE SELECTION OF BOARD GAMES TO KEEP THE WHOLE FAMILY ENTERTAINED, AN UNMISSABLE UPDATE OF YOUR FAMILY, WHETHER IT’S 2, 3, OR 10 FAMILY MEMBERS, THERE IS A WIDE RANGE OF FUN-FULLED ACTIVITIES AND IDEAS THAT YOUR WHOLE FAMILY CAN PUT TO USE. FROM ONLINE GAMES TO CLASSIC BOARD GAMES. THERE’S REALLY SOMETHING FOR EVERYONE ON THIS FAMILY-FRIENDLY ROUND UP. THESE GAMES ARE EXTREMELY COMPETITIVE, FUN TO BRIGHTEN YOUR MOODS AND KILL BOREDOM.
Perform up to 10 transactions on any Access Mobile app or use *901# for a chance to win a brand-new car


Terms & Conditions apply
Eyamba Dafinone is a Council member MAN, an avid Art Collector, a member of Vision 2020, MD of Afriq Products Ltd, a Fan Manufacturing and Property Developer. Over the years, Eyamba has talked about the challenges of women in the manufacturing industry and emphasized the need for the government and the banks to do more to allow for inclusion of women into the industry. She stressed that the major reason for failure in the manufacturing industry is bad government policies, high interest rates, shortage of power supply and importation. She advised aspiring women to take risk as it is the only way to succeed and advised for more participation in politics and challenging Nigeria’s political leaders.

She is happily married to her husband Ede, from the Dafinone dynasty and blessed with two girls. Like every success story, the climb to the top is full of bumps and turns and like every successful business person, Eyamba has scaled through all to get to where she is today. Bubbly by nature, Eyamba has never shied away from taking a stand for a cause she is passionate about. So when life dealt her blow with contacting Coronara virus, she not only survived it but has seized the opportunity to create more awareness about what is easily the world’s most trending topic in today’s times.

CORONA VIRUS has infected over 2.5 million people globally and in Nigeria, over 782 people according to the World Health Organization (WHO). As patients battle with this deadly virus world wide, very few people here in Nigeria are willing to talk about it because of the ignorant stigmatization that comes with contracting it. But nonetheless there are a few exceptions to the norm and Eyamba Dafinone is one of those exceptions. This week, after her interview with ARISE News, as a welcome participant in STYLE’s COVID 19 series, Eyamba delved further by granting another interview with EXECUTIVE EDITOR of STYLE, RUTH OSIME on not just her experience, but also her perspective of how best the government and people can contain this virus. We applaud her for her bravery!
In Nigeria, our culture hides everything. This is in fear to hide. It is a time to shout and scream if you think you have been discovered. We need people to know that they owe the country a non-stop responsibility to save their lives and other’s lives. They should recognize the exponential growth and spread at which cases could rise and deaths can occur. This is a time for self-pity, or raw loneliness.

What did the other patients tell you about their own experiences when they discovered the virus?

Stories I heard at the centre were that some family members were unknowingly carrying the virus. It is a huge measure of safe guarding themselves. These left the patient feeling very vulnerable and distressed as their families were in denial of the situation. They were confused and not understanding and fear that Covid is synonymous to a death sentence. Some family members did not visit. It is not as if a proper visit could take place but missing from the car is good to know that you are not abandoned. Families have to be more supportive. Some were wonderful and send food daily, including take away for the wards and supply American water. We got donation of Greek yogurt and Strawberry yogurt which was lovely. We were supported from comrade Caroline who is a nurse. It is important to try and be as normal as you can. I was trying to stay positive so I asked for four years of Jollof Rice, fish, prawns, snails, mixed meat stew, plantain, coconut, native soup and pounded Yam as well as a cooker of kid soft drinks, water, juices and one bottle of Corona Beer to Ward 11. I have done things like this before. I was performing as if she was a nurse. She has been kind and helpful. I have been in touch with the nurses every day since I was also in the ward.

How many tests did you have to do before you were finally released to go home?

After the initial test taken to confirm my Covid-19 status, I was subjected to additional tests. This was taken. I was tested every two days from the first to my last day in the ward. This will inevitably lead to longer stay by patients and pressure on beds as number of new cases rise. However, I was not aware of what tests were communicated in a timely manner. It could have made a difference. I later remembered telling the doctor on Friday morning, certainly it was not a business as I was asking her to come and tell me the results. I am certainly not scared of anyone to drink alcohol, but the way we rescue and recover in Africa is different.

What were you most impressed with about the centre?

The Isolation Centre at IDH had a system and protocol. There were set times for breakfast, medication, vital, etc. Whether you were in one side or the other side of the ward, I certainly was not scared of anyone. I was impressed.

Were you given any protocols to follow by the centre after your discharge?

This is where I fled the Isolation Centre because I had a serious laparotomy. We were given a form to be filled and discharged and then two days to test. I tested five days after discharge but a week after testing, there is still no test result. This is the test for asymptomatic patients. Testing area for discharged patients should be located away from the main entrance. People should be fully informed about the seriousness of this. They could test as there is no fear of anyone. I was impressed.

I was also touched by the love amongst the inmates (that was my private joke as I thought sometimes it felt like my prison). Some would arrange curry, fish, prawns, rice, prawns, plantain, coconut, native soup and pounded Yam as well as a cooker of kid soft drinks, water, juices and one bottle of Corona Beer to Ward 11. I have done things like this before. I was performing as if she was a nurse. She has been kind and helpful. I have been in touch with the nurses every day since I was also in the ward.

How prepared do you think our healthcare system is to face the COVID-19 pandemic?

The Nigerian healthcare system has been under funded for years. In spite of funds being raised, it still faces logistical challenges, staff shortages, inadequate amount of trained personnel, shortage of test kits. There is also the social impact, effects of a lockdown. I do not believe any scenario for a pandemic had ever been considered.

What stringent steps do you feel need to be taken to fight this virus effectively?

To effectively fight this virus, we must identify, isolate, trace, test, treat and track. There is need for AWARENESS CAMPAIGN. Need to use jingles, radio, pictorial posters, social media, billboards, songs, music, animations. Co-opt telecommunications to set up charging points around the nation and give free credit to those that opt in. Spread SMS messaging. Data bank of symptoms should also be publicized. We must continue to emphasise the need for social distancing and for hand washing, etc.

In Nigeria, the high rate of African people are in densely populated locations where people could sleep six to seven in a bedroom and four or six shares a toilet. The need for proper and standardized testing of front line personnel on a weekly basis. Setting up task force to look at the fire exits, fixtures, pailies in cash can be given. Recently a ‘plumber’ revealed he needed to work to earn a living and told of the benefits of an effective lockdown and asked what his thought, he replied ‘Who was it?’. Specialists can work from home. The banks with BVN are creating accounts with BVN are creating. We do this.

But phones have limitations.

1. Phones need charging. With the lock down, there is no power.
2. With no one working, recharge charges are non payment.
3. Line phones advertised online did not work. More disappointing.
4. There should be liaison with telecommunications companies to do bulk broadcasting of lines in different languages.

Set up online platform for booking testing so that appropriate admission is taken and the centre is not overwhelmed. Identify where the calls are coming from. With this, we can specify to various regions. I would also recommend tractors, mega phones in communities, pictorial flyers and posters everywhere.

What other problems do you foresee with our testing programme?

Testing presents another problem if we extrapolate how we do testing. Even if we have the test kits, we need to do lab work. Testing is expensive. Even with all the funds being thrown at this issue, there will be no jam and bottles with the lock down.

There are standard testing criteria and critical testing criteria. We need to specify where people can go to get the test. There is need for identification that all we have is a deluge of problems.

We need to specify where people can go to get the information out.

What is your take on speed of response to COVID-19 pandemic?

Methods have been developed for food delivery, tests at your doorstep. We can do bulk broadcasting of lines in different languages.

What stringent steps do you feel need to be taken to fight this virus effectively?

To effectively fight this virus, we must identify, isolate, trace, test, treat and track. There is need for AWARENESS CAMPAIGN. Need to use jingles, radio, pictorial posters, social media, songs, music, animations. Co-opt telecommunications to set up charging points around the nation and give free credit to those that opt in. Spread SMS messaging. Data bank of symptoms should also be publicized. We must continue to emphasise the need for social distancing and for hand washing, etc.

In Nigeria, the high rate of African people are in densely populated locations where people could sleep six to seven in a bedroom and four or six shares a toilet. The need for proper and standardized testing of front line personnel on a weekly basis. Setting up task force to look at the fire exits, fixtures, pailies in cash can be given. Recently a ‘plumber’ revealed he needed to work to earn a living and told of the benefits of an effective lockdown and asked what his thought, he replied ‘Who was it?’. Specialists can work from home. The banks with BVN are creating accounts with BVN are creating. We do this.

But phones have limitations.

1. Phones need charging. With the lock down, there is no power.
2. With no one working, recharge charges are non payment.
3. Line phones advertised online did not work. More disappointing.
4. There should be liaison with telecommunications companies to do bulk broadcasting of lines in different languages.

Set up online platform for booking testing so that appropriate admission is taken and the centre is not overwhelmed. Identify where the calls are coming from. With this, we can specify to various regions. I would also recommend tractors, mega phones in communities, pictorial flyers and posters everywhere.

What other problems do you foresee with our testing programme?

Testing presents another problem if we extrapolate how we do testing. Even if we have the test kits, we need to do lab work. Testing is expensive. Even with all the funds being thrown at this issue, there will be no jam and bottles with the lock down.

There are standard testing criteria and critical testing criteria. We need to specify where people can go to get the test. There is need for identification that all we have is a deluge of problems.

We need to specify where people can go to get the information out.

What is your take on speed of response to COVID-19 pandemic?

Methods have been developed for food delivery, tests at your doorstep. We can do bulk broadcasting of lines in different languages.
ambulance still had not picked them up. This due to pressure on ambulance or lack of beds? This should be investigated. Why there have a delay in getting patients to treatment centers?

14 What other precautions can you suggest be exercised to reduce the side effect of late responses?

In the event that there are going to be delays in taking up patients, those who live alone or are still working and effectively isolated, should be given test kits, blood pressure machines and thermometers to take reading and medication for two days until there is space in the wards or an ambulance to pick them up. These medical supply packs could be included as part of the relief packs. As the facilities being important for the Local authorities and the State government to come together and brainstorm which other buildings can be used. Event halls, schools, churches, mosques, empty office buildings, etc.; Population pressure points should be pre-identified. The number of staff needed should be estimated and those local to those areas, trained in advance.

15 Frontliners have higher risks of contamination than anyone else. To reduce workload and pressure on them, what areas do you feel the states should explore in training of more people for this role?

Training has commenced on use of oxygen, testing kits, lab training, disinfecting, fumigation, and packaging of medication. The training is continuous testing of the front-liners. The cocktail of medication, which is not a guarantee, but seems to be working, means we must extrapolate the quantities needed and then work with pharmaceutical companies to ensure they have raw materials and timings of production. Their staff must also be tested frequently or housed in the safe housing and transported to ensure safety and to reduce contamination.

Most states do not have accredited bio safety labs. They do not have lab equipments nor personnel. There is need to work with universities to identify final year students and train them quickly on how to obtain samples and techniques. Retired workers can also be brought out to help.

16 This is an almost that unfortunately comes with a stigma. Why are people so afraid to come out about it and is your responsibility about your own experience part of a campaign to distill these fears?

I did not realise there was a stigma until I began speaking to other patients, I certainly do not feel any less dignified or otherwise because I caught the virus! The difference is that this virus can be deadly by its nature, so we must be proactive at all times. Delay and can easily catch it. Assuming you might have caught it. We need a well thought out harmonized game plan with all these different groups working as ONE UNIT IN THIS PRICE. It is not a competition nor time to hoard any information. The more people that are aware, the better. Embrace and convince the masses. This is a crisis situation and no time for being pedantic. Let us show the world Africa can lead in strategic solutions and love of our fellow man.

17 How can you convince and encourage people about the efficiency of IDH, Yaba?

This is a phenomenon we are going through. IDH the Infectious Disease Hospital situated in Yaba is the foremost hospital equipped with staff and protocol to fight a contagion. In addition, they are backed by WHO, UNICEF, and CDC funding and continuous training. It is the only place doctors and staff from such hospitals can get trained and front end staff can get trained. There is no charge for treatment at IDH Yaba. The same applies for private hospitals that are certified. It should be free to the patient while government compensates the private hospitals directly for every patient sent there. It would probably be best if private hospitals that choose to take in COVID-19 sick in high risk patients. For documentation purposes and for adequate record keeping, patients should be referred to those hospitals by NCDC. All private hospitals, once certified, to handle COVID-19 patients by NCDC should be supervised by same.

The accreditation of hospitals is done by NCDC.

18 Do you feel private hospitals should be included as treatment centers as well?

If accredited hospitals are to benefit local communities, we have to determine what the bed capacities are and if these clinics meet the criteria in highly populated areas, there could be a possibility that since schools are closed, the empty classrooms could be used. In Nigeria feel this is a disgraceful situation?

19 In your interview on The Morning Show on Aries TV, you reeled out figures of a more realistic estimate of the number of people Nigeria will most likely have in time to come?

The figures I gave were based on WHO projections on what the infected cases could be in Africa. Based on an estimate of 17% of the African population which stands at 1.3 billion, an estimated figure of 1,200,000 Africans could get infected. But there was a proviso; it was stated that their projections for Africa did not happen because there was a behavioural change. In last two days, our daily number of cases have quadrupled. We have not even seen the tip of the iceberg. It is key that we identify as many people that might have symptoms. Encourage parents, family, friends, household staff to persuade those who think they are infected to come out. This will help contain the spread.

20 What has been the feedback since your ARISE News interview?

The feedback since the ARISE interview has been overwhelming. I have words of encouragement and prayers for “surviving Covid-19”. In fact, the very next day, a family of 12 said after watching the program, they felt inspired and went to IDH. 11 of them tested positive and are now receiving adequate care.

A few days later also, the wards were full. Most people stating they felt encouraged to come to IDH. We thank the Lord for His mercy and give Him all the glory.
THE STORY OF WILL AND WILLIAM WEST, two unrelated Black men who were prisoners at Kansas’ Leavenworth Penitentiary, has become a legendary tale in forensic science lore. The two men looked nearly identical and because of it, they ultimately caused the prison industry to shift to an outdated facial recognition system to using fingerprints to identify inmates.

YOU MIGHT THINK TWINS ARE A RARITY, BUT THEY ARE ACTUALLY BECOMING MORE COMMON THAN EVER. From about 1915, when the statistical record began, until 1980, about one in every 55 babies born was a twin, a rate of 2%. The rate began to increase, and by 1995, was 2.5%. The rate surpassed 3% in 2001 and hit 3.3% in 2010. That means one out of every 30 babies born is a twin. Scientists believe this trend is due to the fact that older women tend to have more twins, and women are choosing to start families later. Fertility treatments such as in-vitro fertilization likely also plays a role.

THE WORLD’S TOTAL POPULATION IS MORE THAN 7.5 BILLION. And obviously, that number sounds huge. However, it might feel a little more manageable once you learn that if every single one of those people stood shoulder-to-shoulder, they could all fit within the 500 square miles of Las Vegas, according to National Geographic. SUNSET BOULEVARD STRIP HOLLYWOOD LOS ANGELES CALIFORNIA

SILANCE IS GOLDEN, as they say. And while it may not be worth quite as much as jewels and gold to most people, it can certainly be the primary goal for those who build the quietest room in the world. Located at Microsoft’s headquarters in Redmond, Washington, the lab room measures a background noise of -20.35 dBA, which is 20 decibels below the threshold of human hearing and breaks previous records for spaces that were deemed the planet’s quietest places, according to CNN.

ACCORDING TO THE UNITED NATIONS EDUCATIONAL, SCIENTIFIC, AND CULTURAL ORGANIZATION (UNESCO), as of 2012, 50.5 percent of the world’s population were people under the age of 30. Around 89.7 percent of those young people live in emerging and developing economies like the Middle East and Africa. NIGERIA SCHOOL CHILDREN

WALKING GRACEFULLY IN HEELS TIPS AND TRICKS

WALKING HEEL TO TOE NOT TO HEEL. The easiest way to look like an amateur in heels is to put your whole foot down at once as if you’re wearing flats. When wearing heels, put your heel down first, followed by your toe. This will make your walk look more natural.

TAKE SMALL STEPS. Wearing heels makes your stride shorter than normal, so you’ll have to take an increased number of small steps to go the same distance. We’re not recommending baby steps, but don’t try to take your usual long strides either.

DON’T RUSH! Trying to walk quickly in heels often ends up looking quite awkward. Between the smaller steps and the compromised balance, it’s best to take your time in heels. Besides, walking slowly gives off an air of confidence.

VISUALIZE YOURSELF. When walking in heels, you’ll walk more gracefully if you have a goal point ahead of you. Picture the podium at the end of the runway! The easiest way to look like an amateur in heels is to put your heel down first, followed by your toe. This will make your walk look more natural.

MAKE SURE YOUR SHOES ARE PROPERLY FITTED. If your shoes are ill-fitting, it makes the difficult task of walking naturally in heels almost impossible. If your heels are too big, use shoe pads for a better fit. If they are too small, use shoe inserts to fill the gap. A pair of platform heels, and watch your step! Lengthen your legs with a pair of platform heels, and watch the compliments come in. TUBO

THE WORLD’S TOTAL POPULATION IS MORE THAN 7.5 BILLION. And obviously, that number sounds huge. However, it might feel a little more manageable once you learn that if every single one of those people stood shoulder-to-shoulder, they could all fit within the 500 square miles of Los Angeles, according to National Geographic. SUNSET BOULEVARD STRIP HOLLYWOOD LOS ANGELES CALIFORNIA

SILANCE IS GOLDEN, as they say. And while it may not be worth quite as much as jewels and gold to most people, it can certainly be the primary goal for those who build the quietest room in the world. Located at Microsoft’s headquarters in Redmond, Washington, the lab room measures a background noise of -20.35 dBA, which is 20 decibels below the threshold of human hearing and breaks previous records for spaces that were deemed the planet’s quietest places, according to CNN.

ACCORDING TO THE UNITED NATIONS EDUCATIONAL, SCIENTIFIC, AND CULTURAL ORGANIZATION (UNESCO), as of 2012, 50.5 percent of the world’s population were people under the age of 30. Around 89.7 percent of those young people live in emerging and developing economies like the Middle East and Africa. NIGERIA SCHOOL CHILDREN

WALKING GRACEFULLY IN HEELS TIPS AND TRICKS

WALKING HEEL TO TOE NOT TO HEEL. The easiest way to look like an amateur in heels is to put your whole foot down at once as if you’re wearing flats. When wearing heels, put your heel down first, followed by your toe. This will make your walk look more natural.

TAKE SMALL STEPS. Wearing heels makes your stride shorter than normal, so you’ll have to take an increased number of small steps to go the same distance. We’re not recommending baby steps, but don’t try to take your usual long strides either.

DON’T RUSH! Trying to walk quickly in heels often ends up looking quite awkward. Between the smaller steps and the compromised balance, it’s best to take your time in heels. Besides, walking slowly gives off an air of confidence.

VISUALIZE YOURSELF. When walking in heels, you’ll walk more graciously if you have a goal point ahead of you. Picture the podium at the end of the runway! The easiest way to look like an amateur in heels is to put your heel down first, followed by your toe. This will make your walk look more natural.

MAKE SURE YOUR SHOES ARE PROPERLY FITTED. If your shoes are ill-fitting, it makes the difficult task of walking naturally in heels almost impossible. If your heels are too big, use shoe pads for a better fit. If they are too small, use shoe inserts to fill the gap. A pair of platform heels, and watch your step! Lengthen your legs with a pair of platform heels, and watch the compliments come in. TUBO

THE STORY OF WILL AND WILLIAM WEST, two unrelated Black men who were prisoners at Kansas’ Leavenworth Penitentiary, has become a legendary tale in forensic science lore. The two men looked nearly identical and because of it, they ultimately caused the prison industry to shift to an outdated facial recognition system to using fingerprints to identify inmates.

YOU MIGHT THINK TWINS ARE A RARITY, BUT THEY ARE ACTUALLY BECOMING MORE COMMON THAN EVER. From about 1915, when the statistical record began, until 1980, about one in every 55 babies born was a twin, a rate of 2%. The rate began to increase, and by 1995, was 2.5%. The rate surpassed 3% in 2001 and hit 3.3% in 2010. That means one out of every 30 babies born is a twin. Scientists believe this trend is due to the fact that older women tend to have more twins, and women are choosing to start families later. Fertility treatments such as in-vitro fertilization likely also plays a role.

THE WORLD’S TOTAL POPULATION IS MORE THAN 7.5 BILLION. And obviously, that number sounds huge. However, it might feel a little more manageable once you learn that if every single one of those people stood shoulder-to-shoulder, they could all fit within the 500 square miles of Las Vegas, according to National Geographic. SUNSET BOULEVARD STRIP HOLLYWOOD LOS ANGELES CALIFORNIA
You want to get the most out of your workouts, right? While a lot of that has to do with what you’re doing during the workout—making sure you have the right form, adding some variety, stretching, etc.—what you do before can make a difference too. Making sure you’re fueling up with the right foods before starting your fitness routine can provide you with enough energy to power through the most challenging parts. Eaten correctly and done right, eating before a workout can boost energy and enhance exercise. Here are some quick snacks to keep FUEL FOR YOUR WORKOUT.

**FRUIT AND NUT BUTTER**
Grab an apple or banana with the nut butter of your choice. Fruit makes a great pre-workout snack because it is relatively simple for the body to digest. It contains glucose, which is used to power your muscles during a workout. Nut butters contain protein which helps support muscle repair.

**GREEK YOGURT WITH GRANOLA, HONEY AND BERRIES**
Generally, fruits rich in antioxidants can help decrease inflammation that can be put on the body after training and yogurt is a great source of protein, while the berries contain carbohydrates and fiber.

**PROTEIN SHAKE, FRUIT SMOOTHIES, OR JUICES**
Carbs with protein gives you a combination of fast carbs to fuel workout. Proteins also allows for more sustained energy and muscle repair. So a protein shake with mixed berries would be a nice pre-workout snack. Fruit smoothies or juices are also a good option for a quick energy boost.

**ALMONDS AND DRIED FRUIT**
Almonds contain protein needed for muscle performance and repair. Dried fruit provides the glucose needed to fuel muscles during high intensity workouts.

**CAFFEINE**
Caffeine can help with early morning workout but make sure you don’t over do it.

**WATER**
Water is not technically food, but it’s essential to stay hydrated, especially when you’re working out. Keep a water bottle with you and drink at least 20 ounces of fluids three hours leading up to a training session and at least four to eight ounces every 15 to 20 minutes, if possible, during training.

---

**ntel Data Plans**

<table>
<thead>
<tr>
<th>Name</th>
<th>Data (GB)</th>
<th>Price (₦)</th>
<th>Validity (Days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unlimited Daily</td>
<td>Unlimited</td>
<td>1,500</td>
<td>2</td>
</tr>
<tr>
<td>Unlimited Weekly</td>
<td>Unlimited</td>
<td>5,200</td>
<td>7</td>
</tr>
<tr>
<td>Unlimited Night</td>
<td>Unlimited</td>
<td>10,250</td>
<td>30</td>
</tr>
<tr>
<td>Unlimitted Family</td>
<td>Unlimited</td>
<td>18,500</td>
<td>30</td>
</tr>
<tr>
<td>Unlimited 90</td>
<td>Unlimited</td>
<td>51,000</td>
<td>365</td>
</tr>
<tr>
<td>Unlimited 180</td>
<td>Unlimited</td>
<td>100,000</td>
<td>180</td>
</tr>
<tr>
<td>Unlimited 365</td>
<td>Unlimited</td>
<td>195,000</td>
<td>365</td>
</tr>
</tbody>
</table>

**Capped Data Plans**

<table>
<thead>
<tr>
<th>Name</th>
<th>Data (GB)</th>
<th>Price (₦)</th>
<th>Validity (Days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ntel Data 1GB</td>
<td>1GB</td>
<td>500</td>
<td>30</td>
</tr>
<tr>
<td>ntel Data 2GB</td>
<td>2GB</td>
<td>1,000</td>
<td>30</td>
</tr>
<tr>
<td>ntel Data 4.5GB</td>
<td>4.5GB</td>
<td>2,000</td>
<td>30</td>
</tr>
<tr>
<td>ntel 4k</td>
<td>10GB</td>
<td>4,000</td>
<td>30</td>
</tr>
<tr>
<td>ntel 8k</td>
<td>24GB</td>
<td>8,000</td>
<td>30</td>
</tr>
</tbody>
</table>

To subscribe, visit ntel.com.ng/plans or the nearest ntel outlet.
GLO E-TOP UP
IT’S SO REWARDING

GLO E-TOP UP

- Recharge and enjoy up to 10% bonus on the recharge amount.
- Dial *805# to E-Top Up your Glo line. You can also access E-Top Up through Bank Codes, Bank Apps, Bank ATMs, POS, Online Payment platforms and the Glo Café App.
- It’s easy, fast and secure.

Recharge from the comfort of your Home.
STAY CONNECTED | #SafetyForAll

www.gloworld.com
terms & Conditions Apply