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THE PERSPECTIVES OF ADULTS IN KWARA STATE, NIGERIA ON THE PREVENTION AND TREATMENT OF CORONAVIRUS PANDEMIC

Dr. Agubosi Lydia Akunna

Department of Counsellor Education, Faculty of Education University of Ilorin, Ilorin, Kwara State, Nigeria. TEL: +2348139499879

ABSTRACT: *Coronavirus disease is ravaging some countries of the world today. Efforts are being made globally to contain this deadly disease which has claimed many lives. This study therefore examined the perspectives of adults in Kwara State on the preventive and treatment measures for coronavirus. Attempt is made to explain the theories associated with the origin of coronavirus which are conspiracy theory, 5G theory and Nostradamus theory. The study adopted qualitative research approach. Population of the study comprised adults in Kwara State. Purposive sampling technique was used to select Ilorin Metropolis to participate in the study. Primary (oral interview) and secondary data were sources for data collection. Thematic analysis was employed for data analysis. However descriptive analysis was employed to analyze items. Findings showed that adults in Kwara State have their own preventive and treatment measures for the coronavirus. Among the items for prevention and treatment that reoccurred most are ginger, lemon and turmeric. Based on the findings, it is recommended that World Health Organisation (WHO) and researchers should test these preventive and treatment measures in order to accept or refute them in the containment of coronavirus pandemic.*

KEYWORDS: Perspectives, Adults, Preventive, Treatment, Coronavirus, Pandemic

INTRODUCTION

Coronavirus has made its own history in the world like other viruses such as Ebola, SAARS, HIV and Flu that have caused deaths. Viruses are submicroscopic- non-cellular structures that consist of DNA or RNA surrounded by a protein coat which relies on the existence of a living host cell to replicate. While the virus is in the living host, it causes diseases which are not easily to be cured. The emergence of these virus causing diseases are usually sudden and before any attempt could be made to discover drugs and vaccines for cure, lives have been claimed. These viruses have no respect for race or colour, hence some of them like coronavirus is pandemic while some are endemic.

Viruses are parasitic microscopic disease-causing organisms that lack the capacity to reproduce outside the host's body. Viruses have a reputation for being the cause of contagion (Durkham University, 2020). Coronavirus appeared in Wuhan, China at the beginning of December 2019(VIVEK,2020). Since then according to (VIVEK, 2020) public health experts around the globe are scrambling to understand, track and contain the virus. VIVEK (2020) further stated that the World Health Organisation (WHO) named the virus COVID-19, with reference to the type of virus and the year it emerged. Due to widespread of the virus (WHO) declared the virus pandemic in 11th of March, 2020. The (VERGE,2020) reported that

COVID-19 is a serious illness and it is more dangerous than Flu, its symptoms range from mild to severe, that the mild one does not require hospitalization. The symptoms that usually reported are fever, dry cough, itching throat and difficulty in breathing.

Several preventive measures have been recommended from reliable sources such as World Health Organisation (WHO). Such preventive measures include staying at home, keeping distance, covering one's mouth when cough or sneezing with flex elbow or tissue and discarding the tissue immediately and calling appropriate contacts when sick. Other preventive measures recommended are maintaining personal hygiene, regular hand washing with soap, use of alcohol-based sanitizers and use of face masks. Locally, communities might have their own preventive and treatment measures. However, all of them gear towards finding cure to the novel disease.

No doubt coronavirus pandemic has done a lot of harm to the word economy. Many countries are under lockdown which paralysed economic and social activities leading to economic downturn. Many countries like United States of America, Italy just to mention few countries of the word suffer unemployment, hunger and hardship. Families are counting their losses particularly the families whose member or members tested positive to the dreaded disease. Problems resulting from isolation, quarantine and even treatment of the disease are enormous.

Coronavirus otherwise called COVID-19 has thrown the world into confusion, panic, fear, apprehension and uncertainty. Following the outbreak of the virus in December 2019 the world is disorganized. The countries all over have witnessed unprecedented cases of infections and deaths. It is approximated that the disease could claim 200,000 to 1.7 million lives of people in the world (the VERGE,2020).

Purpose of the Study

The study aimed at examining the perspectives of adults in Kwara State on the preventive and treatment measures of coronavirus pandemic.

Research Questions

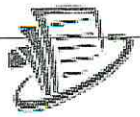
Two research questions were raised for the study.

1. What are the perspectives of adults in Kwara State on what can be used to prevent coronavirus pandemic disease?
2. What are the perspectives of adults in Kwara State on what can be used to treat coronavirus disease?

REVIEW OF LITERATURE

Concept of Viruses

Viruses are microscopic parasites that can only thrive in living hosts. These viruses live in the hosts and cause diseases in the hosts. Robert and Robert, (2020) define viruses as infectious agents of small sizes and simple composition that can multiply only in living cells of animals, plants or bacteria. Viruses are small infectious agents (Daniel, 2018). In another definition (Gelderblom, 1996) opined that viruses are small obligate intracellular parasites which by



definition contain either RNA or DNA genome surrounded by a protective, virus-coded protein coat. According to (Gelderblom 1996) viruses depend on specialised host cells supplying the complex metabolic and biosynthetic machinery of eukaryotic or prokaryotic cells. Gelderblom further stated that the aim of viruses is to deliver their genomes into the host cell to allow their expression by the host cell. A fully disease assembled virus is called virion. Researchers recorded that indications of biological viruses came from studies in 1892 which was led by the Russian scientist called Dmitry Ivanovsky.

Coronavirus Disease

Coronaviruses are spherical or pleomorphic enveloped particles containing single-stranded RNA associated with a nucleoprotein within a capsid comprised of matrix protein (Tyrrell and Myint(1996). Tyrell and Myint(1996) further stated that coronaviruses are classified together on the basis of the crown or hall-like appearance of the envelope glycoproteins, and on characteristics features of chemistry and replication. Coronavirus are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS) (WHO, 2020). World Health Organisation further defined coronavirus disease as an infection caused by coronavirus. WHO (2020) stated that coronavirus disease is characterized by fever, dry cough, difficulty in breathing, tiredness, aches and pains, nasal congestion, runny nose, sore throat and diarrhea. Averagely it takes 5-6 days from the time one is infected with the virus for the symptoms to show, although it can take up to 14 days. Tyrrell and Myint (1996) stated that coronaviruses cause acute or mild upper respiratory infection called common cold.

Theoretical Orientations to Coronavirus Origin

Theories are statements that explain the underlying principles concerning a given phenomenon. This study is guided by three theories which are: conspiracy theory, 5G theory and Nostadamus link theory. These theories are used because they tried to give explanation on the origin of coronavirus.

Conspiracy Theory

Conspiracy theory is a theory that explains events or situations by linking them to sinister and powerful actors who are politically motivated. Wikipedia explained conspiracy theory as an explanation of an event or situation that involves a conspiracy by sinister and powerful actors, often political in motivation when other explanations are more probable. Conspiracy theory explains circumstances or events from the point of secret plot that are usually from the powerful conspirators. It is a theory that propose that coronavirus was bioengineered as a bio-weapon in Wuhan laboratory (Micheal, 2020). Many conspiracy theories have varying degrees of popularity, usually related to clandestine activities like murder plots, and usually not proved by scientific or historical basis. The validity of conspiracy theory could only be proved through evidence. Conspiracy theories are notable in the areas of aviation, deaths and disappearances, economics and society, government, politics and conflict, medicine among others.

5G Theory

Origin of Coronavirus pandemic has been linked to the advent of 5G wireless technology. Those who propose this theory believe that coronavirus was caused from the radiations that come from the 5G technology. Among the subscribers to this theory was Keri Hilson, an American singer who has explained how 5G technology infects humans with virus. This theory is criticized because according to the critics 5G is next generation of wireless network after 4G, 3G and 2G that came before it. It is also criticized because 5G mobile data is like others transmitted over radio waves that are non-ionising, therefore cannot damage DNA inside cells.

Nostradamus-Link Theory

Nostradamus was a reputable physician and a seer whose followers believe that he predicted coronavirus. The followers believe came up with the belief when they revaluated one of his texts which had earlier been interpreted as an earthquake prediction (Micheal, 2020). The prediction read;

> "The sloppy park, great calamity, .
> Through ''the land of the West" and
> Lombardy(Italy).
> The fire in the ship, plaque and captivity
> Mercury in Sagittarius, Saturn fading"

The followers of Nostradamus interpreted the sloppy park as Hankou Jiangtan which is a sloppy park in Wuhan. In the same way Lombardy means Europe, while the plaque and captivity to mean the coronavirus and city lockdown (Micheal, 2020). This theory was criticized by an American writer, Brain Dunning by saying that '' anyone who interprets Nostradamus writing as prophesies of future does so with a great deal of hindsight''.

Basic Protective Measures Against Coronavirus

Various measures have been advanced to protect people from contracting the deadly coronavirus. WHO (2020) stipulated the measures that should be taken to prevent contracting the disease. WHO (2020) advised on how to use masks in the communities, during home care, and in health care system for public health and infection prevention and control for the profesionals, health care managers, health care workers and community health workers. WHO, (2020) further recommended that people should maintain basic hand and respiratory hygiene, maintain safe food practices, avoid close contact with infected person and also with anyone showing symptoms of respiratory illness such as coughing and sneezing.

Treatment for Coronavirus

WHO (2020) stated that there is no specific treatment for coronavirus disease, although supportive care can go a longer way in assisting the infected person. WHO went further to state that there is no vaccine for the disease because it is new. Research is ongoing in some universities mainly in the western world to discover vaccine and drugs that can be used to prevent and treat deadly coronavirus disease.

Methodology

The study is qualitative research with survey research design which relies on primary sources (interviews) and secondary sources such as journals, textbook, social media, newspapers and interviews for data collection. The population is adults in Kwara State from where a sample of 50 adults were contacted for oral interview but only nine of the interviewee's responses were obtained and recorded. In-depth interview was conducted on the respondents. Data was also collected from social media. Questionnaire was not used hence the respondents were free to express themselves fully on the questions as contained in the research questions. Thematic data analysis was employed for data analysis. In addition, descriptive analysis using percentages was employed for item analysis.

RESULTS/FINDINGS

Thematic data analysis was adopted for data analysis.

Analysis of Secondary Data, (sources from social media, newspaper, books, journals e.t.c.)

Research Question 1: What are the perspectives of adults in Kwara State on what can be used to prevent coronavirus disease?

The perspectives of adults on what can be used to prevent coronavirus disease from secondary sources are as recorded below.

i. Palm oil: Drinking two spoons of palm oil prevents contracting of coronavirus.
ii. Hot liquids such as tea, coffee, hot water, turmeric in hot water can neutralize coronavirus when it is still in the throat.
iii. Gargles with salt, turmeric or any oral antiseptic can prevent coronavirus.
iv. Basking in the sun can kill the virus when it is outside the body
v. Eating fruits rich in vitamin C can boost immunity and prevent coronavirus.
vi. Maintaining great personal hygiene
vii. Unripe pineapple when eating can prevent coronavirus
viii. Inhaling steam from hot water prevents the contracting of the disease.

Research Question 2: What are the perspectives of adults in Kwara State on what can be used to treat coronavirus disease?

1. Eating of foods that have pH (alkaline level) that is above 5.5-8.5 pH level of coronavirus such as: Lemon (9.9Ph), garlic (13.2Ph), pineapple (12.7), Dandelion (22.7Ph), orange (9.2Ph), avocado (15.6Ph), mango (8.7Ph) e.t.c.
2. Drinking sliced lemon boiled with water to kill the virus in the body.
3. Gargling deep with warm water and salt will kill the virus and prevent it from entering the pharynx so that it cannot enter the lungs.
4. Taking Chloroquine when infected.
5. Skin 6 ginger, 20 cloves of garlic and lime blended together and made to paste. Put the paste in lip ton tea, also add grinded 1000mg paracetamol. Take it every 4 hours.
6. Get ginger, garlic, lemon and cook them together, add turmeric powder. Inhale the hot steam coming from the mixture by covering your head with blanket or thick towel.



7. Slice small garlic, ginger, onion, salt, lemon, boil the mixture with small water in a kettle for 5 minutes and be sniffing the content in the kettle for 20- 30 minutes daily.

INTERVIEWS

Researcher: Do you know or what people told you that can be used to prevent coronavirus apart from the ones recommended by World Health Organisation and Nigerian Center for Disease Control?

Interviewee 1: The things I know that can be used to prevent coronavirus are ginger, uzuza and uda. Boil them in a pot, then bend your face to the hot mixture and cover your head with cloth and breathe in the hot mixture, the coronavirus will die and leave that person. Coronavirus is high malaria.

Researcher: What do you know or what you heard that can be used to prevent or treat coronavirus apart from the ones recommended by World Health Organisation and Nigerian Center for Disease Control?

Interviewee 2: Yes, somebody told me that vitamin C can boost immunity. Another thing is blending pure honey with onion and black seed oil and drinking it one teaspoonful morning and night. Another thing is when you boil lemon grass and water and drink it, it will prevent the virus. Coronavirus is like high fever.

Researcher: Do you know or heard from people what can be used to treat or prevent coronavirus apart from the ones recommended by World Health Organistion and Nigeria Center for Disease Control?

Interviewee 3: Yes, eating carrot can help to bolster immunity so that you cannot contract coronavirus. Also ginger can also be used to prevent or treat coronavirus.

Researcher: Do you know or heard from people what can be used to prevent or treat coronavirus apart from the ones recommended by World Health Organisation and Nigeria Center for Disease Control?

Interviewee 4: There is a tree called "dogonyaro" used to treat malaria, when you boil the leaves in a pot, bend your face in the pot, cover your yourself with clothe and be breathing in the heat from the pot.

Researcher: Do you know what can be be used to prevent one from contracting coronavirus and also what can be used to treat the disease apart from the recommendation of World Health Organisation and Nigeria Center for Disease Control?

Interviewee 5: Eating ginger like that or when it is grinded and mixed with water, then the water is squeezed out and drank. It can prevent the virus from entering the body. It will also kill coronavirus that has entered the person's body.

Researcher: Do you know what can be used to prevent or treat coronavirus contracting of coronavirus or to treat the disease apart from the ones recommended by World Health Organisation and Nigeria Center for Disease Control?

Interviewee 6: Yes, when you get lime, squeeze out the water and drink. You can also take lemon.

Researcher: Do you know or have heard from people what can be used to prevent or cure coronavirus apart from the ones recommended by Word Health Organisation?

Interviewee 7: Yes. Bitter kola is used to prevent or even to cure coronavirus. Grind bitter kola into powder and be bathing with it.

Researcher: Do you know or heard from people what can be used to prevent or cure coronavirus apart from the ones recommended by World Health Organisation and Nigerian Center for Disease Control?

Interviewee 8: I don't know much about that. They said that bathing with warm water and also drinking it kills the virus.

Researcher: Do you know or you have heard from people what can be used to prevent or treat coronavirus apart from the ones recommended by World Health Organisation and Nigerian Center for Disease Control?

Interviewee 9: Yes, 'dogonyaro' which is called 'kashia' in Yoruba language is ushed to prevent or cure coronavirus.

Table 1: Item Analysis on Prevention and Treatment of Coronavirus from Primary and Secondary Sources of Data.

Item	Frequency	Percentage
Palm oil	1	3.45
Lemon grass	1	3.45
Turmeric	4	13.79
Salt	2	6.89
Hot/warm water	6	13.79
Bitter kola	1	3.45
Lemon	6	20.68
Ginger	6	20.68
Garlic	2	6.89
Pineaple	1	3.45
Mango	1	3.45
Chloroqiune	1	3.45
Dandelion	1	3.45
Orange	1	3.45
Avocado	1	3.45
Uzuza	1	3.45
Uda	1	3.45
Dogonyaro	2	6.89
Onion	2	6.89
Pure honey	1	3.45
Black seed oil	1	3.45

Lemon grass	1	3.45
Carrot	1	3.45
Lime	2	6.89
Coffee	1	3.45
Basking in the sun	1	3.45
Lipton tea	1	3.45
Vitamin C	1	3.45
Paracetamol	1	3.45

Table 1 showed that the items which have the highest percentage of being mentioned as what can be used to prevent/treat coronavirus were lemon and ginger with 20.68% each followed by turmeric and hot or warm water with 13. 79% each followed by garlic, salt, dogonyaro, onion and lime with 6.89% each. Other items have 3.45% each.

DISCUSSION

In research question one, the findings from the secondary sources showed that palm oil, hot liquids like coffee, gargling with salt, turmeric, basking in the sun among others are what can be used to prevent the contracting of coronavirus disease according to adults in Kwara State perspective. This finding may be so because coronavirus disease shows the same symptoms like malaria which they use those methods above to prevent. However, the finding is not in tandem with (WHO and NCDC,2020) who stated that face masks, hand washing with soap, sanitizers and social distancing should be used to prevent coronavirus disease.

The findings from the secondary sources in question one also showed that drinking sliced lemon boiled with water, gargling deep with warm water and salt, boiling small sliced garlic, onion, ginger, lemon and salt for 5 minutes in a kettle and sniffing the content for 20-30 minutes cure coronavirus. Also eating fruits that have pH level that is above the pH level of coronavirus among other findings can cure coronavirus. The findings may be so because coronavirus has symptoms that are the same thing with diseases people treat with those things. These findings did not corroborate (WHO, 2020) who stated that coronavirus has no cure now because it is a new disease.

The findings from interviews showed that the interviewees said that vitamin C, onion, black seed oil ixed with pure honey, carrot, lime, ginger, lemon, among other things said can be used to prevent coronavirus. They findings were so probably because the respondents know that those things can be used to bolster body immunity and some of them serve as antibiotics. These findings did not corroborate (WHO, 2020) who said that hand washing with soap for 20 minutes, social distancing, use of sanitizers, face masks and personal protective equipments should be used to prevent coronavirus. Also Nigeria Center for Disease Control (NCDC, 2020) argued that social distancing by one meter distance, covering mouth with flex elbow when coughing or sneezing, washing hands with soap and water for 20 seconds, spraying surfaces, and using alcohol based sanitizer for coronavirus prevention are not in support of these findings.

In research question two, the findings from the interviewees showed that blending onions, black oil seed, and mixing them with pure honey can be used to treat coronavirus disease.

Other things the interviewees said that can be used are local spices such as uzuza, uda and local leaves such as 'dogonyaro'. These findings are not in consonance with (WHO, 2020) who argued that coronavirus disease has no drugs for cure because it is new. WHO 2020) added that currently there is no vaccine for prevention of coronavirus disease.

The findings from the study clearly showed that people devised various means of preventing and treating coronavirus other than the recommendations from World Health Organisation and Nigerian Center for Disease Control. It should be noted that those things found out from the secondary sources and interviews have never been tested for either for coronavirus prevention or treatment. Hence, there use can endanger health. So, there is need for those things to be tested formally before they can be used to prevent or treat coronavirus.

Implication of the Study to Research and for Counselling Practice

Coronavirus is a deadly disease that spreads rapidly to humans. It is not a virus that can be handled with levity. Many countries are counting their loses, as it has claimed so many human lives and the end of the pandemic is yet to be seen. People are devising all sorts of preventive and treatment measures without testing them. This could be dangerous to people's health. Already, Royal FM, 95.1 on the 26th of April, 2020 gave news that one hundred and nine people died in Dominican Republic after drinking a concoction they believed that can prevent the contracting of coronavirus. There could be other such incidents that were not covered by the media.

Therefore, there is need to reach the public through counselling on the dangers of using un recommended drugs and items for coronavirus prevention and treatment. Efforts should be intensified by the researchers to discover potent drugs that can be used to treat coronavirus disease so that people will not endanger their lives with concoctions they believe that can prevent or cure the disease. In addition, researchers should speed up action to discover vaccines for the prevention of the disease. Those items which include leaves, spices, roots among other things which the secondary sources and primary sources (interviews) suggested that can prevent and cure coronavirus should be properly tested to establish their potency or otherwise. WHO should mount up campaign through counselling to encourage people to apply the prevention measures and any treatment that may be recommended by World Health Organisation.

CONCLUSION

The study examined the perspectives of adults in Kwara state of Nigeria on what could be used to prevent or treat coronavirus. It was a qualitive research which gathered data through primary and secondary sources. Findings from the sources showed that the adults in Kwara State have other preventive and treatment options for coronavirus other than the recommendations for treatment and prevention methods from World Health Organisation and other authorized bodies like Nigeria Center for Disease Control.



RECOMMENDATIONS FOR FUTURE RESEARCH

1. Researchers can replicate the study in other states of Nigeria.
2. Lockdown imposed by the state government did not make it possible for the researcher to interview many people, therefore the sample of the study can be increased by another researcher.
3. The study can be replicated in another country in Africa.

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