

# Knowledge, Perception and Practice of Self-Medication Towards Covid-19 Prevention Among Residence of Felele Community, Ibadan, Oyo State

**AUTHOR(S):** CHINENYE-JULIUS, Augusta Ezinne (B.Sc., MPH),  
FAMADE-LOLA, Oreoluwa Mary,  
AND  
ODUYOYE, Omobola Oyebola (B.Sc., MPH)

## Abstract

COVID-19 is a communicable respiratory disease caused by a new strain of coronavirus that causes illness in humans. Self-medication does not only include the use of un-prescribed drugs, one can also self-medicate with alcohol and other local herbs, which can weaken an individual's immune system and render such individual susceptible to contracting the COVID-19 virus. The absence of a recognized treatment for the disease and its constant progression requires a re-evaluation of self-medication practices in Nigeria. This study therefore assessed the level of knowledge, perception and practice of self-medication towards COVID-19 prevention among residence of Felele community Ibadan. A descriptive cross-sectional survey was used to assess the level of knowledge, perception and practice of self-medication towards COVID-19. The study population for this research comprised of individuals residing in the Felele community in Ibadan Oyo State. Stratified random sampling method was used in selecting 262 participants for this study. The instrument for data collection was a researcher-developed semi-structured questionnaire, which was administered on the individuals. The face and content validity of the questionnaire was established by experts in the field of public health. Test re-test method was used to determine the reliability of the instrument. The reliability co-efficient value was 0.811 which was considered high enough to make the instruments reliable. The data collected was subjected to descriptive statistics. The findings of

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the study revealed that the level of knowledge of self-medication towards covid-19 prevention was found to be relatively high while overall perception indicated that the respondents had a high perception of self-medication towards covid-19 prevention but the level of practice of self-medication among the respondents was low. It was recommended among others that that awareness campaigns through media should be intensified to highlight the need for medical consultations for the diagnosis and management of COVID-19.

**Keywords:** Knowledge, Perception, Practice, Self-medication, Covid-19,



**About Author**

**Author(s):**

**CHINENYE-JULIUS, Augusta Ezinne (B.Sc., MPH)**

Department of Public Health,  
School of Public and Allied Health,  
Babcock University, Ilishan-Remo, Ogun State, Nigeria.

**FAMADE-LOLA, Oreoluwa Mary**

Department of Public Health,  
Babcock University, Ilishan-Remo, Ogun State, Nigeria.

And

**ODUYOYE, Omobola Oyebola (B.Sc., MPH)**

Department of Public Health,  
School of Public and Allied Health,  
Babcock University, Ilishan-Remo, Ogun State, Nigeria.



## Introduction

The on-going pandemic, COVID-19 is a viral infection which was first reported on December, 2019, in Wuhan, China. Investigations suggested that the source of the viral outbreak was a market in Wuhan City, China. As of 4<sup>th</sup> January, 2021, over 85 million confirmed cases were reported globally (Statista, 2021). On January 30<sup>th</sup> 2020, the World Health Organization (WHO) declared a public health emergency of international concern due to the advent in China of a disease called COVID-19 caused by a novel coronavirus, SARS-CoV-2, and its rapid spread (Al-Mandhari et al., 2020). Approximately 6 months later, almost 20 million cases and approximately 700,000 deaths have been reported worldwide (WHO, 2020).

According to the Nigeria Centre for Disease and Control (Nigeria Centre for Disease Control, 2020), Nigeria experienced its first case of coronavirus on the 25<sup>th</sup> of February, 2020. According to Nigeria Centre for Disease Control, 2021, as of 10<sup>th</sup> February, 2021, 141, 447 confirmed cases, 1,694 deaths, 23,993 active cases and 115,755 discharged cases were recorded. Individuals with the COVID-19 virus experiences flu-like symptoms such as cough, fever and shortness of breath, which can be misinterpreted as having the flu or common cold (WHO, 2020). Individuals showing such symptoms can never be too sure if he or she has the flu or the COVID-19 virus and may end up going for the flu medication.

According to Cambridge Dictionary, self-medication is the act of taking medicine or drug to help with a condition without asking a doctor. Self-medication does not only include the use of un-prescribed drugs, one can also self-medicate with alcohol and other local herbs, which can weaken an individual's immune system and render such individual susceptible to contracting the COVID-19 virus. As of then, there was no treatment or vaccine for this pandemic. Several studies have evaluated the efficacy of hydroxychloroquine-based treatment with or without azithromycin (Gao et al., 2020). However, the efficacy of these medicines has not been proven for curative treatment of the disease. Chloroquine and hydroxychloroquine were also evaluated for prophylaxis against COVID-19 in clinical trials among close contacts of individuals diagnosed with COVID-19 and health care workers. Although the preclinical results are promising, there is currently no evidence of the effectiveness of chloroquine/hydroxychloroquine in the prevention of COVID-19 (Shah et al., 2020).

Health literacy plays an important role in self-medication behavior (Shafaei et al., 2015). Concerning the COVID-19 pandemic and other coronaviruses, the level of knowledge is globally low according to a meta-analysis of 70 scientific articles. Indeed, the proportion of people with a low level of knowledge ranged from 4.3 to 57.9% among health professionals and from 4.0 to 82.5% in the rest of the population (Seng et al., 2020). The absence of a recognized treatment for the disease and its constant progression requires a re-evaluation of self-medication practices in Nigeria.

There had been rumours in 2020 where Madagascar claimed they found the solution to the COVID-19 virus, an herbal drink made from the Artemisia plant which resulted in some countries importing the said tonic to develop in their countries (Ifiok, 2020). Also, a Nigerian Biotechnology Professor also claimed he created a more potent treatment from the plant (Ifiok, 2020). But these said treatments have not been clinically tested and approved and so can cause more harm. In some other communities in Nigeria, certain the use of the local gin popularly known as 'ogogoro' and the mixture of some liquids and substances was claimed to help cure the virus. But the use and uncontrolled use of these substances can weaken one's immune system; this study therefore assessed the level of knowledge, perception and practice

of self-medication towards COVID-19 prevention among residence of Felele community Ibadan. In view of the above, the study investigated. This study specifically:

1. examined the level of knowledge of self-medication COVID-19 among residence of Felele community, Ibadan Oyo State;
2. determined the perception of self-medication towards COVID-19 among residence of Felele community, Ibadan Oyo State; and
3. assessed the level practice of self-medication towards COVID-19 among residence of Felele community, Ibadan Oyo State.

### Research Questions

The following research questions were raised for this study

1. What is the level of knowledge of self-medication COVID-19 among residence of Felele community, Ibadan Oyo State?
2. What is the perception of self-medication towards COVID-19 among residence of Felele community, Ibadan Oyo State?
3. What is the level practice of self-medication towards COVID-19 among residence of Felele community, Ibadan Oyo State?

### Methodology

A descriptive cross-sectional survey was used to assess the level of knowledge, perception and practice of self-medication towards COVID-19 among residence of Felele community Ibadan Oyo State. This study was carried out in Felele Ibadan, Oyo State, Nigeria. The study population for this research comprised of individuals residing in the Felele community in Ibadan Oyo State. Stratified random sampling method was used in selecting 262 participants for this study.

The instrument for data collection was a researcher-developed semi-structured questionnaire, which was administered on the individuals. The face and content validity of the questionnaire was established by experts in the field of public health. Test re-test method was used to determine the reliability of the instrument. The reliability co-efficient value was 0.811 which was considered high enough to make the instrument reliable. After the collection of data, the data collected was coded and analysed using the Statistical Package for Social Sciences (SPSS) version 26.0. The data collected was subjected to descriptive statistics.

### Results

**Research Question 1:** What is the level of knowledge of self-medication COVID-19 among residence of Felele community, Ibadan Oyo State?

**Table 1:** Respondents knowledge of Self-Medication towards COVID-19 Prevention

Item	Respondents in this study=296	
	Frequency(n)	Percent (%)
<b>Do you understand Self-Medication</b>		
Yes	13	4.4
No	283	95.6
<b>Self-medication is the use of over the counter or non-prescribed drug.</b>		
Yes	271	91.6
No	25	8.4
<b>There is no problem with self-medication if one use the drugs right</b>		

Yes	193	65.2
No	103	34.8
<b>One can use medications that are not approved for management of Covid-19 as long as they work</b>		
Yes	129	43.6
No	167	56.4
<b>Hydroxychloroquine is already approved in America, so we can also use it here in Nigeria without prescription</b>		
Yes	60	20.3
No	236	79.7
<b>Using Vitamin C for Covid-19 management is not self-medication because it boost immunity</b>		
Yes	194	65.5
No	102	34.5
<b>I can take the traditional medicine if it works</b>		
Yes	223	75.3
No	73	24.7
<b>There is something wrong with using medications without permission from the government</b>		
Yes	194	65.5
No	102	34.5
<b>One can go to a chemist/pharmacy to buy any drug on emergency</b>		
Yes	202	68.2
No	94	31.8

**Table 2:** Proportion of Respondent's knowledge of Self-Medication towards COVID-19 Prevention

	<b>Respondents in this study; N=296</b>	
	Frequency	Percentage (%)
<b>Low</b>	139	47.0
<b>High</b>	157	53.0

As shown in table 1, virtually almost (94.6%) all of the respondents stated that they understand self-medication, similarly, almost all (91.6%) of the respondents also knew that self-medication is the use of over the counter drugs or non-prescribed drugs. Furthermore, more than half (65.2%) of the respondents indicated that there is no problem with self-medication if one uses the right drugs. more than half (56.4%) of the respondents indicated that one cannot use medications that are not approved for management of Covid-19 as long as they work. Even though hydroxychloroquine is already approved in America, most (79.7%) of the respondents highlighted that it should not be used in Nigeria without prescription. Additionally, more than (65.5%) half of the respondents highlighted that using Vitamin C for Covid-19 management is not self-medication because it boost immunity. Respondents (75.3%) stated that they could take traditional medicine for Covid-19 if it works. Although,

most of the respondents (65.5%) recorded that there is something wrong with using medications without permission from the government yet more than half of the respondents' indicated that they can go to a chemist/pharmacy to buy any drugs they want on emergency.

The respondent's level of knowledge of self-medication towards Covid-19 prevention measured on a 9-point rating scale. This showed a mean score of  $4.84 \pm 1.75$ . This translates to a prevalence of 53.7%. The proportion of the respondents with high level of knowledge of self-medication towards Covid-19 prevention is 53.0%. One can infer that the respondents had a relatively high level of knowledge of self-medication towards Covid-19 prevention (See Table 2).

**Research Question 2:** What is the perception of self-medication towards COVID-19 among residence of Felele community, Ibadan Oyo State?

**Table 3:** Respondents perceived susceptibility of Self-Medication towards COVID-19 Prevention

Item	Respondents in this study=296			
	Strongly Agree	Agree	Disagree	Strongly Disagree
<b>I think I am at risk of contracting Covid-19 if I do not self-medicate</b>				
Frequency(n)	56	66	68	109
Percent (%)	18.9	22.3	23.0	35.8
<b>I am very comfortable with the drug I self-medicate on</b>				
Frequency(n)	96	95	79	26
Percent (%)	32.4	32.1	26.7	8.8
<b>Self-medication is the only way I can protect myself from Covid-19</b>				
Frequency(n)	37	77	87	95
Percent (%)	12.5	26.0	29.4	32.1
<b>Self-medicating on drugs for Covid-19 is not wrong</b>				
Frequency(n)	54	102	65	75
Percent (%)	18.2	34.5	22.0	25.3
<b>Self-medicating on drugs for covid-10 cannot weaken my immune</b>				
Frequency(n)	42	91	94	69
Percent (%)	14.2	30.7	31.8	23.3

**Table 4:** Proportion of Respondent's perceived susceptibility of Self-Medication towards COVID-19 Prevention

	Respondents in this study; N=296	
	Frequency	Percentage (%)
<b>Low</b>	142	48.0
<b>High</b>	154	52.0

As shown in table 3, put together, more than half of the respondents disagreed (23.0%) and strongly disagreed (35.8%) that they think they are at risk of contracting Covid-19 virus if they do not self-medicate. Similarly, most of the respondents agreed (32.4%) and strongly agreed (32.1%) that they are comfortable on the type of drugs they self-medicate. More than half of the respondents also disagreed (29.4%) and strongly disagreed (32.1%) that self-medication is the only way they can be protected from Covid-19. A little fraction (34.5%) of the respondents agreed that self-medicating on drugs for prevention of Covid-19 is not wrong. Furthermore, a little fraction (30.7%) of the respondents also reported that self-medicating drugs for COVID-19 could not weaken the immune system.

The respondent's level of perceived susceptibility of self-medication towards Covid-19 prevention measured on a 15-point rating scale. This showed a mean score of  $7.81 \pm 2.69$ . This translates to a prevalence of 52.1%. The proportion of the respondents with high level of perceived susceptibility of self-medication towards Covid-19 prevention is 52.0%. One can infer that the respondents had a relatively high level of perceived susceptibility of self-medication towards Covid-19 prevention (See, Table 4).

**Table 5:** Respondents perceived severity of Self-Medication towards COVID-19 Prevention

Item	Respondents in this study=296			
	Strongly Agree	Agree	Disagree	Strongly Disagree
<b>Covid-19 is fatal and I believe self-medicating for the virus is best action</b>				
Frequency(n)	38	57	111	90
Percent (%)	12.8	19.3	37.5	30.4
<b>Self-medication cannot have serious adverse effects in my system</b>				
Frequency(n)	30	65	111	90
Percent (%)	10.1	22.0	37.5	30.4
<b>If I self-medicate, my immune system will be strong</b>				
Frequency(n)	33	69	114	80
Percent (%)	11.1	23.3	38.5	27.0
<b>If I self-medicate for covid-19, I will be less susceptible to the virus</b>				
Frequency(n)	68	76	80	72
Percent (%)	23.0	25.7	27.0	24.3
<b>I believe self-medication for covid-19 is safe</b>				
Frequency(n)	36	65	112	83
Percent (%)	12.2	22.0	37.8	28.0

**Table 6:** Proportion of Respondent's perceived severity of Self-Medication towards COVID-19 Prevention

	Respondents in this study; N=296	
	Frequency	Percentage (%)
<b>Low</b>	100	33.8

<b>High</b>	196	66.2
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As shown in table 5, a fraction of the respondents disagreed (37.5%) that although covid-19 is fatal, self-medicating for the virus is the best action. Likewise, a fraction of the respondents also disagreed (37.5%) that self-medication cannot have serious adverse effects in their body system. Similarly, respondents also disagreed (38.5%) that if they self-medicate for covid-19, their immune system will be strong. Respondents also disagreed (24.3%) that if they self-medicate for covid-19, they will be less susceptible to the virus. Lastly, respondents also disagreed (37.8%) that self-medication for covid-19 is safe.

The respondent's level of perceived severity of self-medication towards Covid-19 prevention measured on a 15-point rating scale. This showed a mean score of  $8.90 \pm 4.10$ . This translates to a prevalence of 59.2%. The proportion of the respondents with high level of perceived severity of self-medication towards Covid-19 prevention is 66.2%. One can infer that the respondents had a high level of perceived severity of self-medication towards Covid-19 prevention (See, Table 6).

**Table 7:** Respondents perceived Benefit of Self-Medication towards COVID-19 Prevention

Item	Respondents in this study=296			
	Strongly Agree	Agree	Disagree	Strongly Disagree
<b>I ensure social distancing instead of self-medicating for covid-19 because it is safe</b>				
Frequency(n)	180	81	30	5
Percent (%)	60.8	27.4	10.1	1.7
<b>I ensure the use of facemask instead of self-medicating for covid-19 because it is safe</b>				
Frequency(n)	153	111	24	8
Percent (%)	51.7	37.5	8.1	2.7
<b>I ensure the use of alcohol based hand sanitizer instead of self-medicating for covid-19 because it is safe.</b>				
Frequency(n)	158	118	14	6
Percent (%)	53.4	39.9	4.7	2.0
<b>I ensure self-quarantine when experiencing flu like symptoms instead of self-medicating for covid-19 because it is safe</b>				
Frequency(n)	147	124	19	6
Percent (%)	49.7	41.9	6.4	2.0
<b>I ensure healthy diet instead of self-medicating for covid-19 because it is safe</b>				
Frequency(n)	197	76	16	7
Percent (%)	66.6	25.7	5.4	2.4

**Table 8:** Proportion of Respondent's perceived benefit of Self-Medication towards COVID-19 Prevention

	<b>Respondents in this study; N=296</b>	
	Frequency	Percentage (%)
<b>Low</b>	19	6.4
<b>High</b>	277	93.6

As shown in table 7, most of the respondents strongly agreed (60.8%) that they ensured social distancing instead of self-medicating for covid-19. Half of the respondents also strongly agreed (51.7%) that they ensure that they use a facemask instead of self-medicating for covid-19. Similarly, half of the respondents also strongly agreed (53.4%) that they ensured the use of alcohol based sanitizers instead of self-medicating for covid-19. Respondents also strongly agreed (49.7%) that they ensured self-quarantine when experiencing flu like symptoms instead of self-medicating for covid-19. Lastly, more than half respondents also strongly agreed (66.6%) that they ensured healthy diet instead of self-medicating for covid-19.

The respondent's level of perceived benefit of self-medication towards Covid-19 prevention measured on a 15-point rating scale. This showed a mean score of  $12.25 \pm 4.79$ . This translates to a prevalence of 81.6%. The proportion of the respondents with high level of perceived benefit of self-medication towards Covid-19 prevention is 93.6%. One can infer that the respondents had a very high level of perceived benefit of self-medication towards Covid-19 prevention (See, Table 8).

**Table 9:** Respondents perceived Barrier of Self-Medication towards COVID-19 Prevention

Item	<b>Respondents in this study=296</b>			
	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>The hospital is too far, so I may still self-medicate</b>				
Frequency(n)	78	89	76	53
Percent (%)	26.3	30.1	25.7	17.9
<b>I may not have the time to go to the hospital I need to work instead</b>				
Frequency(n)	35	72	127	62
Percent (%)	11.8	24.3	42.9	20.9
<b>My family has been using traditional medicine since forever, I cannot be an exception</b>				
Frequency(n)	34	60	133	69
Percent (%)	11.8	20.3	44.9	23.3
<b>I want to go out, therefore I may self-medicate to protect me from covid-19</b>				
Frequency(n)	50	64	114	68
Percent (%)	16.9	21.6	38.5	23.0
<b>I do not have enough finance for test so</b>				

**I may self-medicate if I have symptoms**

Frequency(n)	48	113	83	52
Percent (%)	16.2	38.2	28.0	17.6

**Table 10:** Proportion of Respondent's perceived barrier of Self-Medication towards COVID-19 Prevention

	Respondents in this study; N=296	
	Frequency	Percentage (%)
<b>Low</b>	153	51.7
<b>High</b>	143	48.3

As shown in table 9, respondents agreed (30.1%) that the hospital is too far so they are likely to self-medicate. Close to half of the respondents disagreed (42.9%) that they may not have time to go to the hospital, instead they need to work. Similarly, close to half of the respondents also disagreed (44.9%) that their family has been using traditional medicine since forever and they cannot be an exception. Respondents disagreed (38.5%) that they may go out and self-medicate in order to protect them from covid-19. Lastly, most of the respondents agreed (38.2%) that they do not have enough finance for covid-19 test, so they may self-medicate if they have symptoms.

The respondent's level of perceived barrier of self-medication towards Covid-19 prevention measured on a 15-point rating scale. This showed a mean score of  $8.02 \pm 3.94$ . This translates to a prevalence of 53.4%. The proportion of the respondents with low level of perceived barrier of self-medication towards Covid-19 prevention is 51.7%. One can infer that the respondents had a low level of perceived barrier of self-medication towards Covid-19 prevention (See, Table 10).

**Table 11:** Proportion of Respondent's Overall Perception of Self-medicating towards Covid-19 Prevention

	Respondents in this study; N=296	
	Frequency	Percentage (%)
<b>Low</b>	80	27.0
<b>High</b>	216	73.0

The overall respondent's level of perception of self-medicating towards covid-19 prevention measured on a 60-point rating showed a mean score of  $37.05 \pm 10.68$ . This translates to a prevalence of 61.7%. The proportion of the overall respondents' with high level of self-medicating towards covid-19 prevention is 73.0%. One can infer that the respondents had a high level of overall perception of self-medicating towards covid-19 prevention (See Table 11).

**Research Question 3:** What is the level practice of self-medication towards COVID-19 among residence of Felele community, Ibadan Oyo State?

**Table 12:** Respondents Practice of Self-Medication towards COVID-19 Prevention

Item	Respondents in this study=296	
	Frequency(n)	Percent (%)
<b>I self-medicate before covid-19 pandemic</b>		
Always	89	30.1
Often	79	26.7
Rarely	97	32.8
Never	31	10.5
<b>I self-medicate for covid-19 prevention</b>		
Always	76	25.7
Often	59	19.9
Rarely	59	19.9
Never	102	34.5

**Table 13:** Proportion of Respondent's level of Practice of Self-medicating towards Covid-19 Prevention

	Respondents in this study; N=296	
	Frequency	Percentage (%)
<b>Low</b>	165	55.7
<b>High</b>	131	44.3

As described in table 12, most of the respondents (30.1%) indicated that they always self-medicate before covid-19 pandemic, but then respondents (34.5%) highlighted that they never self-medicate for covid-19 prevention. The respondent's level of practice measured on a 6-point rating scale. This showed a mean score of  $2.86 \pm 1.95$ . This translates to a prevalence of 47.6%. The proportion of the respondents with low level of practice of self-medication towards Covid-19 prevention is 55.7%. One can infer that the respondents had a low level of practice of self-medication towards Covid-19 prevention (See, Table 13).

## Discussion

The level of knowledge of self-medication towards covid-19 prevention was found to be relatively high among the respondents, which is similar to the findings of Wegbom et al (2021); Dilie et al (2017); Ayanwale et al (2017) and Babatunde et al (2016). Assessing and evaluating the level of knowledge of self-medication towards COVID-19 prevention, as well as related determinants, is critical due to their effect on the disease's ability to be controlled and mitigated. The high level of knowledge can also be attributed to the fact that majority of the respondents had tertiary level of education. Moreover, education plays an important role as a key determinant of knowledge of any particular disease or phenomenon (Diaz-Quijano et al, 2018). The result suggests that participants with low level of education may be susceptible and vulnerable to engaging in self-medication towards covid-19 prevention hence, prioritizing mass health education and awareness against self-medication among the general population is essential.

The level of perceived susceptibility on self-medicating towards covid-19 prevention among the respondents was relatively high level of perceived susceptibility. Sequel to this, majority of the respondents' indicated that they are not at risk of contracting covid-19 if they do not self-medicate which is parallel to the findings of Wegbom et al (2020). Self-medication has become an essential area within healthcare, but the provision of Self-medication is an overall major global concern, especially during the COVID-19 pandemic. Self-medication may facilitate better healthcare with reduced prescribing drug costs (Afridi et al, 2015; Noone & Blanchette, 2018). However, inappropriate Self-medication can lead to an incorrect diagnosis, serious adverse effects, drug interactions, drug dependence, and microbial resistance (Malik et al, 2020). Thus, there is a dire need to control and manage appropriate Self-medication practices by applying strong legislation and involving healthcare professionals and policy makers.

Respondents indicated a high level of perceived severity of self-medication towards covid-19 although respondents still indicated that if they self-medicate they would be less susceptible to virus. COVID-19 is likely going to escalate antimicrobial resistance and its consequences because of self-medication (Hsu, 2020). Therefore, the rational and appropriate use of antimicrobial agents must be strictly observed to avoid the consequences of Antimicrobial resistance (Hangoma et al., 2020; Lee et al., 2013; Saleem et al., 2018). Antimicrobial resistance (AMR) may occur because of self-medication, misuse, and abuse of antimicrobials (Kalonga et al., 2020; Mudenda et al., 2019; Zulu et al., 2020). Self-medication may pose consequences such as the escalation of antimicrobial resistance and toxicity (Phiri et al., 2020). Hence, health communications therefore need to highlight the importance of the individual's actions as part of the greater societal outcomes, and simultaneously communicate conviction in recommended measures and risk involved in self-medication.

Perceived benefit of self-medication toward covid-19 prevention was very high among the respondents. Respondents highlighted the need for social distancing instead of self-medicating. The results from studies (Alimohamadi et al, 2020, Nilsen et al, 2020; Fazio et al, 2021) showed that social distancing significantly reduced the incidence and mortality of COVID-19. The study therefore suggests that social distancing could decrease the incidence and mortality related to COVID-19. Thus, it is necessary to continue this measure. Similarly, the respondents also indicated that they will ensure the use of facemask and alcohol based hand sanitizer instead of self-medicating. It has been confirmed that a facemask may help to reduce the spread of infection in the community by minimising the excretion of respiratory droplets from infected individuals (Sikakulya et al, 2021). Chu et al. (2020) found that the facemask use and the use of alcohol based hand sanitizer reduced the risk of COVID-19.

Perceived barrier as found among the respondents was low; one of the reason is because of some of the findings in the study where respondents indicated that they might self-medicate due to the distance of the hospital. This is similar to the findings of Aziz et al (2018), Yousef et al (2008), and Khan et al (2014). Similarities in this studies is due to the fact that the respondents do not to like travel a longer distance for having health care services and prefer to purchase medicines of any pharmacological class from their nearby any medicines selling point. A study conducted by (Azami-Aghdash et al, 2015; and Bakhtiar et al, 2017) indicated that perceived barriers is a factor that predicts self-medication behaviours well. Similarly, studies have spotted out that the construct of perceived barriers is an important factor in predicting the prevention of unhealthy behaviours in any given setting (Carpenter, 2015).

Overall perception of the respondent indicated that the respondents had a high perception of self-medication towards covid-19 prevention. Therefore, respondents perception on self-medication is a as a major factor to evaluate the behavior of self-medication towards covid-19 prevention.

The result showed that the level of practice of self-medication among the respondents was low which indicate that the likelihood of the respondents to involve in self-medication is on the low. One of the issue related to self-medication is antimicrobial resistance (Bennadi, 2014); hence, health professionals should spend some extra time in educating the public regarding the same. Improved knowledge and understanding about self-medication may result in rationale use and thus limit emerging microbial resistance issues.

### Conclusion

The study concludes that the level of knowledge of self-medication towards covid-19 prevention was found to be relatively high while overall perception indicated that the respondents had a high perception of self-medication towards covid-19 prevention but the level of practice of self-medication among the respondents was low.

### Recommendations

Based on the outcomes of this study, it is hereby recommended that:

1. The media and the community-based should be engaged to create awareness on the dangers of self-medication and the need for positive health behaviour concerning COVID-19.
2. The study also suggests that awareness campaigns through media should be intensified to highlight the need for medical consultations for the diagnosis and management of COVID-19.
3. Governments should employ adequately trained healthcare workers who are, effective, and efficient in their provision of healthcare services

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