

Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumours, and fake news, as observed in Pakistan during recent national catastrophes caused by dengue fever, floods, and earthquakes. The situation is no different with COVID-19 as stories emerge on how fake news is being used to manipulate response efforts, spread rumours and misinformation leading to behaviours that are undermining community cohesion, and causing citizens to be unaware of the role they can play in the pandemic response.

With that in mind, The Accountability Lab Pakistan (ALP), with the financial support from the European Union and technical support from The Asia Foundation (TAF) Pakistan, has officially launched the Coronavirus CivActs Campaign (CCC). This campaign debunks rumours, conducts regular fact-checking, synthesizes data, and convenes virtual forums to produce informative bulletins each week. These bulletins include important government decisions, visual materials, community feedback, debunked rumours with verified information, valid concerns, and other questions from the ground around health and other issues. The goal is to support enhanced awareness among the most vulnerable groups in Pakistan (including ethnic minorities, religious minorities, returning migrants, trafficking victims, prisoners, women, internally displaced persons, transgender persons, persons with disabilities, victims of torture, and other marginalized communities), with a focus on the marginalized communities of Khyber Pakhtunkhwa and Sindh. These bulletins are translated into Urdu and Sindhi, with audio transcriptions in Pashto. They are shared with stakeholders, local government leaders, media, legal aid centers, community radios, learning centers, CSOs, and humanitarian networks via online and offline means. They are also disseminated through a web-page, shared widely on social media, and are aired on a wide network of radio stations in local languages.

### Current Situation of COVID-19 in Pakistan

Total Confirmed Cases	Total Active Cases	Total Deaths	Total Recoveries
560,363	29,981	12,218	518,164

Provinces	Active Cases	Confirmed Cases	Deaths	Recoveries
Sindh	18,891	252,719	4,183	229,645
Punjab	7,243	162,875	4,994	150,638
KPK	1,971	69,164	1,980	65,213
Islamabad	1,319	42,401	483	40,599
AJK	443	9,359	279	8,637
Balochistan	90	18,916	197	18,629
GB	24	4,929	102	4,803

Source: <http://covid.gov.pk/stats/pakistan>



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# Fact

# Myth



Common myths around Covid-19 that have been circulating at the local, national, and international level have come into focus in the past few months of the pandemic.



**The components in Covid-19 vaccines are harmful for the human body.**

**MYTH**

All the components that make up a vaccine are tested many times to make sure that all the components and their dosages are safe for humans. The vaccines contain a number of different elements that are each tested before being given to people. They're first tested in animals for any kind of problem that may occur in the animal. Only after that, they are given to tens of thousands of people in clinical trials after which they are eventually authorized for use in the general public. Safety is the most important part of the clinical trials.

Every single vaccine goes through a safety evaluation to ensure its safety before being made available for use in the general public. Additionally, the manufacturers of the vaccines constantly check for the quality of every single ingredient that goes into the vaccine, ensuring each ingredient to be of the highest quality and safe for use in humans (WHO).

**FACT**

**Pregnant women are at greater risk of developing a severe case of Covid-19.**



Pregnant women or recently pregnant women who are older, overweight, and have pre-existing medical conditions such as hypertension and diabetes have an increased risk of developing severe Covid-19. When pregnant women develop severe disease, they also seem to more often require care in intensive care units than non-pregnant women of reproductive age. Due to changes in their bodies and immune systems, we know that pregnant women can be badly affected by some respiratory infections. It is therefore important that they take precautions to protect themselves against Covid-19, and report possible symptoms (including fever, cough or difficulty in breathing) to their doctor or health care provider.

Source: Centers for Disease Control and Prevention (CDC), World Health Organization (WHO)



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## OVER 7,300 FRONTLINE WORKERS RECEIVE COVID-19 VACCINE SHOTS IN SINDH



Over **7,300** health care workers have received **vaccine shots in Sindh**, as of Feb 6. **1,192 health workers** were administered at Karachi's Khaliq Dina Hall vaccination centre, **462 health workers** received jabs at Jinnah Hospital, **558 received vaccine shots** at Dow University Ojha Campus, **551 received vaccine shots** at Qatar Hospital Orangi, **255 received vaccine jabs** at Sindh Government Hospital, New Karachi and **615 frontline workers** were vaccinated at Liaquatabad Hospital in Karachi.

About **268 workers** were vaccinated at Children Hospital, **722 workers** received vaccine shots at Sindh Government and **881 health workers** were administered Covid-19 vaccine at Urban Health Unit, Thaddo Nalo in Malir. At Liaquat University of Medical and Health Sciences, **724 frontline workers** received vaccine shots, and **1,121 frontline workers** received vaccine shots at Shaheed Benazirabad MCH Centre, according to the data released by Sindh's health department.

## KP'S HEALTH WORKERS SHOW POOR RESPONSE TO COVID-19 VACCINATION



Last week, the health department of KP had established **16 centres to administer the Covid-19 vaccine** to 30,000 health workers. NCOC has been supplying **800 vaccine doses daily** to the department for frontline health workers with each centre getting **50**. However, only **408 frontline health workers** were vaccinated against the virus in 4 days since the beginning of the drive against the **initial target of 3,200 workers**. Therefore, the health department is to request NCOC to allow the province to vaccinate health workers of hospitals who haven't yet been registered with NCOC.

Many health experts have **recommended advocacy** for Covid-19 vaccination due to many concerns that health workers are facing. Since this is still a new vaccine, most health workers are waiting for the results of others' vaccination. According to a physician, "Administer vaccine to reputed medical doctors and dignitaries to motivate workers. Public awareness campaign is needed to create demand for Covid-19 vaccination."



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## WHAT HAPPENS AFTER VACCINATION?



Once you are vaccinated, what can you look forward to next? WHO's Dr. Katherine O'Brien answers some of these questions:

- The vaccines we currently have are administered to people **in two doses**. The first dose provides a good immune response that starts in **about 2 weeks**. After the second dose, the immunity gets even stronger in a shorter period of time. However, it's not yet known for how long immunity lasts after receiving the vaccines.
- The clinical trials have demonstrated that vaccines protect people against disease but it's not clear if they prevent people from **spreading the disease** to others, even if they personally suffer no effects of the disease.
- We must still follow health precautions / SOPs while researchers are still learning about what the vaccines can do - whether the vaccines can protect you from spreading to others or not. Additionally **vaccines are in short supply** and **delivered in a phase-wise manner** to different age groups, which is why it is **very important to follow SOPs** to prevent the spread of the virus to people in your community.

Source: WHO

### Mild Symptoms include:



Sore Throat



Fatigue



Loss of smell



Headache



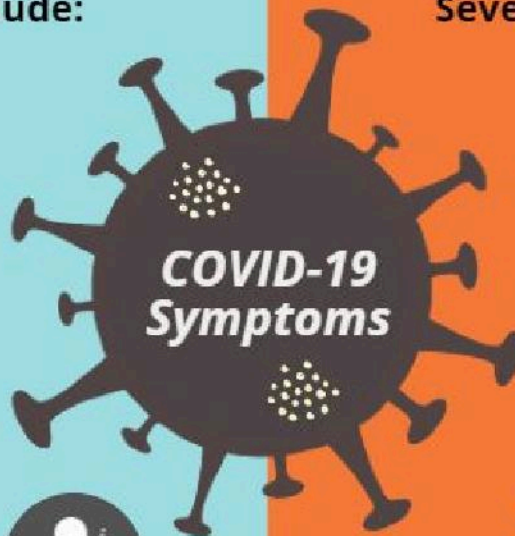
Vomiting



Fever



Coughing



### Severe Symptoms include:



Chest Pain



Difficulty in Breathing



Inability to stay awake



Bluish Face or Lips

If you have COVID-19 symptoms contact your doctor or the coronavirus helpline at



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## Where can I get tested?

<b>Islamabad</b>	<b>National Institute of Health</b> Park Road, Chak Shahzad, Islamabad
<b>Karachi</b>	<b>Agha Khan University Hospital,</b> Stadium Road, Karachi, Sindh
<b>Hyderabad</b>	<b>Liaquat University of Medical and Health Sciences (LUMHS),</b> Liberty Market Roundabout, Liaquat University Hospital, Hyderabad
<b>Khairpur</b>	<b>Gambat Institute of Medical Sciences,</b> Gambat, Khairpur, Sindh
<b>Peshawar</b>	<b>Hayatabad Medical Complex</b> Phase-4 Phase 4 Hayatabad, Peshawar, Khyber Pakhtunkhwa.
<b>Mardan</b>	<b>Chughtai Lab</b> Mardan point, near Allied Bank, Shamsi Road, Mardan, KP
<b>Haripur</b>	<b>Excel Labs,</b> TMA Plaza Shop No. 6, Near Girls Degree College Circular Road Haripur, KP
<b>Lahore</b>	<b>Shaukat Khanum Memorial Hospital,</b> 7A Block R-3 M.A. Johar Town, Lahore, Punjab
<b>Multan</b>	<b>Nishtar Hospital</b> Nishtar Road, Justice Hamid Colony, Multan
<b>Rawalpindi</b>	<b>Armed Forces Institute of Pathology,</b> Range Road, CMH Complex, Rawalpindi, Punjab
<b>Quetta</b>	<b>Fatima Jinnah Hospital</b> Bahadurabad, Wahdat Colony, Quetta
<b>Muzaffarabad</b>	<b>Abbas Institute of Medical Sciences (AIMS),</b> Ambore, Muzaffarabad, Azad Kashmir
<b>Gilgit</b>	<b>District Headquarters Hospital,</b> Hospital Road, Gilgit, GB

For more cities visit the [COVID-19 Health Advisory Platform](#)

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regular updates  
through WhatsApp

1. Add our number **+27 60 080 6146** as a contact.
2. Send the word **"Pakistan"** as a message on WhatsApp.



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