

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**  
495,075

**Total Active Cases**  
34,049

**Total Deaths**  
10,511

**Total Recoveries**  
450,515

Provinces	Active Cases	Confirmed Cases	Deaths	Recoveries
Sindh	18432	221734	3653	199649
Punjab	9530	142835	4023	129102
KPK	3155	60229	1702	55372
Islamabad	2337	38687	434	35916
AJK	313	8416	232	7871
Balochistan	231	18300	186	17883
GB	51	4874	101	4722

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



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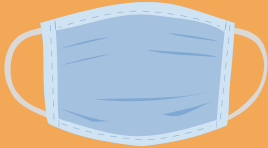


# Fact

# 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.



**Wearing a mask is a substitute for social distancing.**

**MYTH**

While wearing a mask, you should still keep physical distance from others as much as possible. Current evidence suggests that Covid-19 spreads between people through direct, indirect (through contaminated objects or surfaces), or close contact with infected people via the transmission of droplets from the mouth or nose.

While wearing a mask greatly reduces the risk of transmission of these droplets from the infected person to the uninfected, it alone cannot prevent transmission. You must maintain a distance of 1 meter from others in order to not be in the field of transmission of the droplets.

**FACT**

**Face masks block 99.9% of Covid-19 droplets.**



According to latest research, face masks reduce the risk of spreading large Covid-linked droplets when speaking or coughing by up to 99.9%. Large respiratory droplets are the main means of Covid-19 transmission. Masks reduce the emissions of virus-laden droplets by people when they cough, sneeze, sing, talk or simply breathe, but they can also help prevent the inhalation of the droplets by the person wearing them.

According to the CDC, "Cloth masks not only effectively block most large droplets – 20-30 microns and larger – but they can also block the exhalation of fine droplets and particles, also often referred to as aerosols." WHO recommends that you wear a mask when in crowded settings, when you can't be at least 1 metre from others, and in rooms with poor ventilation.

Sources: Dawn, Centers for Disease Control and Prevention (CDC), Royal Society Open Science, World Health Organization (WHO).



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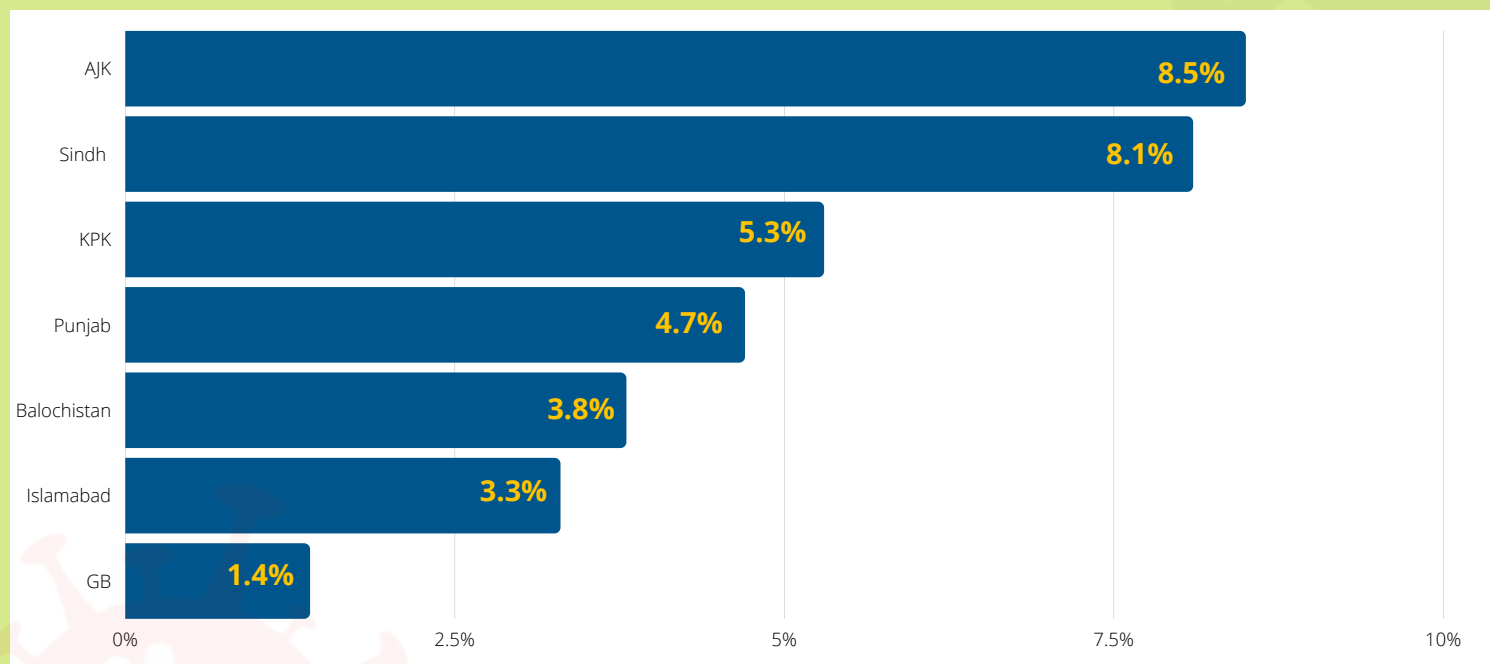


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## Status of coronavirus in the major cities of Pakistan

The NCOC data from **January 4th**, revealed that the **national positivity ratio** is at **6.28%**. The highest positivity rate in the country (as of January 2) was reported in **Karachi** at **15.7%**, followed by **Peshawar** at **15.5%** and **Mirpur** at **9.2%**. The **province-wise positivity** were as follows:



**If you think you or someone you know is infected with COVID-19, you can call the following government helplines by province:**



**WHAT SHOULD I DO IF I SUSPECT I OR SOMEONE IN MY FAMILY HAS CORONAVIRUS?**

**DON'T PANIC**

There are government helplines you can call for help

<b>FEDERAL</b>		<b>1166</b>
<b>KHYBER PAKHTUNKHWA</b>		<b>1700</b>
<b>PUNJAB</b>		<b>0800 99 000</b>
<b>SINDH</b>		<b>021-99203443   021-99204405</b>
<b>BALUCHISTAN</b>		<b>081-9241133-22   0334-9241133</b>

whatsapp



MINISTRY OF NATIONAL HEALTH SERVICES REGULATIONS AND COORDINATION  
GOVERNMENT OF PAKISTAN  
[www.nhsrco.gov.pk](http://www.nhsrco.gov.pk)



Source: Ministry of National Health Services Regulations and Coordination (NHSRC)



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## When can Pakistan expect a Covid-19 vaccine?

The government has decided to **pre-book 1.1 million doses of Covid-19 vaccine** from the Chinese state-owned company called 'Sinopharm'. The government aims to provide a **free-of-cost vaccine** for all frontline workers in the **first quarter of 2021**. Sinopharm has declared that its vaccine is **79.34% effective**.

According to the minister for planning, development and special initiatives, Asad Umar, "The vaccine will be administered to **500,000 persons** (two doses per individual) with a margin of 10% spoilage". In the second phase, the vaccine will be procured for the citizens over **65 years of age** (Dawn).

## Who will be vaccinated first?

**Stage 1:** Frontline health workers

**Stage 2:** Citizens above the age of 65

**Stage 3:** Other healthcare workers; and citizens between the age of 60-64

### Mild Symptoms include:



Sore Throat



Fatigue



Loss of smell



Headache



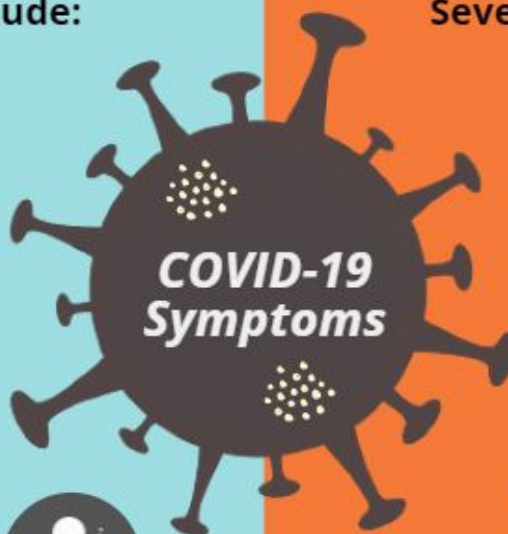
Vomiting



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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## 115,000 frontline health workers in Sindh to get Covid-19 vaccine in first phase.

While the Sindh government waits for the first supply of **250,000 Covid-19 vaccine doses by mid-January**, the authorities have identified some **115,000 frontline health workers** across the province who would be inoculated in the first phase of the program in two major centres, becoming the first province in the country that had already designed such a strategy to meet the challenge. The health department is in the process of designing the first Covid-19 vaccination program in consultation with the experts from both public and private sectors, who had documented bit by bit details of the exercise that was now only awaited to get executed once the vaccines were available by the federal government.

**The following is a comprehensive list of masks that are recommended by Centers for Disease Control and Prevention (CDC) for use in prevention of Covid-19 spread.**

Recommended	Not Recommended
 Non-medical disposable masks	 Masks that do not fit properly (large gaps, too loose or too tight)
 Masks that fit properly (snugly around the nose and chin with no large gaps around the sides of the face)	 Masks made from materials that are hard to breathe through (such as plastic or leather)
 Masks made with breathable fabric (such as cotton)	 Masks made from loosely woven fabric or that are knitted, i.e., fabrics that let light pass through
 Masks made with tightly woven fabric (i.e., fabrics that do not let light pass through when held up to a light source)	 Masks with one layer
 Masks with two or three layers	 Masks with exhalation valves or vents
 Masks with inner filter pockets	 Wearing a scarf/ski mask as a mask

Source: Centers for Disease Control and Prevention (CDC)



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## 154 doctors die from coronavirus in Pakistan

The Pakistan Medical Association (PMA) reported that the increasing burden of Covid-19 on the medical community during the second wave of the pandemic has proven to be more fatal to doctors. 154 doctors have lost their lives due to Covid-19 in Pakistan so far. During the second wave which started in November, 45 doctors have lost their lives (16 in Punjab, 14 in Sindh, 13 in Khyber Pakhtunkhwa and 2 in Azad Jammu and Kashmir) (Dawn).

## How Senegal emerged as a leader in the fight against Covid-19

Senegal is a small country with **16 million people**, with around **17,000 Covid-19 cases** and a relatively low number of **355 deaths**. Despite having limited resources, Senegal was **ranked number 2** on the list of countries that most effectively handled the pandemic, followed by New Zealand. Senegal has had decades of experience fighting infectious diseases such as Ebola, Dengue, and Yellow Fever. In **2014**, as Ebola killed thousands in its neighboring countries, Senegal mobilized quickly and prevented Ebola from affecting its citizens. What Senegal learned in 2014 prepared them for the Covid-19 pandemic.

What were some practical measures that Senegal took to tackle the pandemic?

- 1** Senegal closed both its land borders and air travel soon after the outbreak of Covid-19.
- 2** It launched campaigns to improve hygiene and imposed curfews. These curfews slowed, but did not shut down the economy.
- 3** From the beginning Senegal's government tried to find a balance between the economic issues and public health issues.
- 4** Public health issues were tackled quickly with mask mandates, hygiene and distancing messages, helping flatten the curve without stressing the country's limited medical facilities.
- 5** The health ministry maintained daily messaging of daily infections and death by location, including important news updates every morning. This has helped establish public confidence via open communication with the public.
- 6** As Senegal is a predominantly Muslim country where people listen to their religious leaders, the government consulted with the Muslim scholars, to ensure that people adhere to the public safety guidelines.
- 7** While mosques were reopened in May, the safety measures were adhered to since no spikes have been tied to any religious gatherings. The mosques do this by restricting attendees to one-fourth of its capacity, have attendees bring their own mats, keep social distance, have sanitizers available and ensure everyone wears masks.

Source: PBS NewsHour



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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](#)

To receive our  
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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