

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
514338	34,169	10,863	469,306

Provinces	Active Cases	Confirmed Cases	Deaths	Recoveries
Sindh	17424	231953	3755	210774
Punjab	10814	147953	4370	132769
KPK	3420	62719	1762	57537
Islamabad	1887	39749	449	37413
Balochistan	305	18515	189	18021
AJK	286	8567	237	8044
GB	33	4882	101	4748

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.



There is no 5G chip in coronavirus vaccines.

FACT

The viral image of a 5G chip hidden in COVID-19 vaccines is actually the electric circuit board of a guitar pedal. The diagram even includes terms like "bass," "gain," "treble," and "footswitch." All these words are associated with music, and show that this isn't actually a secret 5G coronavirus vaccine microchip.

Additionally, viruses cannot travel on radio waves/mobile networks. COVID-19 is spreading in many countries that do not have 5G mobile networks. COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks or by touching contaminated surfaces and then touching one's eyes, mouth or nose.

MYTH

You don't need to follow SOPs or take precautions after the vaccine.



While vaccines provide protection against the virus, they are not 100% effective and there is a chance you could fall ill again since vaccines only have an active life of a couple of months. This is also why we get 'booster shots' since the effects of the vaccine wear off after a while. Furthermore, there have been some cases of individuals who have gotten infected with Covid-19 despite being vaccinated. Patients don't immediately develop COVID-19 protection after being vaccinated; it takes about 10 to 14 days for you to start to develop protection from the vaccine, during which time you need a second vaccine dose for full protection.

All these factors mean that you should absolutely continue following SOPs and taking precautions for Covid-19. Experts say that the pandemic will take time and continued adherence to fundamental public health practices like social distancing, masks and hand washing is essential.

Sources: Dawn, abcNEWS, World Health Organization (WHO), Mashable, VOA News.



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9,000 HEALTHCARE WORKERS REGISTER FOR COVID-19 VACCINATION IN ISLAMABAD

With the government deciding to purchase 1.1 million doses and the National Command and Operation Centre (NCOC) having started making preparations to administer Covid-19 vaccine to frontline workers, as many as 9,000 healthcare workers in the federal capital have registered themselves for vaccination. More registrations are expected to be made soon.

RAPID TESTING HELPS KP'S HEALTH DEPARTMENT BOOST SURVEILLANCE OF SUSPECTED COVID-19 PATIENTS

The health department of Khyber Pakhtunkhwa has started diagnosing coronavirus patients quickly with the help of an antigen detection rapid diagnostic test (Ag-RDT). This new testing method has enabled the health department to get faster results of suspected patients at the airports, borders and sentinel sites. Other provinces are yet to introduce Ag-RDT, which is recommended by the World Health Organization.

"Khyber Pakhtunkhwa and Islamabad Capital Territory have been using the rapid kits for quick results," officials said.

They said that the department procured 100,000 kits that were distributed among the districts to ensure prompt diagnosis of the suspected patients. The method of collecting swabs with Ag-RDT similar to that of PCR as for both nasal and throat swabs were taken from the people with symptoms, and has a 60% chance of being correct.

PAKISTAN ESTABLISHES FIRST CORONAVIRUS VACCINE CENTRE IN ISLAMABAD

The government of Pakistan has established the first coronavirus vaccination centre facility in the Taralai area of Islamabad. Citizens can register themselves for vaccination by signing up on the **helpline at 1166**. The government has installed a special chiller at the centre to ensure that the vaccine is secured and lasts long. The federal health ministry has also set up a training centre for the vaccinators at the venue.



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HOW TO REGISTER FOR VACCINATION AS A HEALTHCARE WORKER?



Registration Process for Frontline Healthcare workers of both public and private health facilities has been started and has been posted on NCOC's website:

- 1** Healthcare workers in **Punjab, Sindh** and **KP** (Public/ Private Hospitals) will be registered in the provincial health system by the relevant health facility. Healthcare workers are to contact health facility administration to confirm that all required details (including **Name, CNIC, Mobile No, Designation**) have been communicated to concerned district/provincial health departments for registration.
- 2** Healthcare workers in **Islamabad, Balochistan, GB** and **AJK** will be directly registered in the Resource Management System (RMS) by the concerned health facility/district health department. Healthcare workers are to contact health facility administration to confirm that all required details have been entered in the system by the health facility focal person for RMS or by the district health department.
- 3** All healthcare workers in other relevant health facilities are to contact local health authorities for information related to registration.

Mild Symptoms include:



Sore Throat



Fatigue



Loss of smell



Headache



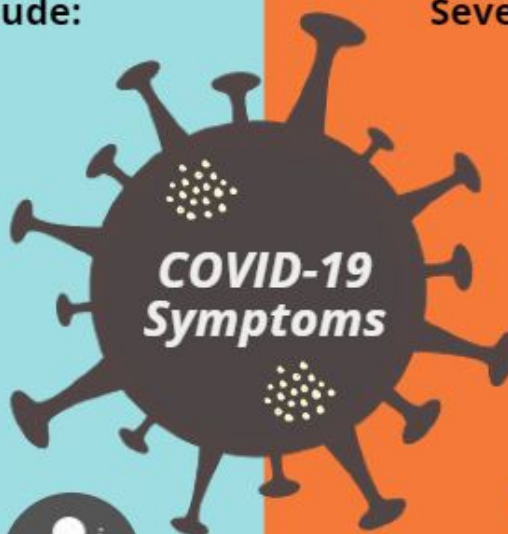
Vomiting



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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PROLONGED SYMPTOMS AFTER RECOVERING FROM COVID-19

Many people experience several symptoms even after recovering from COVID-19. According to **WHO's Dr. Janet Diaz**, here are some key findings about post COVID-19 symptoms: Patients who get severely ill with COVID-19, such as those that get hospitalized or go to intensive care, can develop something known as a **post-intensive care syndrome**. This syndrome has been described well before COVID-19 in patients who've been critically ill. These types of prolonged symptoms and functional limitations are now being observed in patients who've been critically ill with COVID-19. This includes people who have a **persistent cough, persistent shortness of breath, physical limitations** due to being critically ill and in bed for a long time, and possibly **cognitive issues** as well.

Undoubtedly, post-intensive care syndrome will be a concern in patients after acute COVID-19 hospitalization. There are also small reports of patients who were not hospitalized - patients who were mildly ill. These reports show that **patients with mild sickness** have also continued to have some protracted symptoms, such as **coughing, shortness of breath, trouble with breathing, and extensive symptoms of fatigue**.

So, there is a concern that prolonged symptoms need to be much better understood for those patients that were mild and potentially without risk factors as well.

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

The infographic is a vertical banner with a dark teal background. At the top left is the 'nhsrcofficial' logo. In the center is a yellow warning triangle with an exclamation mark. Below this is the text 'WHAT SHOULD I DO IF I SUSPECT I OR SOMEONE IN MY FAMILY HAS CORONAVIRUS?' in white. Underneath is 'DON'T PANIC' in large, bold, yellow letters. A line of text says 'There are government helplines you can call for help'. Below this is a list of provinces and their corresponding helpline numbers, each preceded by a colored arrow pointing right. The provinces listed are FEDERAL, KHYBER PAKHTUNKHWA, PUNJAB, SINDH, and BALOCHISTAN. The numbers are: FEDERAL (1166), KHYBER PAKHTUNKHWA (1700), PUNJAB (0800 99 000), SINDH (021-99203443 | 021-99204405), and BALOCHISTAN (081-9241133-22 | 0334-9241133). The word 'whatsapp' is written in small white text at the bottom right of the list. At the bottom of the banner is a yellow bar containing the Ministry of National Health Services Regulations and Coordination logo, the text 'MINISTRY OF NATIONAL HEALTH SERVICES REGULATIONS AND COORDINATION GOVERNMENT OF PAKISTAN www.nhsrco.gov.pk', and a 'COVID 19 CORONAVIRUS DISEASE' logo.

Province	Helpline Number
FEDERAL	1166
KHYBER PAKHTUNKHWA	1700
PUNJAB	0800 99 000
SINDH	021-99203443 021-99204405
BALOCHISTAN	081-9241133-22 0334-9241133

MINISTRY OF NATIONAL HEALTH SERVICES REGULATIONS AND COORDINATION
GOVERNMENT OF PAKISTAN
www.nhsrco.gov.pk

COVID 19
CORONAVIRUS
DISEASE

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



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Where can I get tested?

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