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

<table>
<thead>
<tr>
<th>Total Confirmed Cases</th>
<th>Total Active Cases</th>
<th>Total Deaths</th>
<th>Total Recoveries</th>
</tr>
</thead>
<tbody>
<tr>
<td>528,891</td>
<td>34,916</td>
<td>11,204</td>
<td>482,771</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Provinces</th>
<th>Active Cases</th>
<th>Confirmed Cases</th>
<th>Deaths</th>
<th>Recoveries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sindh</td>
<td>18411</td>
<td>239186</td>
<td>3855</td>
<td>216920</td>
</tr>
<tr>
<td>Punjab</td>
<td>10990</td>
<td>152158</td>
<td>4523</td>
<td>136645</td>
</tr>
<tr>
<td>KPK</td>
<td>3215</td>
<td>62651</td>
<td>1823</td>
<td>59613</td>
</tr>
<tr>
<td>Islamabad</td>
<td>1673</td>
<td>40548</td>
<td>461</td>
<td>38414</td>
</tr>
<tr>
<td>Balochistan</td>
<td>299</td>
<td>18696</td>
<td>192</td>
<td>18205</td>
</tr>
<tr>
<td>AJK</td>
<td>296</td>
<td>8753</td>
<td>248</td>
<td>8209</td>
</tr>
<tr>
<td>GB</td>
<td>32</td>
<td>4899</td>
<td>102</td>
<td>4765</td>
</tr>
</tbody>
</table>

Source: http://covid.gov.pk/stats/pakistan
The preliminary findings in Public Health England’s SIREN study of 20,000 UK workers found that if you have been previously infected by coronavirus, you will have protection against reinfection for up to 5 months. According to Susan Hopkins, PHE senior medical advisor, this finding was very encouraging and that previous infection provided strong protection (although not complete) for up to 5 months against reinfection. The researchers were however unable to assess the impact of the new and more contagious strains of coronavirus on rates of reinfection.

From what we know about Covid-19 so far, we know that people can be reinfected with the virus, and that a small number of people with antibodies may still be able to carry and transmit the virus. Given these early findings, you should still continue to take health precautions even after having recovered from Covid-19, and continue to wear face masks, practice social distancing and do frequent hand-washing.

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.

**Fact**

New UK study finds that people who have previously contracted coronavirus are protected against reinfection for up to 5 months.

**Myth**

Coronavirus has been found in chickens.

**Fact**

Coronavirus is not transmitted through food - be it chicken or meat. There is no scientific or medical evidence to show chicken is transmitting Coronavirus. According to WHO, there is currently no evidence that people can catch COVID-19 from food.

The virus that causes COVID-19 can be killed at temperatures similar to that of other known viruses and bacteria found in food. Foods such as meat, poultry and eggs should always be thoroughly cooked to at least 70°C. Before cooking, raw animal products should be handled with care to avoid cross-contamination with cooked foods.

**Myth**

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The proposed law on domestic violence against women was passed by the Khyber Pakhtunkhwa Assembly on January 15 declaring the abuse of women by family members an offence punishable with one-five years imprisonment along with fine. Under the bill, domestic violence against women includes economic, psychological and physical abuses.

KP was the only province that did not have a specific law to deal with domestic violence due to opposition by religious political parties. After the enactment of the law, the government will form the district protection committee in every district consisting of 10 members, including the district khateeb, a psychologist and a gynecologist.

The NCOC data from January 18th revealed that the national positivity ratio is at 5.05%. The highest positivity rate in the country (as of January 15) was in Karachi at 15.97%, Peshawar at 13.62%, Mirpur at 11.49%. The province-wise positivity ratios (as of January 15) were as follows:

- Sindh: 9.49%
- AJK: 7.36%
- KP: 5.55%
- Balochistan: 4.75%
- Punjab: 4.49%
- Islamabad: 2.43%
WHO has started **case management training in three Peshawar-based medical teaching institutions** to reduce deaths of people due to the virus. The training is important because most patients were admitted to Peshawar-based hospitals and they required proper management.

As of **January 15th**, **643 Covid-19 patients are being treated** in the province and **more than 400 of them are in Peshawar**. Of the total **43 critical patients**, who are on ventilators, **42 are in Peshawar**. The training process will go on for the whole month of January, where the health professionals receive face-to-face sessions to enhance their case management skills, the WHO will be giving **online training to the district level healthcare providers** to strengthen their knowledge regarding **dealing with Covid-19 patients**.

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**Mild Symptoms include:**
- Sore Throat
- Fatigue
- Loss of smell
- Headache
- Vomiting
- Fever
- Coughing

**Severe Symptoms include:**
- Chest Pain
- Difficulty in Breathing
- Bluish Face or Lips
- Inability to stay awake

**If you have COVID-19 symptoms contact your doctor or the coronavirus helpline at 1166**
Wear disposable gloves to clean, disinfect, and then discard after use.
Always wash hands after removing gloves.
Clean any dirty surfaces using soap and water first, then use disinfectant.
Clean items according to the manufacturer’s instructions.
Wash your hands often with soap and water for 20 seconds.
If someone is sick, keep a separate bedroom and bathroom for the person who is sick (if possible).
Disinfect with a household disinfectant on the [Environmental Protection Agency (EPA) List N: Disinfectants for Coronavirus (COVID-19)] on the label to ensure safe and effective use of the product.
Many products recommend:
- Keeping surface wet with disinfectant for a period of time (see product label)
- Precautions such as wearing gloves and making sure you have good ventilation while using the product.

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

![Helplines](image)

Source: Ministry of National Health Services Regulations and Coordination (NHSRC)
Source: Center for Diseases Control and Prevention (CDC)
It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. **Contact your friends and family** during such times.

**Don't use smoking, alcohol or other drugs** to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Limit worry and agitation by **lessening the time** you and your family spend watching or **listening to media coverage** that you think is upsetting you.

If you must stay at home, **maintain a healthy lifestyle** - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.

**Get the facts.** Gather information that will help you accurately determine your risk so that you can take reasonable precautions. **Find a credible source** you can trust such as WHO website or, a local or state public health agency.

**Draw on skills you have used in the past** that have helped you to manage previous life's challenges and **use those skills to help you manage your emotions** during the challenging time of this outbreak.

Source: World Health Organization (WHO)
## Where can I get tested?

<table>
<thead>
<tr>
<th>City</th>
<th>Location</th>
</tr>
</thead>
</table>
| 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      | Nishter Hospital  
Nishter 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](#)

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**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.