

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
528,891

Total Active Cases
34,916

Total Deaths
11,204

Total Recoveries
482,771

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

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.



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

FACT

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 upto 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 upto 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.

MYTH

Coronavirus has been found in chickens.



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.

Source: World Health Organization (WHO), Dawn, BBC, Financial Times.



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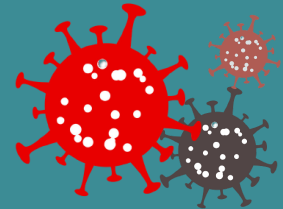
KP PASSES FIRST DOMESTIC VIOLENCE BILL



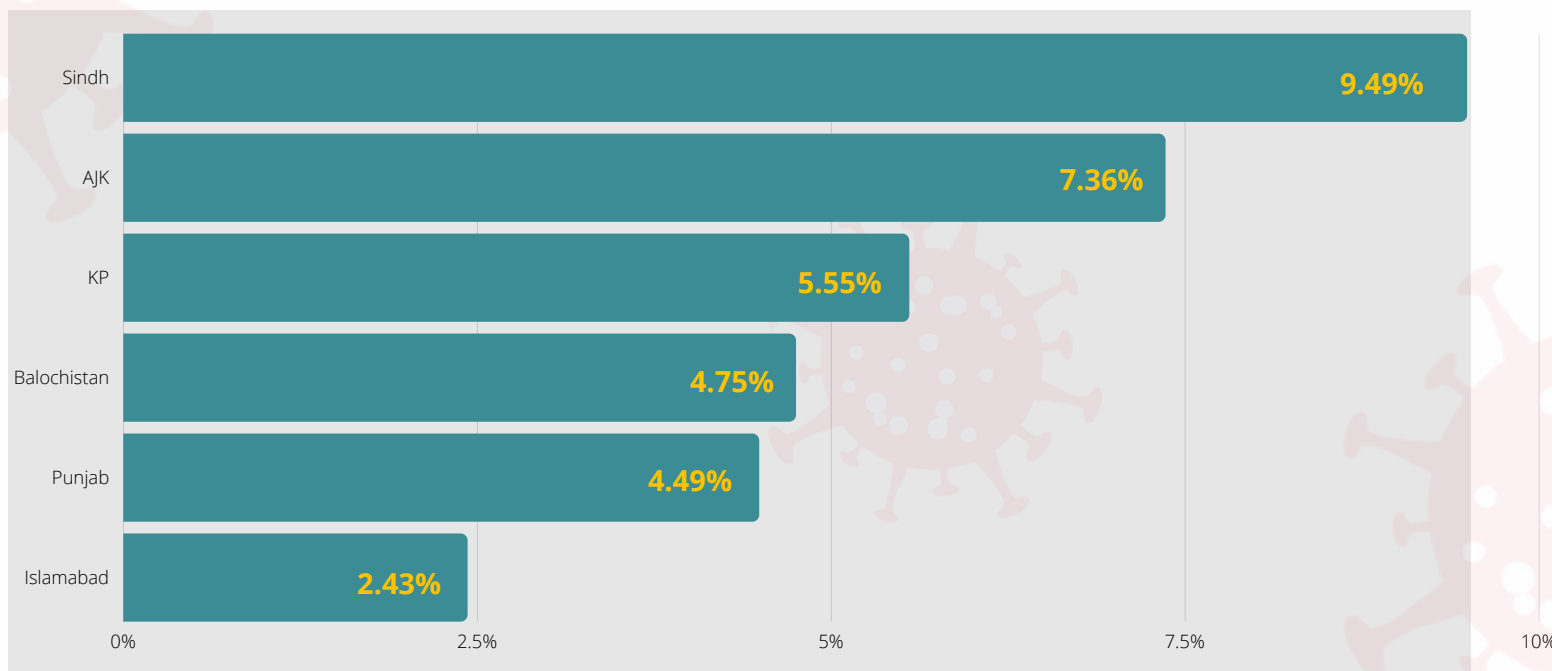
The proposed **law on domestic violence** against women was passed by the **Khyber Pakhtunkhwa Assembly** on January 15 declaring the abuse of women by family members an offence punishable with **one-five years imprisonment along with fine**. Under the bill, domestic violence against women includes **economic,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

STATUS OF CORONAVIRUS IN THE MAJOR CITIES OF PAKISTAN



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:



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PESHAWAR MEDICS BEING TRAINED TO MANAGE COVID PATIENTS

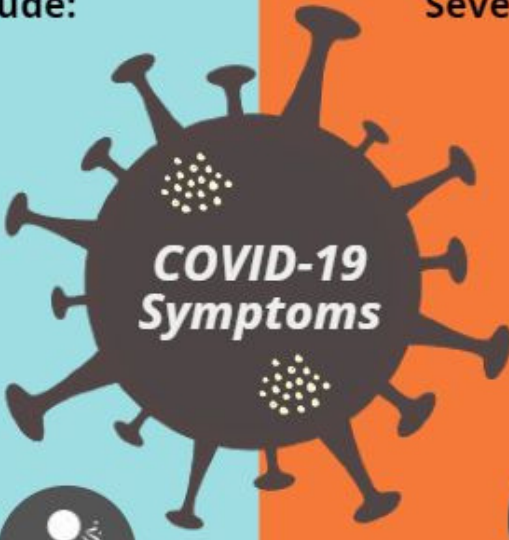


WHO has started **case management training in three Peshawar-based medical teaching institutions** to reduce deaths of people due to the virus. The training is important because most patients were admitted to Peshawar-based hospitals and they required proper management.

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**.





Mild Symptoms include:

-  Sore Throat
-  Fatigue
-  Loss of smell
-  Headache
-  Vomiting
-  Fever
-  Coughing




COVID-19 Symptoms


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



1166





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HOW TO DISINFECT EVERYDAY THINGS USED BY A COVID-19 INFECTED PERSON



- 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.

Source: Center for Diseases Control and Prevention (CDC)

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

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

whatsapp



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



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



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HOW TO COPE WITH STRESS DURING THE PANDEMIC



1. 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.
2. **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.
3. 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.
4. 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.
5. **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.
6. **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)



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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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