

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**  
541,031

**Total Active Cases**  
32,726

**Total Deaths**  
11,560

**Total Recoveries**  
496,745

Provinces	Active Cases	Confirmed Cases	Deaths	Recoveries
Sindh	17748	244340	3969	222623
Punjab	9938	156404	4681	141785
KPK	2916	66451	1879	61656
Islamabad	1504	41176	476	39196
AJK	359	8953	259	8335
Balochistan	241	19798	194	18363
GB	20	4909	102	4787

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



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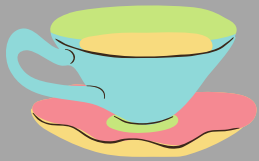


# Fact

# 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.



Green tea can cure Covid-19.

**MYTH**

There is no evidence that green tea can prevent or cure the disease. WHO does not recommend self-medication with any medicines, including antibiotics, as a prevention or cure for COVID-19. However, there are several ongoing clinical trials that include both western and traditional medicines. Therefore, it can be ascertained that the claim that drinking green tea can cure COVID-19 is misleading.

**FACT**

Walkthrough tunnels/chambers for disinfecting individuals aren't safe to use.



Spraying of individuals with disinfectants (such as in a tunnel, cabinet, or chamber) is not recommended under any circumstances. This practice could be harmful physically and does not reduce an infected person's ability to spread the virus through droplets or contact.

Even if someone who is infected with COVID-19 goes through a disinfection tunnel or chamber, when they start speaking, coughing or sneezing they can still spread the virus. The toxic effect of spraying with chemicals such as chlorine on individuals can lead to eye and skin irritation, and other potentially damaging effects such as nausea and vomiting.

Source: World Health Organization



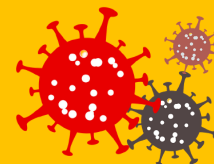
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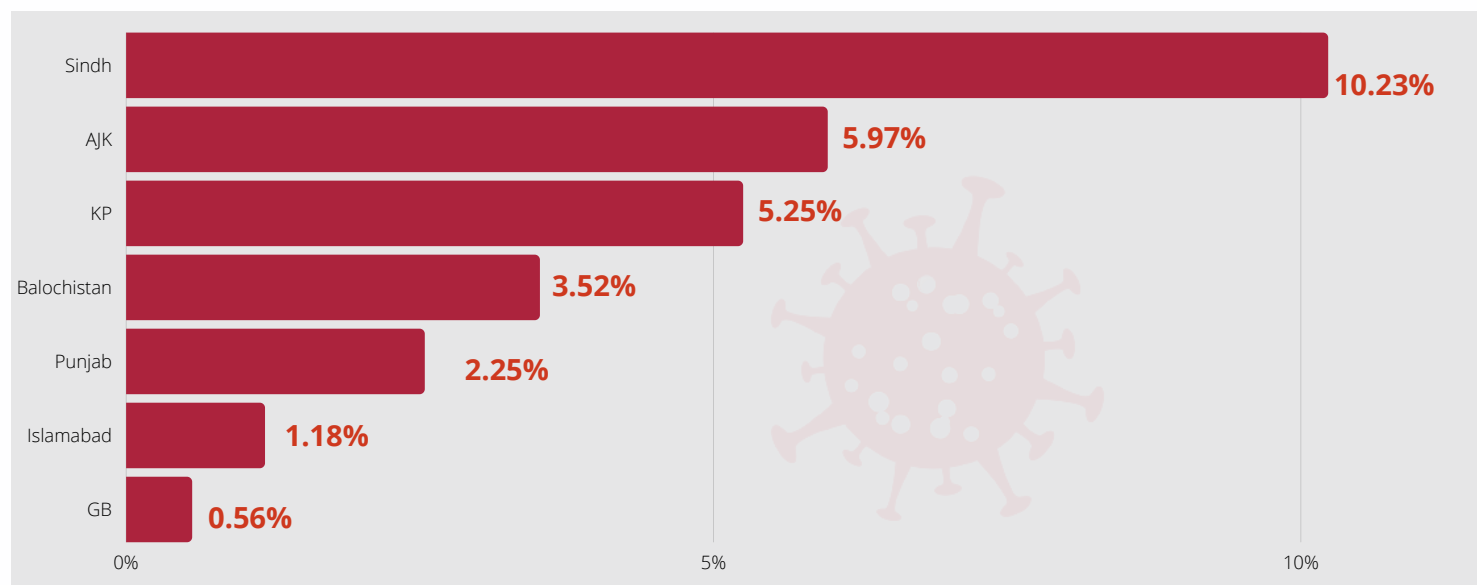
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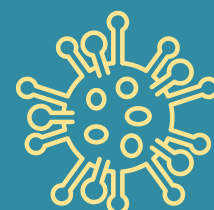
## STATUS OF CORONAVIRUS IN THE MAJOR CITIES OF PAKISTAN



The NCOC data from January 24th revealed that the **national positivity ratio is at 3.95%**. The highest positivity rate in the country (as of January 24) was in **Hyderabad at 11.57%**, followed by **Peshawar at 11.29%** and **Karachi at 10.68%**. The province-wise positivity ratios (as of January 24) were as follows:



## WHY IS IT IMPORTANT TO UNDERSTAND THE ORIGIN OF CORONAVIRUS?



Dr Peter Ben Embarek leads the team **looking for the origins of the virus** that causes COVID-19. According to Dr Peter, **both scientists and the public** need to understand the origin of the coronavirus for three main reasons:

1. If we find the source of the virus, we can **prevent future reintroduction** of the virus into the human body.
2. If we understand how this virus jumped from bats to humans, we can **help prevent future pandemics of a similar nature**.
3. If we can find out how the virus looked like before it jumped to the human population, we could be in a **better position to develop vaccines** for this virus.

Source: World Health Organization (WHO)



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## PESHAWAR EMERGES WITH HIGHEST RATE OF COVID-19 MORTALITIES IN KP



As of **January 25**, KP has a total of **476 hospitalised patients of Covid-19**, with 291 patients in Peshawar-based hospitals. Peshawar also hosts **39 of the total 41 critical patients**, who are on ventilators in the province. The physicians, who are involved in the management of coronavirus patients, say that Peshawar has been the **epicentre of Covid-19** since its advent in the province.

**According to the physician**, "Lately, we have upgraded services for Covid-19 patients in district level hospitals but people directly come to Peshawar's teaching hospitals that bear the burden of all infected patients. Khyber Teaching Hospital, Lady Reading Hospital and Hayatabad Medical Complex are frequent destinations of patients where they get not only good services for Covid-19 but they also get tested promptly than their local hospitals."

The health experts said that the patients were **diagnosed for Covid-19 in Peshawar-based hospitals within 24 hours** as opposed to the hospitals in their native areas where the results of swabs were made available to them in more than 48 hours. In some remote districts, the people have to wait painfully longer to get results of their tests which compel them to get tested in Peshawar and get speedy reports about their disease.

**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

**COVID 19**  
CORONAVIRUS DISEASE

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



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**IF YOU ARE ATTENDING A SMALL GATHERING OR AN EVENT, THE FOLLOWING ARE PRECAUTIONS YOU CAN TAKE TO PROTECT YOURSELF AND OTHERS FROM GETTING INFECTED WITH COVID-19:**

- **Check local regulations** before attending the event.
- Stay at home if you are **feeling unwell**.
- Always follow the following 3 basic preventive measures:
  - Maintain at least **1 meter distance** from others, and wear a mask if you cannot keep this distance.
  - Cover a sneeze or cough with a tissue or bent elbow, and immediately throw the tissue in a closed-lid bin.
  - Avoid touching your eyes, nose and mouth. Wash your hands frequently with soap and water, or disinfect with a hand sanitizer.

**IF YOU ARE ORGANIZING A SMALL GATHERING THE FOLLOWING ARE THE PRECAUTIONS YOU SHOULD TAKE IN ORDER TO PREVENT THE SPREAD OF COVID-19 AMONG YOUR GUESTS:**

- Check local guidelines before planning your event.
- Brief guests about precautions before the event starts; during the event, remind guests of these precautions and ensure they are followed.
- Choose outdoor venues over indoor spaces – if indoors, ensure the area is well-ventilated (by opening the windows, preferably).
- Minimize crowding, numbering entries, designating seats/places and marking the floor to ensure physical distancing between people of at least one meter.
- Provide all necessary supplies – hand hygiene stations, hand sanitizer or soap and water, tissues, closed-lid bins, distance markers, masks to the guests.

Source: World Health Organization (WHO)



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## HOW TO COPE WITH THE LOSS OF A LOVED ONE DURING THE PANDEMIC



Losing someone close to you is always hard, whatever the cause. During these extraordinary circumstances, when your usual routine may be disrupted and when funerals may not be permitted, it may be even harder. Following the below advice given by WHO may help:

1. Do not criticise yourself for how you feel. When you lose a family member or friend to COVID-19, you may experience a range of emotions. You may also have difficulty sleeping or low levels of energy. All these feelings are normal and there is no right or wrong way to feel grief.
2. Allow yourself time to process your emotions in response to your loss. You may think that the sadness and pain that you feel will never go away, but in most cases, these feelings lessen over time.
3. Talk regularly with people that you trust about your feelings.
4. Keep to your routines as much as you feel able and try to focus on activities that bring you joy.
5. Seek advice and comfort from people that you trust (e.g. religious/faith leaders, mental health workers or other trusted members of your community) while maintaining physical distance (e.g. attending virtual mass).

These are small actions that can help you cope with grief and loss, particularly in situations where funeral services are not permitted.

Source: World Health Organization (WHO)

### Mild Symptoms include:



### Severe Symptoms include:



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



**1166**



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## Where can I get tested?

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