

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
551,842	32,454	11,886	507,502

Provinces	Active Cases	Confirmed Cases	Deaths	Recoveries
Sindh	19025	249498	4059	222623
Punjab	9148	159705	4840	141785
KPK	2453	68004	1941	61656
Islamabad	1269	41743	478	39196
AJK	405	9144	270	8335
Balochistan	101	18844	196	18363
GB	17	4913	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.



Coronavirus can be transmitted via stool or feces.

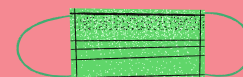
MYTH

While some early studies have shown presence of Covid-19 genetic material in fecal matter, more work is needed to determine if the virus can be spread through stool, according to a [new review paper from a Rice University epidemiologist](#). The paper reviewed a changing body of literature on detection of coronavirus in fecal matter of Covid-19 patients. E. Susan Amirian, the study's lead author shared that "Most of the studies that have been done so far are picking up viral RNA in the feces rather than infectious virus." "However, a few studies have shown that the infectious virus may be present in stool samples."

According to Amirian, just the presence of Covid-19's genetic material in fecal matter alone is not worrisome. It would only be a problem if infectious amounts of the virus are found in stool, making it possible for the coronavirus to be transmitted to people through stool. No study has found infectious materials in stool as of now.

FACT

New study finds that 59% of Covid-19 cases come from asymptomatic spread.



[According to a new study published in JAMA Network Open](#), 59% of Covid-19 cases come from people with no symptoms of the disease. This includes 35% from people who infect others before they show symptoms and 24% from people who never develop any symptoms. Jay Butler, one of the study authors and the CDC deputy director for infectious diseases said that curbing the spread of Covid-19 will require controlling the transmission of the disease from asymptomatic people.

The researchers urged that simply isolating people with symptoms of coronavirus will not control the spread of the virus due to evidence of asymptomatic spread. Therefore, it is even more important to practice the basic health protocols of hand washing, wearing face masks, social distancing, and strategic testing of people that are not sick.

Source: WSources: WebMD, JAMA Network Open, ScienceDaily, International Journal of Infectious Diseases.



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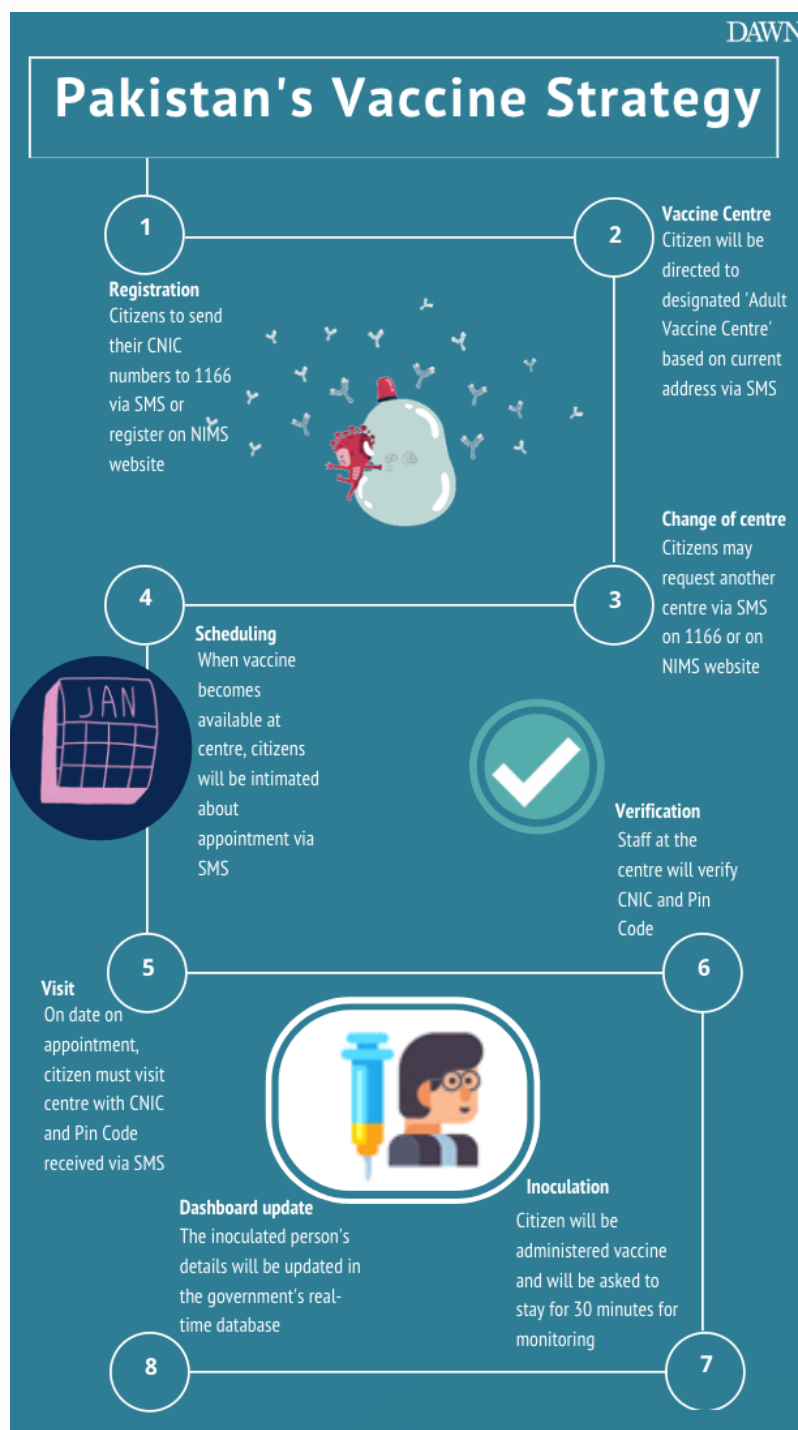
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NCOC'S 8-STEP PROCESS FOR CITIZENS TO GET VACCINATED AGAINST CORONAVIRUS



NCOC has outlined Pakistan's vaccination process in an 8-step process for registration and administration of vaccines:



Source: DAWN

1. **Registration** - Citizens will send their CNIC numbers to 1166 via SMS or register on the National Immunisation Management System's (NIMS) website.

2. **Vaccine Center** - Citizens will be directed to the designated 'Adult Vaccine Center' based on their current address via SMS.

3. **Change of center** - Citizens may request another center via SMS on 1166 or on the NIMS website.

4. **Scheduling** - When the vaccine becomes available at the centre, citizens will be told about their appointment via SMS.

5. **Visit** - On the date of appointment, citizens must visit the center with their original CNIC and the pin code they received via SMS.

6. **Verification** - Staff at the center will verify their CNIC and pin code.

7. **Inoculation** - Citizens will be administered the vaccine and will be asked to stay for 30 minutes for monitoring.

8. **Dashboard update** - The inoculated person's details will be updated in the government's real-time database.



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The Sindh government has announced launching the Covid-19 vaccination programme in **10 districts across the province** with a phase-wise plan of administration of the vaccine, **starting with frontline health workers**. Apart from the centralized supply of vaccines, the Sindh government has also claimed to have made arrangements to **procure vaccines on its own**. For that purpose, they have set aside **Rs1billion from the provincial government** and more funds are being arranged from other donors for vaccine procurement.

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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HOW TO KEEP HEALTHY ON A DAILY BASIS DURING THE COVID-19 PANDEMIC?



The following are **WHO's recommended 10 steps** to keep healthy during the COVID-19 pandemic:

1. **Keep to your regular routines** as much as possible and maintain a daily schedule for yourself including sleeping, meals and activities.
2. **Stay socially connected**. Speak to loved ones and people you trust every day or as much as possible, using the telephone, video-calls or messaging, etc. Use this time to share your feelings and to do common hobbies together.
3. **Be physically active** every day. Reduce long periods of sitting and set up a daily routine that includes at least 30 minutes of exercise. Make sure to do activities that are safe and appropriate for your level of physical fitness.
4. **Drink water and eat healthy** and well-balanced meals. This will keep you hydrated, help strengthen your immune system and lower the risk of chronic illnesses and infectious diseases.
5. **Avoid smoking**. Smokers are likely to be more vulnerable to COVID-19 because smoking can affect lung capacity and because the act of smoking increases the possibility of transmission of virus from hand to mouth.
6. Take breaks from news coverage about COVID-19 as prolonged exposure can cause feelings of anxiety and despair. **Seek updates** at specific times of the day from a reliable source like the [WHO website](https://www.who.int) or national or local channels in order to help you distinguish facts from rumours or scams.
7. **Engage in hobbies** and activities that you enjoy or learn something new.
8. If you have ongoing health conditions, **take your prescribed medicines** and follow the advice of your doctor regarding any health visits or phone consultations.
9. If you have an emergency medical condition that is not related to COVID-19, **contact your doctor** and ask what you should do next.
10. If stress, worry, fear or sadness get in the way of your daily activities for several days in a row, **seek psychosocial support** from available services in your community. If you are subject to abuse or violence from others, tell someone you trust and report this to the relevant authorities. You can also seek support from **dedicated helplines** available in your province/country.

Source: World Health Organization (WHO)

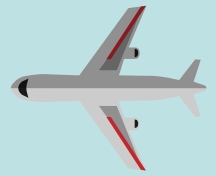


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FIRST BATCH OF SINOPHARM VACCINES HAS ARRIVED IN PAKISTAN



The first batch of Covid-19 vaccines (SinoPharm) arrived on **Feb 1**. This batch includes **500,000 doses** of the vaccine that has been brought from China in a special Pakistan Air Force (PAF) aircraft that landed at the Noor Khan Airbase. The vaccination drive in Pakistan is to start this week, and this first batch of vaccines will be given to frontline healthcare workers. **400,000 frontline healthcare workers** have registered for vaccination in the first phase of vaccination registrations (Dawn). In the next phase, the registration process for citizens **over 65 years of age** is to begin.

Pakistan has so far approved **three coronavirus vaccines** — the **Oxford-AstraZeneca** vaccine, the vaccine developed by Chinese state-owned firm China National Pharmaceutical Group (**SinoPharm**) and **Russian-developed Sputnik V**. Of these approved vaccines, the first batch of SinoPharm vaccines has reached us, and 17 million doses of the AstraZeneca vaccine have been contracted through Covax, out of which **7 million doses are to arrive by March 2021** (Dawn). These will be administered free of cost to the public.

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	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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