

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
577,482	22,285	12,804	542,393

Provinces	Active Cases	Confirmed Cases	Deaths	Recoveries
Sindh	12,103	257,408	4,322	240,983
Punjab	5,604	170,222	5,323	159,295
KPK	2,031	71,728	2,065	67,632
Islamabad	1,771	44,032	496	41,765
AJK	661	10,101	296	9,144
Balochistan	101	19,035	200	18,734
GB	14	4,956	102	4,840

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.



**Covid-19 vaccines bring side effects that cannot be treated.**

**MYTH**

Minor side effects after having any vaccine are common and the same is true for the new coronavirus vaccines. A [study](#) of 40,000 mainly health workers who had received the Pfizer vaccine found that one in three reported minor side effects. None was serious, and all lasted a very short time. The most common side effects that have been reported are soreness at the site of the injection, mild fever, chills, headaches, fatigue, and muscle aches.

**FACT**

**A new study finds children's innate immune system protects them from severe COVID-19.**



According to the [latest research study](#) by Murdoch Children's Research Institute in Melbourne, children are less likely to become infected with coronavirus, and up to one-third of them are asymptomatic, a very different finding compared to the higher prevalence observed in children for most respiratory viruses. The researchers also found that the children were likely being protected from severe COVID-19 because their innate immune systems – our first line of defense when we become infected with a virus – were better able to attack the virus than an adult's immune system. This robust innate immune response was not shown in any of the adults that they had studied with COVID-19, highlighting immune system differences that may be contributing to why children seem to be less affected by a coronavirus.

Source: Ministry of Health Services, Washington Post, The Sydney Morning Herald, Al-Jazeera



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## 30,000 HEALTH PROFESSIONALS VACCINATED AGAINST COVID-19 IN SINDH



The Sindh government has vaccinated more than **30,000 healthcare providers** against Covid-19 across the province so far since Feb 3. The authorities have revised the estimated number of total professionals associated with the health and medical fraternity and now plan to inoculate more than **300,000 people**, while earlier **175,000 individuals** had been planned to be vaccinated. “The vaccination drive is continuing at 12 centers set up for the purpose,” said an official. Earlier, the total strength of healthcare personnel in the province was estimated at **175,000** out of whom the department has identified **54,000 as the frontline force**. Now it is estimated that **more than 300,000 people** associated with the health profession would be vaccinated in the first phase of the vaccination. The federal government had handed over **84,000 doses of Sinopharm vaccine** — part of the half a million doses gifted by the Chinese government to Pakistan — to the Sindh government. Each individual will receive **two vaccine doses** with a **gap of 21 days** (Dawn).

**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](http://www.nhsrcc.gov.pk)



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



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The government has brought some small changes to its [vaccination strategy](#) for facilitating an **easier vaccination process** for healthcare workers. Previously, frontline healthcare workers had to register themselves after which a list was created and they were informed of the specific vaccination center they could go to in order to receive their shot. A small change has now been made under which if you are a frontline healthcare worker **below the age of 60**, you just have to **send your CNIC** (computerized national identity card) **number to 1166** and then visit your nearby vaccination center to get the shot. The current [list of vaccination centers](#) is also now available on the website of the National Command and Operation Centre (NCOC), according to each province.

### Mild Symptoms include:



### Severe Symptoms include:



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



**1166**

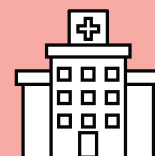


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KP's health department is increasing the number of Covid-19 vaccination centers in the province before launching a campaign to inoculate people **above 65 years of age** against the virus along with 80,000 health workers. **Four more vaccination centers** are being set up in **Swabi, Charsadda, Malakand, and Haripur** on Monday. By the end of next month, each of the 35 districts will have at least one center (Dawn).

## PAKISTAN TO START VACCINATING CITIZENS OVER 65 YEARS AROUND MARCH 2 IN THE SECOND PHASE OF THE VACCINATION PLAN




Pakistan is to start the second phase of vaccination for citizens **over 65 years of age** following the vaccination of healthcare workers. Pakistan is to receive **2.8 million doses** of the Oxford-AstraZeneca Covid-19 vaccine through the Covax program **around March 2** after which the next phase of vaccinations against the coronavirus will begin. The **vaccination registration process** for the population currently eligible to be vaccinated is as follows:



### Vaccination Registration Process and Guidelines for Eligible Population

(as of February 18, 2021)



**Effective Immediately**

#### Registered Frontline Healthcare Workers

Registered frontline healthcare workers do NOT need to wait to be assigned an Adult Vaccination Center and date of appointment now.

STEP: 1	STEP: 2	STEP: 3
SMS CNIC number to 1166 and complete your registration process	Look up the list of Adult Vaccination Centers and guidelines prescribed at <a href="http://ncoc.gov.pk">ncoc.gov.pk</a>	Visit any Adult Vaccination Center and get yourself vaccinated

#### Citizens above the age of 65

STEP: 1	STEP: 2
Send CNIC number to 1166 Or Visit <a href="http://nims.nadra.gov.pk">nims.nadra.gov.pk</a> to register yourself	Await further instruction from the Government

**Effective 22 February 2021**

#### All Healthcare Workers

STEP: 1	STEP: 2	STEP: 3
Visit designated website (will be announced before 22 February) and register yourself	Look up the list of Adult Vaccination Centers and guidelines prescribed at <a href="http://ncoc.gov.pk">ncoc.gov.pk</a>	After 72 hours of registration, visit any Adult Vaccination Center and get yourself vaccinated

- Registered Frontline Healthcare workers/Healthcare workers (below age 60)** - They can walk into any vaccination center and get themselves vaccinated.
- Health care workers (below age 60)** - They can register through [covid.gov.pk/vaccine](http://covid.gov.pk/vaccine) and check their registration status in NIMS by sending CNIC (13 digits without hashes/spaces) to 1166 after 24 hours. They can then visit any nearest Vaccination Centre for vaccination after a successful registration.
- Senior Citizens (above the age of 60)** - For registration, citizens above 60 should SMS their CNIC no (13 digits without spaces and dashes) to 1166 from any mobile number or visit [nims.nadra.gov.pk](http://nims.nadra.gov.pk). The vaccine Centre and date (likely March) will be communicated to them.

Source: NCOC



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**WHO suggests a number of precautions that can prevent the spread of COVID-19 to other people in the house:**

- The ill person should stay in a separate room; if this is not possible, then keep at least a 1-meter distance from him or her.
- Provide good ventilation in the room of the ill person and shared spaces, and open windows if possible and safe to do so.
- The ill person should wear a medical mask as much as possible, in particular when not alone in the room and when a 1-meter distance from others cannot be maintained.
- Visitors should not be allowed in the home.
- Limit the number of caregivers to one person with no underlying conditions, if possible.
- Caregivers and household members should wear a medical mask while in the same room with an ill person, not touch their mask or face during use, discard the mask after leaving the room, and wash their hands afterward.
- The ill person should have dedicated dishes, cups, eating utensils, towels, and bed linens. They should be washed with soap and water, and not shared.
- Frequently touched surfaces by the ill person should be cleaned and disinfected at least daily.
- Everyone in the household should wash their hands with soap and water regularly, especially:
  - after coughing or sneezing
  - before, during, and after you prepare food
  - before eating
  - after using the toilet
  - before and after caring for the ill person
  - when hands are visibly dirty
- A cough or sneeze should be covered with a flexed elbow or a disposable tissue that is discarded immediately after use.
- The waste from the ill person should be packed in strong closed bags before disposal.

**People with COVID-19 who are cared for at home should stay in isolation until they are no longer able to transmit the virus to others:**

- Those with symptoms should stay isolated for a minimum of 10 days after the first day they developed symptoms, plus another 3 days after the end of symptoms – when they are without fever and without respiratory symptoms.
- People without symptoms should stay isolated for a minimum of 10 days after testing positive..

Source: WHO



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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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