

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
725,602

Total Active Cases
75,266

Total Deaths
15,501

Total Recoveries
634,835

Provinces	Active Cases	Confirmed Cases	Deaths	Recoveries
Punjab	39,511	250,459	6,988	203,960
Islamabad	12,865	66,380	611	52,904
KPK	13,092	99,595	2,651	83,852
Sindh	6,792	269,126	4,530	257,804
AJK	2,170	14,594	403	12,021
Balochistan	731	20,321	215	19,375
GB	105	5,127	103	4,919

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



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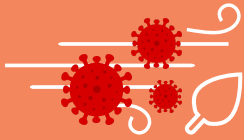


Fact

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 is causing sinusitis through recent dry winds in Pakistan

MYTH



In areas such as Islamabad, Peshawar, Kohat and their outskirts there have reportedly been fast dry winds the past week. Due to the change in moisture levels of the surrounding air, it has resulted in multiple symptoms such as chapped lips, dry/flakey skin, nose bleeds, watery eyes etc. among cases of sinusitis. These are not caused by the COVID-19 virus nor do they indicate the presence of a new virus/strand, these are simply caused by the lack of moisture. It is advised to stay hydrated by drinking water and using moisturizing products for the body to minimize these symptoms such as lotion/oils etc. However, if these symptoms are accompanied by other symptoms such as body aches, fever, coldness and cough etc one should get themselves tested for Covid as per their doctors advice/prescription.



FACT

New study finds that COVID-19 vaccine is safe during pregnancy and may protect the baby too



Initially there was little to no information regarding pregnant women and the effects of the COVID vaccine, as they were not included in the vaccine trials. However, after [recent research](#) published recently in The American Journal of Obstetrics and Gynecology it has been found that getting the COVID vaccine is safe for both pregnant and breast-feeding women, with the possible benefit of it providing protection for their children as well. That is because one vital find of the research was that the mother's immunity may pass on to her child, since anti-bodies were found in the umbilical cord and breast-milk. The side effects experienced were the same as what those who are not-pregnant experience such as, soreness at spot of injection after the initial dose and headaches, muscles aches, fever etc after the second dose.

Source: WHO, Npr



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Pakistan's national positivity ratio has been recorded at 8.47 % as of April 6. While mass free-of-cost vaccination continues for the age group 50-59 years of age, while citizens 80 and above will now be vaccinated at home by a health care worker. Meanwhile, Special Assistant to the Prime Minister on Health Dr Faisal Sultan said, **"We have vaccinated over 900,000 people and will cross the figure of one million in a few days. We had started vaccinating senior citizens and now even over 65 years old are able to avail the walk-in vaccination facility. Gradually we will also introduce it for people of younger ages."**

- **Senior Citizens (65+)** - Send your CNIC no to 1166 to get registered. Walk in to the nearest vaccination centre and get yourself vaccinated.
- **Senior Citizens (60-64)** - For registration, SMS your CNIC no to 1166 from any mobile no or visit nims.nadra.gov.pk. Vaccine Centre and date will be communicated through SMS.
- **Senior Citizens (50-59)** - Registration has been started from 30th March. For registration, SMS your CNIC no to 1166 from any mobile no or visit nims.nadra.gov.pk. Vaccine Centre and date will be communicated through SMS.
- **Registered HCWs** - Vaccination Centre and date will be communicated through SMS.

(Source: NCOC)

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.nhsr.gov.pk

COVID 19
CORONAVIRUS DISEASE

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



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COVID 19 TREATMENT TO BE COVERED BY KP SEHAT CARD



Health Minister for KP Taimur Jhagra, has announced that in order to help provide relief to citizens the [KP Sehat Sahulat Card](#) issued will be covering the expenses for COVID treatments. The sehat card program aims to provide all families with rupees 1 million in medical insurance and has now been issued throughout the province. This decision has been taken after considering KP's situation with the increase in COVID. As the third wave started, KP was one of the worst hit provinces with more than 1,000 new positive cases and 20 deaths. Currently, the positivity ratio has hit **12.04%** which has alarmed the government. In order to tackle the increase, they are urging the public to help lower new cases so that the burden on the healthcare system eases. Further information is to be released.

Mild Symptoms include:



Severe Symptoms include:



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



1166

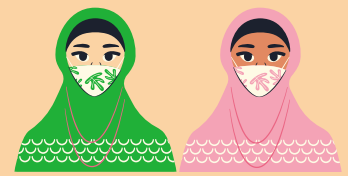


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NCOC has announced guidelines for Covid-19 SOPs during the month of Ramadan. They are as follows:

- Children and Elderly above the age of 50 should not visit Masjids/Imam Bargah.
- People with flu or coughs should not come to mosques for namaz.
- There will be no carpeting on the floor during namaz, everyone will pray on the uncovered floor or prefer to bring their own prayer carpets.
- 6 feet distance should be maintained between each person.
- Everyone should be wearing a mask inside the Masjids/Imam Bargah.
- Masjids/Imam Bargah floors will be cleaned with chlorine water.
- Must wash hands for 20 seconds when performing ablution (wuzu).
- Refrain from praying in other public spaces such as footpaths etc.
- Masjids/Imam Bargah officials should make a committee for SOP enforcement.
- Sehri and Iftari should not be held in Masjids/Imam Bargah.
- Masjids/Imam Bargah officials have agreed to follow SOPs.

SOURCE: NCOC

Sindh Govt prepares for predicted spike in COVID cases and increased inflow of patients

As the third wave of COVID leads to surges in the number of cases nationwide, the Sindh government has begun preparing for the predicted inflow of patients. As precautionary measures, they have chosen to recruit more healthcare workers, prepare isolation units and import vaccines. Roughly 1000 more healthcare workers are expected to be recruited on a contractual basis, as the government gives public hospital superintendents the authorization to do so in case of immediate requirement. As for isolation units, previously used centers that were later closed due to lower cases such as the PAF museum and the Expo center, have now been put on standby. Lastly, an order for 2 million doses has been placed by the Sindh Government to Chinese vaccine manufacturer of Convidecia, after the federal government gave the green light for provinces for direct procurement

Source: Dawn News



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Third wave of COVID-19 leads to spike in cases nationwide



In the wake of Pakistan's third wave of coronavirus, the highest number of patients in critical conditions were recorded on 4th April. National Command and Operation Centre (NCOC) chief, Federal Minister Asad Umar reported that 3,568 patients were in critical care, which is the highest number to date since the start of the spread of COVID. It was also released that the current number of total active cases (as of 4th April, 2021) were 60,072 with almost 5,020 cases recorded within the span of the last 24 hours. So far, the total number of tests conducted by Pakistan stand at about 10,403,335, with a total of 687,908 cases. With the spike in COVID cases nationwide, Asad Umar also urged the public to comply with the precautions given, such as following SOPs of wearing masks and maintaining social distancing, and to cooperate with the administrations enforcing other precautionary methods.

source: express tribune

Availability of private vaccine doses in Islamabad, Karachi & Lahore



Private vaccine doses are now available in Lahore, Islamabad and Karachi. An order for the second batch of vaccines has been made, and the available vaccine is the two-dose Russian Sputnik vaccine, being sold at Rs.12,000 per dose. Following is the list of private centers administering the vaccine in the three cities:

LAHORE

- Doctors Hospital
- Hameed Latif Hospital
- Shaukat Khanum Hospital
- Chughtai Lab

ISLAMABAD

- Shifa Hospital
- Islamabad Diagnostic Center (IDC)
- Chughtai Lab
- Margalla Diagnostics and Clinics

KARACHI

- OMI Hospital
- Ziauddin Hospital
- South City Hospital.

SOURCE: GEO TV



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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](#)



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