

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
761,437

Total Active Cases
82,276

Total Deaths
16,316

Total Recoveries
662,845

Provinces	Active Cases	Confirmed Cases	Deaths	Recoveries
Punjab	44,799	270,338	7,457	218,082
Islamabad	12,632	70,079	642	56,805
KPK	13,614	106,500	2,899	89,987
Sindh	7,848	272,729	4,553	260,328
AJK	2,322	15,669	439	12,908
Balochistan	953	20,940	223	19,764
GB	108	5,182	103	4,971

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.



People with allergies cannot get the COVID vaccine.

MYTH



The COVID vaccine is being used worldwide, with very few cases of allergic reactions. These cases are caused by the ingredients of the COVID vaccine, not pre-existing common or seasonal allergies that the individuals had. Hence, it is [safe for people with common or seasonal allergies to take the vaccine](#). However, for people who have a history of allergic reactions to medicine, or others who would like to be careful, it is advised to search up the ingredients list for the specific make of the COVID vaccine they are planning to take and consult their primary physician/doctors. If one has an allergic reaction after their first dose, it is advised to not receive the second one.



FACT

New Study Shows Sleep Could Be Linked to Lower Risk Of COVID-19.



Research has found that those who are well-rested may be at a lower chance of contracting the Coronavirus or more serious illnesses. 2,800 frontline workers from 6 different countries, who were continuously exposed to the virus in their daily work, were observed in the research. It was found that every additional hour of sleep, [reduced the chances of getting COVID](#) by 12%. Additionally, those who were experiencing burnout or receiving less rest were more likely to fall sick and remain sick for prolonged periods of time.



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- **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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PAKISTAN RECORDS HIGHEST NUMBER DEATHS SINCE JAN 1ST 2021

On Sunday, 11th April, Pakistan recorded its largest number of deaths nationwide, due to the Coronavirus, since the start of the year 2021. 114 deaths and for the fifth consecutive day 5,000 new positive cases were recorded by the NCOC. With over 4,143 patients in critical conditions, the death toll stands at 14,443 and active cases at 721,018 showing the brutal impact of the third wave. According to the provincial records; Punjab, Islamabad and Khyber Pakhtunkhwa are currently the worst hit areas, having 39,098, 12,795 and 12,458 cases respectively. As the COVID positivity ratio hit 10.96%, experts have stated that the third wave is expected to have a much more damaging impact than the previous two waves.

source: samaa news

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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Female COVID infection on the rise in KP



According to the World Health Organization, a 4% increase in the contraction of coronavirus, has been seen for women of KPK. Many possibilities have been listed to bring the matter to public attention. These include weddings and hall gatherings, frequent visits to marketplaces for wedding shopping, poor adherence to SOPs during such events, and male family members contracting the virus and consequently spreading it in their homes. In the previous periods, it was acknowledged that women were staying indoors, wearing veils outside which acted as masks and avoiding gatherings, due to which they remained comparatively safer. On the other hand, men were frequently roaming outside and indulging in daily activities with people around, which caused a higher infection rate for them. As a result, in order to slow down the spread the district administration has announced that 12 markers will be shut during the weekends, in Saddar, Shoba Bazaar, Bajori Gate and University Road.

SOURCE: DAWN

Registration for COVID vaccination to open post Eid



As the spread of COVID has picked up pace in the third wave, the government has announced plans for vaccination after Ramadan. Asad Umar, the Minister for Planning, Development and Special Initiatives, has announced that about 125,000 people may be vaccinated per day, after Eid. In the time being, he emphasized that the coming 5 weeks were crucial for the situation of the virus in Pakistan and that SOPs need to be adhered to if we want the spread to be controlled. The primary source of the vaccine was said to be China, and that the Cansino Covid-19 vaccine will be used in the vaccination period after Eid. So far, over one Million citizens have been vaccinated with 14,000 receiving their doses through the private sector.

Source: Dawn News



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MASS VACCINATION CENTRES



ISLAMABAD

- Isolation Hospital and Infections Treatment Centre.

KHYBER PAKHTUNKHWA

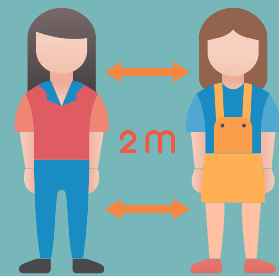
- TBC, Abbottabad.
- DI Khan Police line Hospital, Dera Ismail Khan.
- Public Health School (Lahori), Peshawar.
- Tajik Post Graduate Nursing School, Peshawar.

SINDH

- Dow Ojha Hospital, Karachi East.
- Dow Dental, Karachi.
- Khaliqdina Hall, Karachi South.
- JPMC Hospital, South Karachi.
- Children Hospital, Central Karachi.
- SG Qatar Hospital, West Karachi.
- LUMS Jamshoro, Kotri.

Continue to follow public health guidelines after getting vaccinated

Stay 2 metres (6 ft) apart



Clean your hands often



Wear a face mask



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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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