

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
800,452	89,219	17,187	694,046

Provinces	Active Cases	Confirmed Cases	Deaths	Recoveries
Punjab	47,129	290,788	7,990	235,669
KPK	14,007	114,077	3,134	96,936
Islamabad	12,792	73,450	665	59,993
Sindh	11,650	278,545	4,599	262,296
AJK	2,306	16,591	462	13,823
Balochistan	1,225	21,743	232	20,286
GB	110	5,258	105	5,043

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 diabetes, blood pressure or kidney issues should not get vaccinated**

**MYTH**



People who have a history of medical issues such as diabetes, blood pressure, kidney problems and so on are urged to receive the COVID vaccine. It is important for them to have this immunity, because their health complications will make it difficult for their body to recover from COVID. There is no threat found linked to any patients of such medical issues receiving the COVID vaccine. With that being said, it is best to remember that after receiving the vaccine there may be a brief interval where one will experience symptoms such as headaches, mild fever etc. These are not related to any of their existing health issues, or COVID, [this is just the body's immune system responding to the vaccine.](#)



**FACT**

**Getting the Covid-19 vaccine does not break the fast in Ramadan**



Many religious bodies within Saudia Arabia, Egypt, Turkey and Indonesia have ruled that getting the COVID vaccine injection does not break one's fast. This is because it is injected into the muscle, not the bloodstream and does not interfere with the gut in any way. Additionally, where getting a nutritional drip or injection does break the fast, getting vaccinated does not because no nutrition is present in it. It is important to consider that because there are common side effects experienced after each dose, it would be wise to get your shot closer to or after Iftar so you are able to rest afterwards.

Source: Ministry of National Health Services, Regulations & Coordination Islamabad, goodrx



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## STATUS OF VACCINATION IN PAKISTAN



- **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](https://nims.nadra.gov.pk). Vaccine Centre and date will be communicated through SMS.
- **Senior Citizens (50-59)** - Vaccination will start from 21 April 2021. For registration, SMS your CNIC no to 1166 from any mobile no or visit [nims.nadra.gov.pk](https://nims.nadra.gov.pk). Vaccine Centre and date will be communicated through SMS as per schedule.
- **Registered HCWs** - Vaccination Centre and date will be communicated through SMS.

(Source: NCOG)

**If you think you or someone you know is infected with COVID-19, you can call the following government helplines by province:**

The infographic features a dark teal background with a yellow warning triangle at the top. It lists helpline numbers for Federal, Khyber Pakhtunkhwa, Punjab, Sindh, and Balochistan. The text is in white and yellow, with some numbers in blue. The NHSRC logo is in the top left, and the Ministry of National Health Services Regulations and Coordination logo is in the bottom left. The COVID-19 logo is in the bottom right.

**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)

**COVID 19**  
CORONAVIRUS DISEASE

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

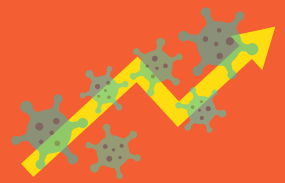


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With the province's positivity rate at 7%, the individual positivity rates of **Mardan, Peshawar** and **Nowshera** are now at **26.9%, 25%** and **22.3%**, respectively. The total number of **provincial cases** in KP have **surpassed 100,000** and these cities are the top three in the national positivity list. The total number of **mortalities in KP** have reached 2,899, with 89,853 total recoveries so far. At the moment, 13,614 active cases are present and 1,062 new cases were recorded in the last 24 hours. About **100 frontline workers** have also succumbed to the virus in the third wave. The authorities are crediting a **lack of adherence to SOPs**, for the rise and are urging administrations to strictly enforce SOPs. Failure to do so may result in a repeat of the situation in the first wave, where beds and isolation units are at **max capacity** and their need is not curbed.

source: (Dawn)

### Mild Symptoms include:



Sore Throat



Fatigue



Loss of smell



Headache



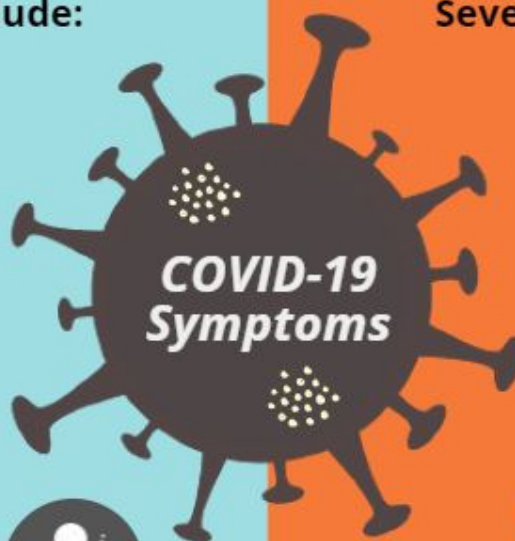
Vomiting



Fever



Coughing



### Severe Symptoms include:



Chest Pain



Difficulty in Breathing



Inability to stay awake



Bluish Face or Lips

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



**1166**



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## Sindh govt urged to expand vaccination facilities, engage private sector



Due to the rising cases in Sindh and the threat of going over the capacity of medical assistance soon, health experts are urging the government to take action. The vaccination process is what they had hoped would reduce the spike in cases, however due to only government hospitals and selective private ones being given the authority to vaccinate the public, the process is lagging behind. Additionally, the following of age brackets is also being criticized as only the elderly have been vaccinated. Experts argue that by simplifying the process and opening it to all, through only needing National IDs as a requirement rather than other rules and regulations, the process may speed up. Rather than limiting the vaccination centers to hospitals, they have quoted countries such as India, UK and USA who are utilizing other public spaces such as parks, clinics of general practitioners etc as centers as well, increasing the availability for their public. Moreover, they have suggested that the government import vaccines through multiple channels, including themselves, NGOs and other bodies to increase the supply, rather than depending on the limited donations they have received

source: (Dawn)

## Safety of Covid-19 vaccines



The approved COVID vaccines have been given to roughly 150 million people across the globe. The safety of the COVID vaccine itself was determined by extensive clinical trials with tens of thousands of people involved in the testing. Additionally, there were external panels of experts, alongside independent clinical experts and safety committees that overlooked the process, results and after-effects. The testing was inclusive of gender, ethnicities and health conditions, to ensure its safety for all across the board. Although the vaccine is safe to use for everyone, there are circumstantial exceptions because of the situation or state of the individual receiving it. There is also limited information present for the possible effects of vaccines on children, hence strict adherence to safety precautions is advised for them.

Source: WHO



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# Major mass vaccination centers, and Ramadan timings for vaccination



Federating Unit	Vaccination Center	Ramzan timings	
		Morning Shift	Evening Shift
Punjab	<ul style="list-style-type: none"> <li>Expo Center Lahore /</li> <li>LDA Sports Complex (Minar-e-Pakistan)</li> </ul>	10 am – 4 pm	9 pm – 1 am
Sindh	<ul style="list-style-type: none"> <li>Dow International Dental Hospital</li> </ul>	9 am – 1 pm	8:30 pm – 12 midnight (Major centers only)
KP	<ul style="list-style-type: none"> <li>Postgraduate Medical Institute Peshawar</li> <li>Public Health School Nishtarabad</li> </ul>	10 am – 2 pm	10 pm – 1 am (urban areas only)
Baluchistan	<ul style="list-style-type: none"> <li>Bolan Medical Complex Hospital</li> </ul>	9 am – 1 pm	8 pm – 12 midnight (Quetta Only)
AJK	<ul style="list-style-type: none"> <li>Abbas Institute of Medical Sciences</li> </ul>	9 am – 2 pm	8 pm – 12 midnight
GB	<ul style="list-style-type: none"> <li>DHQ Gilgit</li> <li>DHQ Skardu</li> </ul>	10 am – 2 pm	9 pm – 12 midnight (Major centers only)
ICT	<ul style="list-style-type: none"> <li>IHITC</li> </ul>	12 pm (noon) – 4 pm	8 pm – 12 midnight

Source: NCOC



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<b>Islamabad</b>	<b>National Institute of Health</b> Park Road, Chak Shahzad, Islamabad
<b>Karachi</b>	<b>Agha Khan University Hospital,</b> Stadium Road, Karachi, Sindh
<b>Hyderabad</b>	<b>Liaquat University of Medical and Health Sciences (LUMHS),</b> Liberty Market Roundabout, Liaquat University Hospital, Hyderabad
<b>Khairpur</b>	<b>Gambat Institute of Medical Sciences,</b> Gambat, Khairpur, Sindh
<b>Peshawar</b>	<b>Hayatabad Medical Complex</b> Phase-4 Phase 4 Hayatabad, Peshawar, Khyber Pakhtunkhwa.
<b>Mardan</b>	<b>Chughtai Lab</b> Mardan point, near Allied Bank, Shamsi Road, Mardan, KP
<b>Haripur</b>	<b>Excel Labs,</b> TMA Plaza Shop No. 6, Near Girls Degree College Circular Road Haripur, KP
<b>Lahore</b>	<b>Shaukat Khanum Memorial Hospital,</b> 7A Block R-3 M.A. Johar Town, Lahore, Punjab
<b>Multan</b>	<b>Nishtar Hospital</b> Nishtar Road, Justice Hamid Colony, Multan
<b>Rawalpindi</b>	<b>Armed Forces Institute of Pathology,</b> Range Road, CMH Complex, Rawalpindi, Punjab
<b>Quetta</b>	<b>Fatima Jinnah Hospital</b> Bahadurabad, Wahdat Colony, Quetta
<b>Muzaffarabad</b>	<b>Abbas Institute of Medical Sciences (AIMS),</b> Ambore, Muzaffarabad, Azad Kashmir
<b>Gilgit</b>	<b>District Headquarters Hospital,</b> Hospital Road, Gilgit, GB
For more cities visit the <a href="#">COVID-19 Health Advisory Platform</a>	



You can reach us at **+92-333-5873268** on **WhatsApp** to share any **COVID-19 related** rumors, myths, and misinformation that is being spread around your community. Through our Coronavirus CivActs Campaign weekly bulletins, we will **debunk these rumors** and disseminate **validated information**.



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