

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
834,146	87,953	18,149	728,044

Provinces	Active Cases	Confirmed Cases	Deaths	Recoveries
Punjab	44,670	306,929	8,572	253,687
Sindh	15,683	285,626	4,667	265,276
Islamabad	12,037	76,209	691	63,481
KPK	11,769	120,064	3,392	104,903
AJK	2,219	17,371	483	14,669
Balochistan	1,457	22,620	237	20,926
GB	118	5,327	107	5,102

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.



An Indian student has created the homemade cure for COVID-19, which has been approved by WHO

MYTH



A social media post went viral, which stated that an Indian student from Mumbai had found an at-home cure for COVID 19. It was claimed that: pepper powder, honey, and ginger juice mixed together would cure coronavirus patients if they consistently took the mixture for 5 days. Although these ingredients help bring relief from the common cold, no scientific evidence or support was found for their effectiveness in suppressing COVID. Additionally, it is important to note that COVID has a vaccine but no cure in the form of food or drink is present, to date. WHO has not approved any methods as cures, and [advises a balanced diet in order to stay healthy in these times](#). Any claims made of such nature, which are commonly seen on twitter and Whatsapp, are false and should not be circulated further.



FACT

Pregnant women are encouraged to receive COVID vaccine doses



After months of trials for the Moderna or Pfizer vaccines on 35,000 expecting women, it has now been confirmed that there are no safety concerns found for pregnant women or their children because of the COVID vaccine. The symptoms post-vaccination are reported as the same for the rest, but nausea and vomiting may be more frequent. They are being encouraged to receive the doses, even if they are not at severe risk now. However, all pregnant women are advised to first consult their doctors or primary care providers to decide whether or when they should go for the shot. Previously, those expecting were suggested to avoid the vaccine due to a lack of information post-trials, since they were not added into the trial sample. Now, there is ample information which has been verified from trusted sources such as the US Centers for Disease Control and Prevention.

Source: Washington post, factly.in, WHO, CDC



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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. Vaccine Centre and date will be communicated through SMS.
- **Senior Citizens (50-59)** - 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 as per schedule.
- **Elder Citizens (40-49)** - Vaccination will start from 27th April 2021. 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 as per schedule.
- **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
BALOCHISTAN	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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Selective private hospitals in KP providing free of cost services



Private hospitals in Peshawar and Swat have begun providing admission, ventilator, medical oxygen, diagnosis and medicines to those infected with COVID, **free of charge** under the government's **Sehat Sahulat Programme (SSP)**. These two districts are among the worst affected in the third wave and their public hospitals were already providing these facilities. Currently, Rehman Medical Institute, Kuwait Teaching Hospital, Al-Khidmat Hospital and Afridi Medical Centre in Peshawar, and Waseem Hospital and Anwar Medical Centre in Swat, are the hospitals providing these free facilities. Expansions for such plans are predicted for Abbottabad and Mardan. Hospitals were chosen based on their capacity of human resource, equipment and machines, oxygen supplies, IDUs, ICU and ventilators etc. Authorities are stressing on the **strict following of SOPs**, due to the fear of hospitals reaching maximum capacity soon.

(Dawn)

Mild Symptoms include:



Sore Throat



Fatigue



Loss of smell



Headache



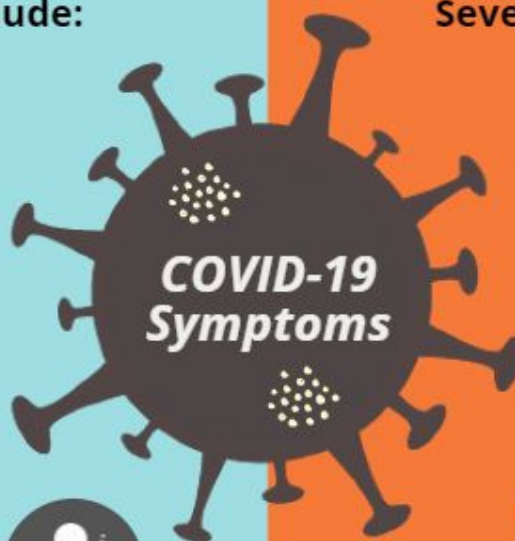
Vomiting



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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Army deployment approved by Interior ministry for support against COVID

Interior Minister Sheikh Rashid announced that provincial and federal governments in **Punjab, Khyber Pakhtunkhwa, Balochistan, Gilgit-Baltistan, Azad Kashmir and Islamabad** have been granted permission to seek the services of the Pakistan Army for **implementing Covid-19 SOPs** as per needed. The **Sindh** government is yet to decide on this matter for their province. This decision has been taken after considering the exponential rise in cases and risk of reaching full capacities of medical resources, similar to what happened in the first wave. The time-span for which the army will remain deployed is to be decided, and will depend on the say of all stakeholders and the NCOC. The main fear authorities have as of now, is Pakistan's situation becoming similar to India's due to the poor adherence to SOPs by the general public. Although multiple lockdowns have been placed limiting commercial activities, outdoor movement and other social gatherings, cases throughout the nation are **increasing at an alarming rate**.

(Dawn)

Sindh shuts major activities amid rising Covid cases



The Sindh government has chosen to take added measures to decrease the spread of COVID-19. After a meeting of the provincial Coronavirus Task Force, it was announced that all educational institutions are to remain closed, inter-city transport to close down from **April 29**, markets now have a **6pm curfew**, no outdoor/indoor dining at restaurants; takeaway/delivery only, and Govt offices to function with essential staff. The Sindh government had initially refused to shut down schools to help reduce the uncertainty of proper education for students this year, however due to the spike in cases it has officially decided to close all institutes. Movement of the public has been limited to keep the spread of COVID from happening city to city, however goods transport is permitted. Commercial activities are being reduced through closure of shops by 6 PM and no dining services at restaurants, while takeaways are allowed to help business. Lastly, government offices are advised to only call necessary staff while the rest work from home. Hospitals are exempt from all new restrictive measures.

(Dawn)



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Major mass vaccination centers in KP & Sindh



<i>Federating Unit</i>	<i>Mass Vaccination Centers (MCV)</i>	<i>Private Vaccination Centers</i>
Sindh	<ul style="list-style-type: none">➤ Dow International Dental College, Karachi.➤ Dow Ojha Hospital, Karachi East.➤ Khaliqdina Hall, Karachi South.➤ JPMC Hospital, South Karachi.➤ SG Qatar Hospital, West Karachi.➤ Children Hospital, Central Karachi.➤ Liaquat National Hospital/Medical College, Karachi.➤ Liaquat University of Medical and Health Sciences, Jamshoro.	<ul style="list-style-type: none">➤ OMI Hospital.➤ Ziauddin Hospital.➤ South City Hospital.➤ Tabbha Heart Institute.➤ Indus Hospital.➤ Hashmanis Hospital.
KP	<ul style="list-style-type: none">➤ Public Health School, (Lahori) Peshawar.➤ TBC, Abbottabad.➤ DI Khan Police line Hospital, Dera Ismail Khan.➤ Tajik Post Graduate Nursing School, Peshawar.	

Source: NCOC



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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	



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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