

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
850,131	83,699	18,677	747,755

Provinces	Active Cases	Confirmed Cases	Deaths	Recoveries
Punjab	40,979	314,517	8,891	264,647
Sindh	17,424	289,646	4,698	267,524
Islamabad	11,188	77,414	702	65,524
KPK	10,521	122,520	3,537	108,462
AJK	2,063	17,660	499	15,098
Balochistan	1,412	23,016	243	21,361
GB	112	5,358	107	5,139

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



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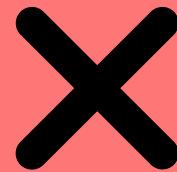


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Fact

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.



Autopsies in Russia prove COVID doesn't exist.

MYTH

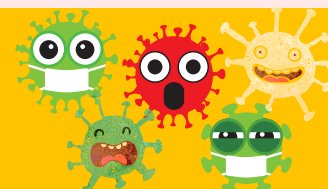


Online rumours were spread through fake articles and social media posts, that Russia conducted autopsies on bodies which were of alleged COVID related deaths, against the supposed WHO ruling of no post-mortems of the victims. However, it has been debunked by reliable sources which state that the deaths were indeed caused by COVID and that the WHO has allowed post-mortems according to specific guidelines. Additionally, the false claim included that the cause of death for those people was blood clotting due to bacteria, which can be treated by antibiotics and other medication. Although blood-clotting does occur in some cases due to COVID, the novel Coronavirus is not a bacterium and can not be treated through any oral medication. Lastly, Russia currently has a policy of conducting autopsies for 100% (except for those who religiously do not want them), COVID related deaths to ensure that it was the cause of death.



FACT

The COVID vaccine available in Pakistan is said to protect from the virus's mutations.



Experts emphasise on the importance of getting the coronavirus vaccine and say that there is no data to date which claims that the vaccines do not protect against variants of the Coronavirus. Although there are many different variants, such as the UK, South-African and now Brazilian one present in Pakistan, that does not mean that the vaccine can only protect against select variants or cases, and does not undermine its importance in any way, so people should not be discouraged in receiving the doses. Everyone is urged to get vaccinated as soon as possible, following the guidelines for registration and precautions by the NCOC. Lastly, the most important step is to follow the SOPs as they help decrease the spread of all variants, and can be enforced by everyone. There is still an exponential increase in the number of cases and it will take a collective effort to curb the spread and relieve the load on the health facilities in the country.

Source: Dawn, Reuters



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STATUS OF VACCINATION IN PAKISTAN



Registration - SMS your CNIC no to 1166 from any mobile no or visit nims.nadra.gov.pk

Senior Citizens (50+) - Register yourself and just Walk in to the nearest centre for vaccination.

Citizens (40-49) - Scheduled vaccination has been started from 3rd May 21. Vaccine Centre and date will be communicated through SMS.

Registered HCWs - Vaccination Centre and date will be communicated through SMS to registered HCWs as per schedule. All un-registered HCWs to visit rms.nitb.gov.pk/hcw/register and get registered.



(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.nhsrcc.gov.pk



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



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Upto 30,000 citizens in Peshawar fined in April over violation of SOPs



The **traffic police** and **district administration** of **Peshawar** have worked together this past month to **enforce SOPs** in public and help curb the spread of coronavirus. In this mission, almost **30,000 people** have been fined for violating the SOPs such as not wearing masks when going into bazaars and other small spaces which are crowded, etc. In order to help **create awareness** and educate the public, the traffic police officers have distributed masks, informed people to abide by the SOPs and fined those who have refused to comply. Additionally, in many cities of the province, bazaars and other **public places** were **sealed** due to the lack of adherence to preventive measures, opening on days that have a strict **commercial lockdown** and allowing crowds to gather.

(Dawn)



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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Sindh province struggling with immunisation of children due to COVID



Sindh celebrates **World Immunisation week** every year, to help create awareness in the public about the need of protecting children from **vaccine-preventable diseases** through vaccinations. Due to COVID, many children have missed their routine immunisation and due to **false propaganda** about vaccines in Pakistan such as against the **Polio vaccine** and now the **Coronavirus vaccine**, it is proving to be difficult to reach all children with medical help needed in their early ages. In order to tackle the delay, Jinnah Sindh Medical University (JSMU) with the **Extended Programme on Immunisation, Sindh (EPI)** held a webinar titled '**Myths and facts about immunisation during the pandemic**' to spread legitimate information and elicit a positive response from the public towards vaccination. Additionally, the EPI currently provides **11 antigens against 11 diseases** in Pakistan, which are on the road to eradication from Pakistan if such campaigns are supported by the people.

(Dawn)

Business community of Islamabad and Federal Capital Administration join hands against COVID



President Islamabad **Chamber of Commerce and Industry (ICCI)**, Sardar Yasir Ilyas Khan and Deputy Commissioner (DC), Hamza Shafqaat went on joint visits to multiple markaz and **marketplaces** in the capital, to inspect whether **SOPs** were adequately **being followed**. They focused on whether **shopkeepers and customers** in meat shops, bakeries, grocery stores, food outlets and various other retail shops were taking the current situation of the third wave seriously and **helping curb the spread**. Both ICCI and the DC agreed that **cooperation among all stakeholders** in the city was the best method to control the situation, as force would only lead to resentment. Additionally, both parties were grateful for the other joining hands with them and creating a good example for other provinces to follow, to help themselves as well. Where the ICCI agreed with all measures that the DC had enforced, they requested that during the last week of Ramadan the **business hours** should be **extended**, as citizens would **shop for Eid** and that would help businesses who are already struggling due to the pandemic since its beginning last year.

(Dawn)



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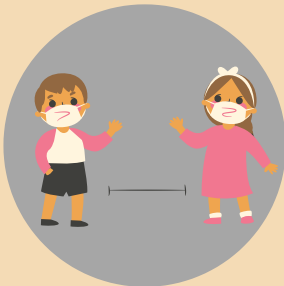
Guide for vaccinated people: Do's and Don'ts



DO



Stay hydrated and take care of yourself.



Wear a mask and social distance around people who have not been vaccinated.



Keep test results or proof of immunity (whatever is required in your country) when you travel internationally.



Avoid medium-large crowds or gatherings, especially if other people are not vaccinated.



DON'T



Participate in heavy or intense exercise right after vaccination



Receive any other vaccines until at least 2 weeks after both your doses of the COVID vaccine.



Go to small or enclosed spaces such as dine-in restaurants or museums.



Take the risk of spreading the virus and put others in danger.

Source: Reader's Digest



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Federating Unit

Sindh		KP	
Mass Vaccination Centers (MCV)	Contact No.	Mass Vaccination Centers (MCV)	Contact No.
Dow Dental, Karachi East.	0317-2608989 0334-1664946	Public Health School, (Lahori) Peshawar.	0333-9117845
Dow Ojha Hospital, Karachi East.	0321-9209920 0334-1664946	TBC, Abbottabad.	0333-5067280
Khaliqdina Hall, Karachi South.	Dr. Aftab (0301-3540427)	DI Khan Police line Hospital, Dera Ismail Khan.	0344-9300068
JPMC Hospital, Karachi South.	Dr. Adnan (0333-3110672)	Tajik Post Graduate Nursing School, Peshawar.	0343-9298076
SG Qatar Hospital, Karachi West.	021-99333476-7 0333-2606993 021-99333474 0322-2552555	Ramadan timings for all mass vaccination centers: Morning Shift: 10 am to 3 pm Evening Shift: 08:30 pm - 12 am (midnight)	
Children Hospital, Central Karachi.	0213-6408933 0213-6408930		
Liaquat University of Medical and Health Sciences, Jamshoro.	022-2115091		
Private Vaccination Centers			
✦ OMI Hospital.			
✦ Ziauddin Hospital.			
✦ South City Hospital.			
✦ Tabbha Heart Institute.			
✦ Indus Hospital.			
✦ Hashmanis Hospital.			



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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](#)



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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