

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, Accountability Lab Pakistan (ALP) with 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 aims to debunk rumours, conduct regular fact-checking, synthesize data, and convene virtual forums to produce informative bulletins each week. These bulletins will 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 with a focus particularly on Khyber Pakhtunkhwa and Sindh. These bulletins will be translated into Urdu and Sindhi and published on a weekly basis, with audio transcriptions in Pashto. They will be shared with stakeholders, local government leaders, media, CSOs, humanitarian organizations and others. They will also have a dedicated web-page, be shared widely on social media, and be aired on local community radio stations.

### Current Situation of COVID-19 in Pakistan

<b>Total Confirmed Cases</b> 340,251	<b>Total Active Cases</b> 16,242	<b>Total Deaths</b> 6,923	<b>Total Recoveries</b> 317,086
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Provinces	Confirmed Cases	Active Cases	Deaths	Recoveries
Azad Jammu&Kashmir	4572	960	107	3505
Balochistan	16033	221	152	15660
Gilgit Balistan	4332	170	92	4070
Islamabad	20967	2166	231	18570
Khyber Pakhtunkhwa	40148	995	1287	37866
Punjab	105856	5917	2390	97549
Sindh	148343	5813	2664	139886

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



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# Fact

# Myth



Common myths around Covid-19 that have been circulating at both the national and international level have come into focus in the past few months of the pandemic.

**Antibiotics are effective in preventing and treating the coronavirus**

Covid-19 is caused by a virus, not a bacteria. Antibiotics are only effective against bacterial infections, therefore cannot be used to treat viruses such as Covid-19. Some patients with COVID-19 may also develop a bacterial infection, such as pneumonia. In that case, a healthcare professional can give the patient an antibiotic to treat the bacterial infection, but not to treat Covid-19.

**MYTH**



**FACT**



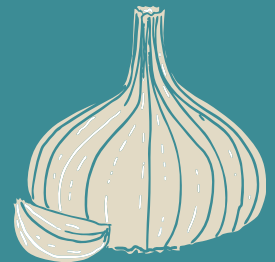
**Inhaling steam cannot cure or prevent coronavirus**

Steam therapy can help thin mucus to give some relief when you have a cold or flu but there are no scientific studies showing evidence of its usefulness. In fact, inhaling hot steam for a long period of time can cause burns and damage to your airways, and should only be taken with caution.

**Eating garlic can help prevent infection from coronavirus**

Garlic is a healthy food that is known to have antimicrobial or germ-fighting properties: garlic contains compounds that can boost your immune system, enabling your body to prevent or reduce the severity of certain viruses such as the flu or common cold. However, there is currently no scientific evidence that eating garlic can protect people from the coronavirus.

**MYTH**



Source: WHO, Scientific American, NPR.



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## Pakistani women at a crossroads - and how to report violence against women

The lockdown brought with it an 'unseen pandemic' of domestic violence, which was happening in many homes of Pakistan, not known to most. According to the Sustainable Social Development Organization (SSDO), there has been a **200% increase** in the cases of violence against women in Pakistan during the period (**March to May 2020**) of the lockdown. Government officials reported a **25% increase** in domestic violence incidents during the lockdown across the eastern Punjab province alone, with **3,217 cases between March and May 2020** (DW News). In response to the heightened tensions of domestic violence during times of Covid-19 in Pakistan, several measures have been introduced.

Pakistan's Federal Ministry of Human Rights (MoHR) provides a **helpline at 1099** to report cases of domestic violence. The United Nations Population Fund and Rozan launched tele-psychosocial services for women facing violence in Pakistan. According to Rozan, an Islamabad-based non-government organization, the helpline was launched **to help the survivors of gender-based violence and women and girls in abusive situations during the coronavirus quarantine**. "There will be a special focus on women and children's needs during this time". During the lockdown, **910 women & 802 men** were reported to have received psychosocial support from **Rozan's Counselling Helpline** (Mashable Pakistan). Women and girls victims of gender based and/or domestic violence can still reach Rozan for telephonic counseling at their helpline **0304-111-1741**, from **10 am to 8 pm, Monday to Sunday**.

### How to report COVID-19 SOP violations directly to NCOC:

In light of the rising rate of infections in Pakistan (**1313 in the last 24 hours**), coupled with continued violations of SOPs, Federal Minister for Planning Asad Umar launched a **Whatsapp number (0335-3336262)** through which the public can directly report such violations to National Command and Control Center (NCOC). If you come across any such violation, follow this straightforward process to report it to NCOC:

1. Take a picture of the violation of SOPs for example:

- \_\_\_ not wearing masks
- \_\_\_ not maintaining social distancing
- \_\_\_ overcrowding in public places

2. Write a brief description of the violation.

3. Mention the location, date, and time, as well as the tehsil/district/city in the message.

4. Finally, send the picture along with its location, date and time, and a brief account of the event to the Whatsapp number **0335-333-6262 (0335333NCOC)**.

If you are unsure of what constitutes an SOP violation at a certain event, please consult NCOC's website, which provides detailed documentation on all SOP guidelines for public spaces and events, including religious congregations, mass gatherings, marriage halls, educational institutes, airports, beauty parlor, parks, restaurants, etc.



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## Pakistani's traveling to Dubai, ensure that your coronavirus test is accepted!

Emirates airline has announced that it will not accept Pakistani travelers' coronavirus tests from just any lab in Pakistan, but only from certain ones (**from a list of 133 approved centers**). Pakistani travelers to Dubai must make sure they get tested from one of the UAE approved labs, or could be denied entry into Dubai. The following are the approved public sector facilities you can get tested at.

### ISLAMABAD

- National Institute of Health (NIHS)
- Pakistan Institute of Medical Sciences (PIMS)

### RAWALPINDI

- Medical University (Holy Family)
- Benazir Bhutto Hospital
- Rawalpindi Institute of Cardiology

### PUNJAB

- AIDS Control Program & Hepatitis Lab
- Punjab Forensic Science Auth Lab
- Jinnah Hospital
- Pakistan Kidney and Liver Institute (PKLI)
- Lahore General Hospital
- Center for Applied Molecular Biology (CAMB)
- University of Veterinary and Animal Sciences (UVAS)
- Lahore TB Program (BSL-3)
- Institute of Public Health (IPH)

### KARACHI

- Dow University
- Panjwani Centre for Molecular Medicine and Drug Research (PCMD)
- Liaquat National Hospital
- Civil Hospital
- Jinnah PG Medical Institute
- Sindh Institute of Urology and Transplantation (SIUT)
- Civil Hospital North Karachi
- National Institute of Blood Disease & Bone Marrow Transplantation (NIBD)

[Approved labs are also available](#) in Wah, Multan, Faisalabad, Wazirabad, Bahawalpur, DG Khan, Muzaffargarh, Sargodha, Sialkot, Hyderabad, Sehwan, Sukkar, Larkana, Abbottabad, Sawat, DI Khan, Bannu, Mardan, Swabi, Chitral, Gwadar, Mirpur, Rawalakot, Gilgit and Skardu, among others (Khaleej Times). [Refer to the official testing facilities on the government of Pakistan's website for a full list of approved public testing facilities.](#)



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## Where can I get tested?

### Karachi

#### Aga Khan University Hospital

Stadium Road, Karachi

#### Dow Medical Hospital

Ojha Campus

Suparco Road, Karachi

#### Indus Hospital

Opposite Darussalam Society, Korangi Crossing, Karachi

### Multan

#### Nishtar Hospital

Nishtar Road,

Justice Hamid Colony, Multan

### Rawalpindi

#### Armed Forces Institute of Pathology

Range Road

CMH Complex, Rawalpindi

### Hyderabad

#### Liaquat University of Medical and Health Sciences (LUMHS)

Liberty Market Roundabout, Near

Liaquat University Hospital

Hyderabad, Sindh.

### Islamabad

#### National Institute of Health

Park Road

Chak Shahzad, Islamabad

### Khairpur

#### Gambat Institute of Medical Sciences

Gambat, Khairpur, Sindh

### Abbottabad

#### Public Health Lab Ayub Teaching Hospital

Mansehra Road. Abbottabad, Khyber Pakhtunkhwa

#### Shaheena Jameel Hospital

Abbottabad . N-35

### Quetta

#### Fatima Jinnah Hospital

Bahadurabad, Wahdat Colony, Quetta

### Peshawar

#### Khyber Medical University

Phase 5, Hayatabad, Peshawar, KP

#### Hayatabad Medical Complex

Phase-4 Phase 4 Hayatabad,

Peshawar, Khyber Pakhtunkhwa

### Lahore

#### Punjab AIDS Lab

PACP Complex 6 - Birdwood Road, Lahore

#### Shaukat Khanum Memorial Hospital

7A Block R-3 M.A. Johar Town, Lahore

For more cities visit the [COVID-19 Health Advisory Platform](#)

Coronavirus CivActs Campaign is brought to you by  
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To receive our  
regular updates  
through WhatsApp

1. Add our number **+27 60 080 6146** as a contact.
2. Send the word "**Pakistan**" as a message on WhatsApp.



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