

MONTHLY NEWS BULLETIN

A publication of Accountability Lab Pakistan

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KP COVID-19 STATISTICS

Confirmed Cases

132,549



Deaths

4,073



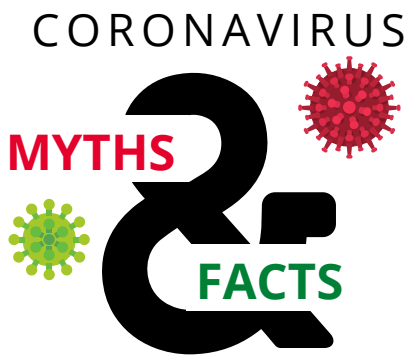
Recoveries

123,131



Building COVID-19 Community Resilience with Female Leaders

Accountability Lab Pakistan has recently launched a project on "Building COVID-19 Community Resilience with Female Leaders in District Haripur", with financial support from the Australian High Commission Pakistan under its Direct Aid Program (DAP). The Lab shall implement the project in collaboration with the Department of Health and the Department of Rural Development & Local Government Khyber Pakhtunkhwa. The project primarily aims to identify and debunk rumors, expose misinformation and conspiracy theories regarding COVID-19 through sharing validated and factual information gleaned from the credible sources of the Government of Pakistan and other organizations like the WHO. The project also intends to convey information to the public on COVID-19 and other important government decisions, community feedback, concerns, and updates with a women-centric lens. The goal is to encourage mass awareness among the community, through capacity building of Women Local Government Representatives and Leaders, who have taken on the responsibility of supporting their communities to fight the pandemic.



FACT: Pregnant women are encouraged to get vaccinated against COVID-19

As Pregnant women are at a higher risk with COVID-19, they are encouraged to get vaccinated. There are no extra side-effects found for pregnant women, which other individuals do not experience. Additionally, it is said that the immunity given through the vaccine is passed on to the child after birth and through breastfeeding.

MYTH: The COVID-19 vaccines cause infertility in men and women.

The COVID-19 vaccines produced have falsely been linked to causing infertility. There are no such reports found, nor are there any ingredients used that have such side effects. The use of the vaccines does not alter any aspect of our body, it simply helps our immune system is being prepared to respond to the virus by building antibodies beforehand. These antibodies do not perform any other activities and do not negatively affect any process our bodies undergo.

FACT: A new study finds children's innate immune system protects them from severe COVID-19.

Rumours have been spread of the COVID-19 vaccines giving people extreme symptoms or causing eventual death. None of these are true, the vaccine is safe to use for all, except for those who have specifically been excluded due to their previously existing medical conditions. It is normal for some people to experience COVID-like symptoms such as fever, body aches, etc but they do not last longer than a few weeks and do not need medical attention.

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

A viral post on social media claimed that an Indian boy had found the at-home cure for the coronavirus, which was also allegedly supported by the WHO. This is untrue. No cure has been found for COVID-19, even by medical experts. There are COVID-vaccines that can be taken in order to boost protection, but no specific medicine can cure a COVID patient. It is best to stay vary about information seen on social media unless a credible source is quoted.

FACT: The COVID-19 vaccines do not have dangerous side-effects.

It has been found that when compared to adults, children have a faster immune system response to the Coronavirus. Due to this innate ability, children are less likely to contract COVID-19 and if infected, have a higher chance of remaining asymptomatic. Children are able to develop an immune response if they have prolonged exposure to an infected individual. Parents should be relieved by this news, but should also continue to be cautious and follow precautionary measures as best as they can.

MYTH: People with diabetes, blood pressure or kidney issues should not get vaccinated.

It is safe for all individuals, except for those with existing immune-deficiency diseases or severely compromised immune systems, to get vaccinated. This includes those with existing medical conditions such as diabetes, blood pressure, and kidney issues because while these may be aggravated by other medications, they are not aggravated by the vaccine. Additionally, the vaccine will help prevent severe symptoms of COVID which may put such individuals at added risk.

COVID-19 HEALTH UPDATES

Following is brief information about the five vaccines approved by the Ministry of Health so far in Pakistan:



Sinovac

Developed by the Chinese company Sinovac Biotech, CoronaVac/Sinovac, is an inactivated virus COVID-19 vaccine. It relies on traditional technology similar to Sinopharm and is 67% effective in preventing symptomatic infection.

Sinopharm

The Sinopharm vaccine has been developed by the Beijing Institute of Biological Products (BBIP). It is a chemically-inactivated whole virus vaccine for Covid-19 and has an efficacy of 79.34%.



Sputnik V

Developed by Russia's Gamaleya Research Institute of Epidemiology and Microbiology, Sputnik V is a viral vector vaccine for COVID-19. It has a 91.6% efficacy without unusual side effects. According to the manufacturer, Sputnik V is one of the three vaccines in the world with an efficacy of over 90%.

CanSino (AD5-nCOV)

Developed by the Chinese military and Tianjin-based CanSino Biologics, it is a single-dose viral vector COVID-19 vaccine. It has a 65.7% efficacy in preventing moderate symptoms of Covid-19, and 91% efficacy in preventing severe disease.



AstraZeneca

Was developed by the UK and German resources. It has an effectiveness of about 62% in preventing symptomatic COVID-19 disease beginning two weeks after the second dose. The vaccine has been associated with an increased risk of blood clots in combination with low levels of blood platelets. Hence, the Ministry of National Health Services in its guideline has said that the vaccine must not be used for adults below 40 years of age (pending safety data), people with a history of severe allergic reaction to any component (e.g polysorbate) of the vaccine formulation, those having active GI bleeding disorder or seizures as well as those with a history of immune disorders amongst other conditions.



Source: Dawn / CDC

REGISTRATION PROCESS FOR COVID-19 VACCINATION

Citizens (40+) - Register yourself and just walk-in to the nearest centre for vaccination.

Citizens (30-39) - Registration has started from 16th May. Vaccination centre and date will be communicated through SMS once vaccine administration will start for your age group.

Citizens (19 - 29) - Registration has started from 27th May. The vaccination center and date will be communicated through SMS once vaccine administration will start for your age group.

Registered HCWs - Vaccination centre and date will be communicated through SMS to registered HCWs as per schedule. Visit covid.gov.pk/vaccine to register.



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

Find the **Vaccination** centre



Request another vaccination centre if needed

Receive an **Appointment**



Visit the **Vaccination** Centre

CNIC and **PIN** code verification



Get **Vaccinated**

VACCINATION STATISTICS IN PAKISTAN



PARTIALLY VACCINATED

3,180,246



FULLY VACCINATED

1,513,144



TOTAL DOSES
ADMINISTERED

6,130,509

COVID-19 CURRENT NEWS

Mansehra see's drop in COVID positivity rate

Authorities have credited the control over positivity rates in Mansehra to the lockdowns enforced on Chaand Raat and Eid. Deputy Commissioner Dr. Qasim Ali Khan lauded Assistant and Additional Assistant Commissioners for their efforts and stated that they had remained awake and alert throughout Chaand Raat to ensure that citizens did not go against the lockdown. Additionally, he had praised the police department, Kaghan Development Authority, and the tehsil municipal administrations of Oghi, Mansehra, Balakot, and Baffa-Pakhal for their strict implementation of lockdown measures and ensuring of public safety. All tourists and police vehicles were also asked to return as tourist areas of Kaghan valley and Shogran among others were closed down.

(Source: Dawn)

Additional Vaccination centers planned for Islamabad

After receiving complaints of problems in current centers and a need felt on the basis of capacity, the Capital is planning to open more vaccination centers, including Mass Vaccination centers. Since the start of the vaccination system opening, people of relevant age groups have registered on the number 1166 and received their dates and centers. However, at the centers, people were often turned away before the actual decided time of closure or were told to come at certain times only, even though no official had announced such a change in timings. In the case of PIMS hospital, they have addressed that tokens are issued till 11 AM only as about 700-1000 people are accommodated in that time, and it will not be possible to finish vaccinating them by closing time if they continue to take additional tokens throughout the day.

(Source: Dawn)

THE 'PUBLIC VOICE'



COVID's impact on women in Pakistan

Women were among the most vulnerable groups of people in Pakistan, during the pandemic. Not only in terms of having a lack of access to information and aid, but they were also susceptible to domestic violence and lack of treatment for COVID. As the first wave hit, much of the information on how women were impacted was unavailable. But as the second wave came, more and more data was being collected and released discussing the number of women affected by COVID and domestic violence, which spiked by 25% at the time. Pregnant women were distressed due to a lack of access to pre and post-natal care services. Additionally, there was a significant difference between the number of men and women being tested for COVID, which led to many women remaining untreated.

The full article can be accessed at [AL Website](#), with an Urdu Version also available.

PROJECT UPDATES

Building COVID-19 Community Resilience with Female Leaders in District Haripur

MoU signed with department of health KP

An MoU was signed between Health Department, Government of Khyber Pakhtunkhwa and Accountability Lab Pakistan to collaborate on the Strengthening Community Resilience to COVID-19 to address the immediate threat and longer-term implications of the COVID-19 pandemic for the most vulnerable populations of Pakistan



Mou signed with local government and rural development department

Accountability Lab Pakistan signed an MoU with the Government of KP to jointly counter misinformation and push out verified information around COVID-19.



Identification of 45 women leaders in 9 UCs of Haripur

Under the project "Building COVID-19 Community Resilience with Female Leaders", in district Haripur, 45 female leaders have been identified and selected from 9 UC's of Haripur for training on community resilience against COVID-19.