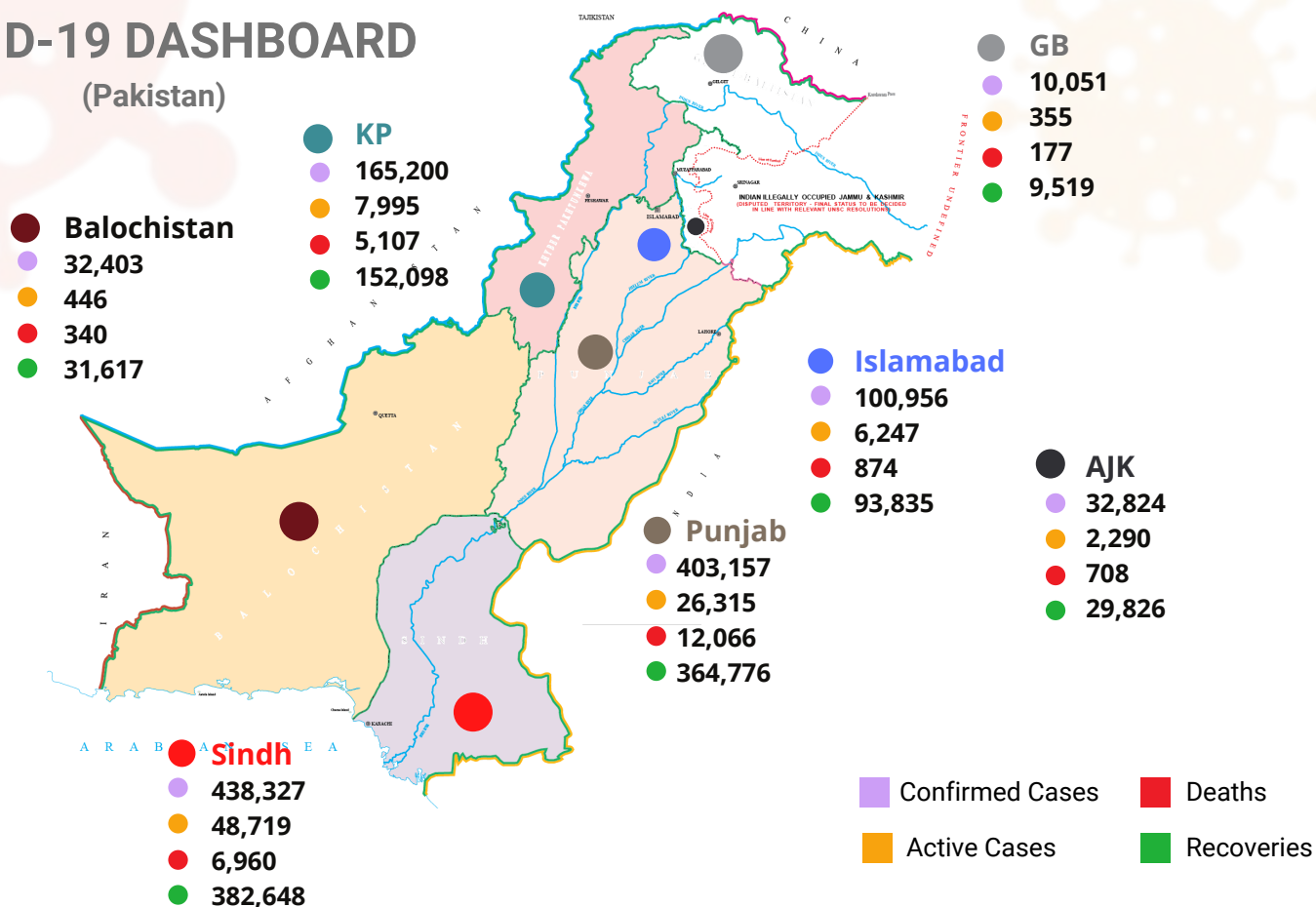


The Accountability Lab Pakistan (ALP), with the financial support of the European Union and technical support from The Asia Foundation (TAF) Pakistan and the Department of Health, Khyber Pakhtunkhwa, has officially launched the Coronavirus CivActs Campaign (CCC) under the project 'Strengthening Community Resilience to COVID-19'. This campaign debunks rumours, fake news and misinformation related to COVID-19, conducts fact-checking, synthesizes data, and produces weekly bulletins for mass awareness. This includes important government decisions and vaccination drives, community feedback and concerns, and other questions from the ground around health and other COVID-19 related issues. The goal is to increase awareness among the most vulnerable groups in Pakistan (including but not limited to ethnic and religious minorities, transgender persons, persons with disabilities) and other marginalized communities with a focus on Khyber Pakhtunkhwa and Sindh. These bulletins are translated and disseminated in Urdu and other regional languages such as Pashto (audio version only) & Sindhi to reach far and wide to help citizens build resilience and fight against the pandemic. The bulletins are also shared with a range of stakeholders from the general public, to government departments, donors, CSOs and humanitarian networks via online and offline means.

## COVID-19 DASHBOARD

(Pakistan)



Confirmed Cases

1,182,918



Active Cases

92,367



Deaths

26,232



Recoveries

1,064,319



Source : covid.gov.pk



Funded by  
the European Union



The Asia Foundation

## Vaccination Statistics

Partially Vaccinated

**47,054,090**

LAST 24 HOURS: 789,537



Fully Vaccinated

**19,427,419**

LAST 24 HOURS: 397,576



Total Doses Administered

**61,724,580**

LAST 24 HOURS: 1,188,432



Source :ncoc

## Myths vs Facts



Keto diet is a diet that has low carbs and high fats. Like most countries it is also popular among people in Pakistan. There has been talk of considering it as a good diet for COVID-19 patients since it evidently improves the immune system. However, this is not true. Firstly, its effect on the immune system was studied on animals. Secondly, it will only be given to critical patients, if it proves to be beneficial in upcoming experiments. In short, there is no proof that keto diet could treat or prevent Coronavirus. In fact, healthy people should take a balanced diet, get vaccinated and follow precautionary measures to prevent getting the virus.

Source : [Medical News Today](#)

Scientists studied data on the rate of transmission of COVID-19 from some countries over a period of one year and found that it followed the same seasonal pattern as influenza (flu) in specific climates. We know that the flu virus tops during winters in temperate regions and during rains in tropical climates. Surprisingly, scientists found that COVID-19 rates showed a similar pattern. It increased during the winter season when humidity and temperature were low in temperate climates. Whereas in tropical climates, it topped when humidity is high during summer monsoon rains. Hence, it was stated that COVID-19 rates decreased when there was "bright sunshine and fast evaporation" and vice versa. It is important to remember that weather and climate is just one of the many factors. This means we should still be careful on sunny and dry days

Source : [Guardian](#)

Funded by  
the European Union



The Asia Foundation

## Authorities to introduce a mobile application for emotional health of frontline COVID-19 health workers

Authorities stated that an application called "MyCare+" would be launched. Through this app, frontline health workers can keep a track of emotional health. According to the announcement, the application will allow them to assess stress conditions, monitor stress, manage stress, exclude other conditions, and ask for help from mental health specialists.

Frontline health workers are susceptible to a lot of stress, from taking care of COVID-19 patients to protecting themselves from the infection. Sadly, if stress is not managed properly it can result in some mental and physical health problems in the long run. Therefore, the step taken is appreciable as it will allow health workers to maintain and prioritise their mental and emotional wellbeing. This will motivate them to carry out their duties and improve the quality of our healthcare system in return.

Source : [Dawn](#)

## Saudi Arabia approves Sinovac, Sinopharm vaccines

Saudi Arabia added Sinovac and Sinopharm into its list of approved vaccines. This is good news since many Pakistanis have been vaccinated with Chinese made vaccines and now all Pakistanis that work in Saudi Arabia can easily enter the country. However, it is important to note that Saudi authorities still require vaccination with a booster dose of any of the other previously approved vaccines. Moreover, the country has allowed entry of fully vaccinated expatriates from Pakistan.

Source : [Gulf News](#)

## COMMON SIDE EFFECTS AFTER COVID-19 VACCINATION



Headache, body  
ache or Flu



Pain at site of  
injection



Diarrhea



Fever or  
Shivering



Funded by  
the European Union



The Asia Foundation

## NCOC decides to allow booster shots for outbound international travellers

From September 1st onwards, travellers wanting to travel abroad can get booster shots. The shots will be administered at special vaccination centres (which will be later announced by the government). Moreover, the price of these additional vaccines is set at Rs. 1270 which can be paid through all branches of National Bank of Pakistan (NBP).

This development is applauded since a lot of Pakistani travellers were facing a lot of misery. The countries they had to travel to, required getting inoculated with expensive booster shots of other vaccines. Now, they can easily get vaccinated at a reasonable price, while being in Pakistan.

Source : [Pakistan Today](#)

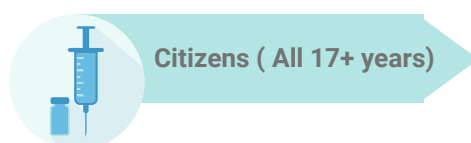
## Vaccination to be opened for 17-year-old youngsters from September 1st

Government has announced that the vaccination process will be expanded to all citizens aged 17 years. Prior to this, inoculation was open for ages 18 and above. It was encouraged that 17-year old's should get the first jab by September 15 and the second jab by October 15th. Those who won't comply will be forbidden to enter premises of educational institutions.

It was also stated that soon people with weak immune systems would get special jabs at specific locations.

Source : [Tribune](#)

## Registration Process for COVID-19 Vaccination



SMS your CNIC number to **1166** from any mobile number (that may not necessarily be yours) or visit **[nims.nadra.gov.pk](https://nims.nadra.gov.pk)**



After sending your CNIC to 1166, just walk in to the nearest vaccination center in your district along with your **original CNIC** and get yourself vaccinated.



Funded by  
the European Union



The Asia Foundation

## Major vaccination centers in KP and Sindh

### KP

#### Peshawar

- |                        |             |
|------------------------|-------------|
| • RHC Regi             | 03335042588 |
| • MCHC Mattani         | 03459146891 |
| • Public Health School | 03339611020 |

#### Charsadda

- |                     |             |
|---------------------|-------------|
| • BHU Muhammad Nari | 03045270647 |
| • DHQ Charsadda     | 03339015031 |
| • RHC Battagram     | 03149160346 |

#### Mardan

- |                          |             |
|--------------------------|-------------|
| • DHQ Hospital Mardan    | 03005921350 |
| • Mardan Medical Complex | 0333929881  |
| • THQ Takht Bhai         | 03339191353 |

#### Swabi

- |                |             |
|----------------|-------------|
| • BHU Jhanda   | 03005921350 |
| • BHU Kotha    | 0333929881  |
| • CH Kalu Khan | 03339191353 |

#### Haripur

- |                        |             |
|------------------------|-------------|
| • CD Kot Najibullah    | 03059349975 |
| • Civil Hospital KTS   | 03330928292 |
| • DHQ Hospital Haripur | 03155046070 |

### Sindh

#### Sukkur

- |                             |              |
|-----------------------------|--------------|
| • IHS Hospital Labour Flats | 0715811532   |
| • TH PANO AKIL              | 0715690500   |
| • TH ROHRI                  | 0333 7128627 |

#### Khairpur

- |                           |             |
|---------------------------|-------------|
| • Ranipur                 | 03347382264 |
| • Thari Mir Wah           | 03333960839 |
| • Taluka Hospital Kotdeji | 03013582910 |

#### Shikarpur

- |                          |             |
|--------------------------|-------------|
| • 9. R.H.C. Sultan Kot   | 03337577008 |
| • 30. R.H.C. Khanpur     | 03003131100 |
| • 32. R.H.C. Garhi Yasin | 03453945330 |

#### Jacobabad

- |                            |             |
|----------------------------|-------------|
| • CIVIL Hospital Jacobabad | 03337341698 |
| • Taluka Hospital Thul     | 03335765590 |
| • RHC Garhi Hassan         | 03003174277 |

#### Larkana

- |                        |             |
|------------------------|-------------|
| • T.H.Dokri            | 03337517256 |
| • CMC Hospital Larkana | 03337533685 |
| • Ratodero             | 03453852452 |



Funded by  
the European Union



The Asia Foundation

## Where can I get tested?

<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 [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**.



Funded by  
the European Union



The Asia Foundation