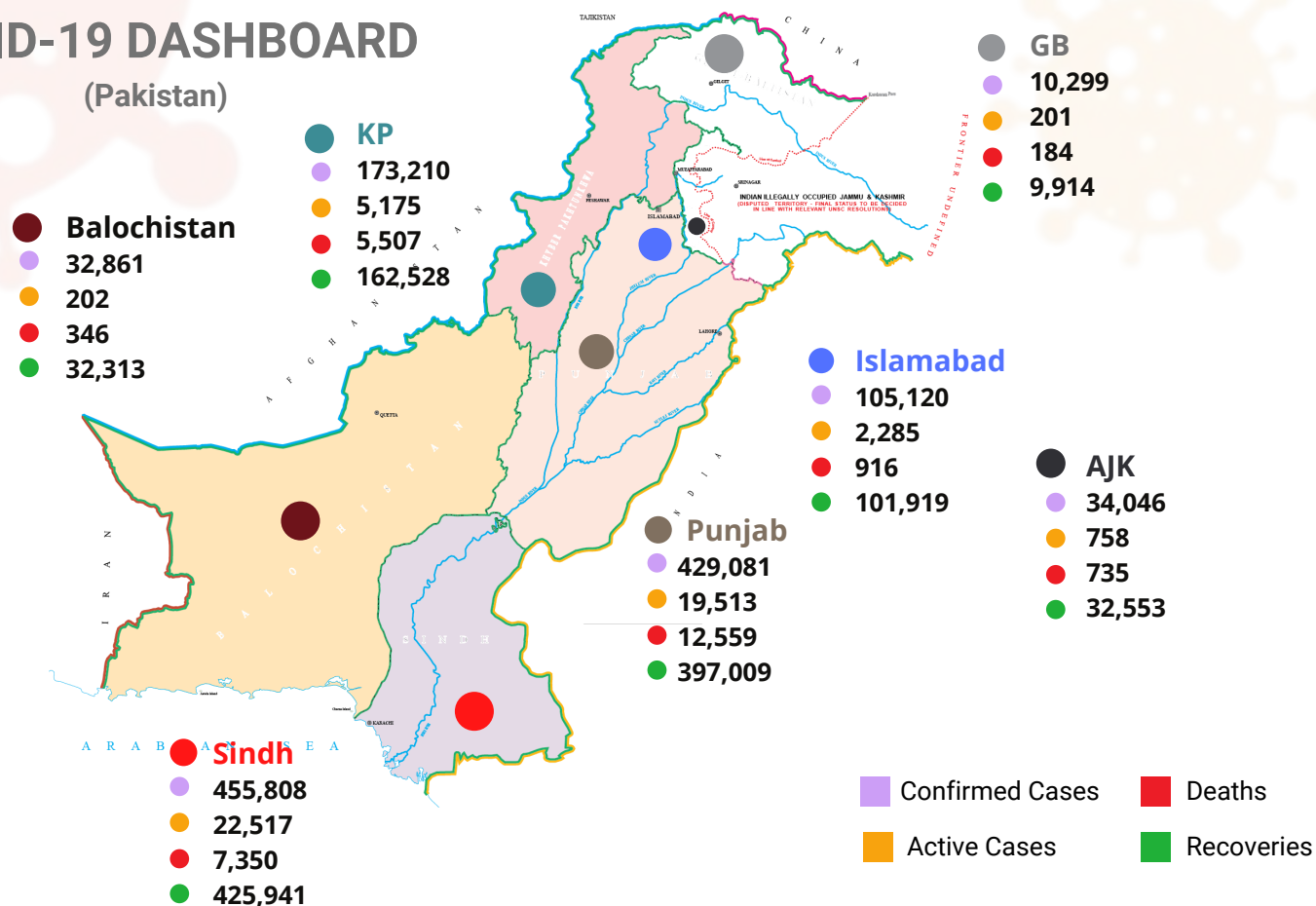


The Accountability Lab Pakistan (ALP), with the financial support of the European Union and technical support from The Asia Foundation (TAF) Pakistan and the Department of Health, Khyber Pakhtunkhwa, has officially launched the Coronavirus CivActs Campaign (CCC) under the project 'Strengthening Community 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
1,240,425



Active Cases
50,651



Deaths
27,597



Recoveries
1,162,177



Source : covid.gov.pk



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Vaccination Statistics

Partially Vaccinated

56,229,457

LAST 24 HOURS: 345,202



Fully Vaccinated

25,493,964

LAST 24 HOURS: 307,872



Total Doses Administered

76,141,484

LAST 24 HOURS: 623,473



Source : [ncoc](#)

Myths vs Facts



This is incorrect. The logic given behind this is that donating blood impairs our immunity, making us more susceptible to the virus, however, no evidence has been found supporting the claim that COVID-19 can be transferred through blood transfusions. Loss of blood can lead to a temporary drop in some immune cells, however, this does not increase the likelihood of contracting the virus.

Source : [NCBI](#)

According to the World Health Organization (WHO), COVID-19 has been mutating in countries with large unvaccinated populations. Moreover, it may continue to do so like other viruses for instance, like flu. Examples of such mutations is the Delta-variant which differs from country to country and has symptoms different from others. Medical specialists and scientists are anxious for eradicating the virus as people still refuse to get vaccinated. However, it is still believed that if the spread of the virus is sustained and most of the population gets vaccinated, COVID-19 might not be such a huge threat in the near future.

Source : [CNBC](#)



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Fourth wave of COVID-19 declines in Pakistan

According to the National Command & Operation Centre (NCOC), Pakistan's positivity rate dropped below 5% in the past two months as a result of mass vaccinations and restrictions on social gatherings. As a result of these advancements, the government of Sindh has relaxed its COVID-19 restrictions, with effect from September 16th till September 30th, to see if there is any change in the positivity rate. Indoor dining is allowed in restaurants with 50% occupancy till midnight, however, it will be banned to citizens who fail to produce their vaccination certificates. Markets and businesses are permitted to operate with 50% occupancy till 10PM. Similarly, 70% occupation will be allowed in railway services, subject to the fulfillment of two conditions: following COVID-19 SOPs, and a fully vaccinated staff. Cinemas will continue to remain closed in the entire province.

Source: [Business recorder](#)

Sindh to administer free Pfizer additional shots to healthcare workers

The government of Sindh has decided that since its health care workers are constantly exposed to the virus as a result of the continuously high positivity rate in the province, they will be inoculated with free Pfizer booster shots. This came as a precautionary measure as these extra doses will increase the health care staff's immunity to the virus and make them less vulnerable to the COVID-19 virus.

Source: Senior Technical Officer, Government of Sindh

COMMON SIDE EFFECTS AFTER COVID-19 VACCINATION



Headache, body
ache or Flu



Pain at site of
injection



Diarrhea



Fever or
Shivering



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Pakistan launches “Wear a Mask, Protect Pakistan Campaign”

Dr. Faisal Sultan, Special Assistant to the Prime Minister on Health, launched a campaign in collaboration with the World Health Organisation (WHO) which aims at highlighting the importance of following the COVID-19 SOPs. Since this pandemic has been going on for two years, people have started to normalize it, making themselves reluctant to wear a mask at all times. This campaign was launched to tackle this issue and reaffirm that as long as we are facing COVID-19, wearing a mask is the most basic necessity in our daily lives. Dr. Sultan clarified that getting vaccinated, practicing social distancing and wearing masks will reduce the spread of COVID-19, and he further emphasized that if we all play our parts honestly, we can overcome this pandemic. Through this campaign, masks are being distributed to all the federal and district health authorities, including National Institute of Health (NIH), the Pakistan Institute of Medical Sciences (PIMS), Health Services Academy (HAS) and Islamabad police, and will be distributed in other public places as well.

Source: [Gulf News](#)

Restrictions eased in Peshawar, Swabi and Haripur along with other 15 districts

The stricter restrictions in 24 districts of the country that were imposed due to a huge pressure on critical care, hospital admissions and oxygen requirements, have been lifted following an improvement in COVID-19 positivity rate in the 18 districts. However, in the 6 districts of Lahore, Faisalabad, Gujrat, Sargodha and Bannu, the positivity rate was still higher, leading to NCOC extending the added restrictions till there is a significant improvement in the COVID-19 situation. Schools are reopening in the entire country with 50% attendance, outdoor dining is allowed until midnight, gyms and amusement parks are opened for fully vaccinated citizens and public transport restrictions have been lifted allowing for inter-city transport with 50% occupancy. Asad Umar, Chairman NCOC, has made it clear that although the situation is improving in the country, it is only due to mass vaccination, and that no unvaccinated citizen will be allowed to travel by air, public transport, railway services or enter shopping malls after 30th September.

Source: [Gulf News](#)

COVID-19 Vaccination

15 to 18 year old citizens are now eligible to get vaccinated.
These citizens will get the  vaccine

Process for registration:

Citizens (All 15+ years)

SMS your CNIC number/ B form to **1166** from any mobile number (that may not necessarily be yours) or visit 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.



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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 |



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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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