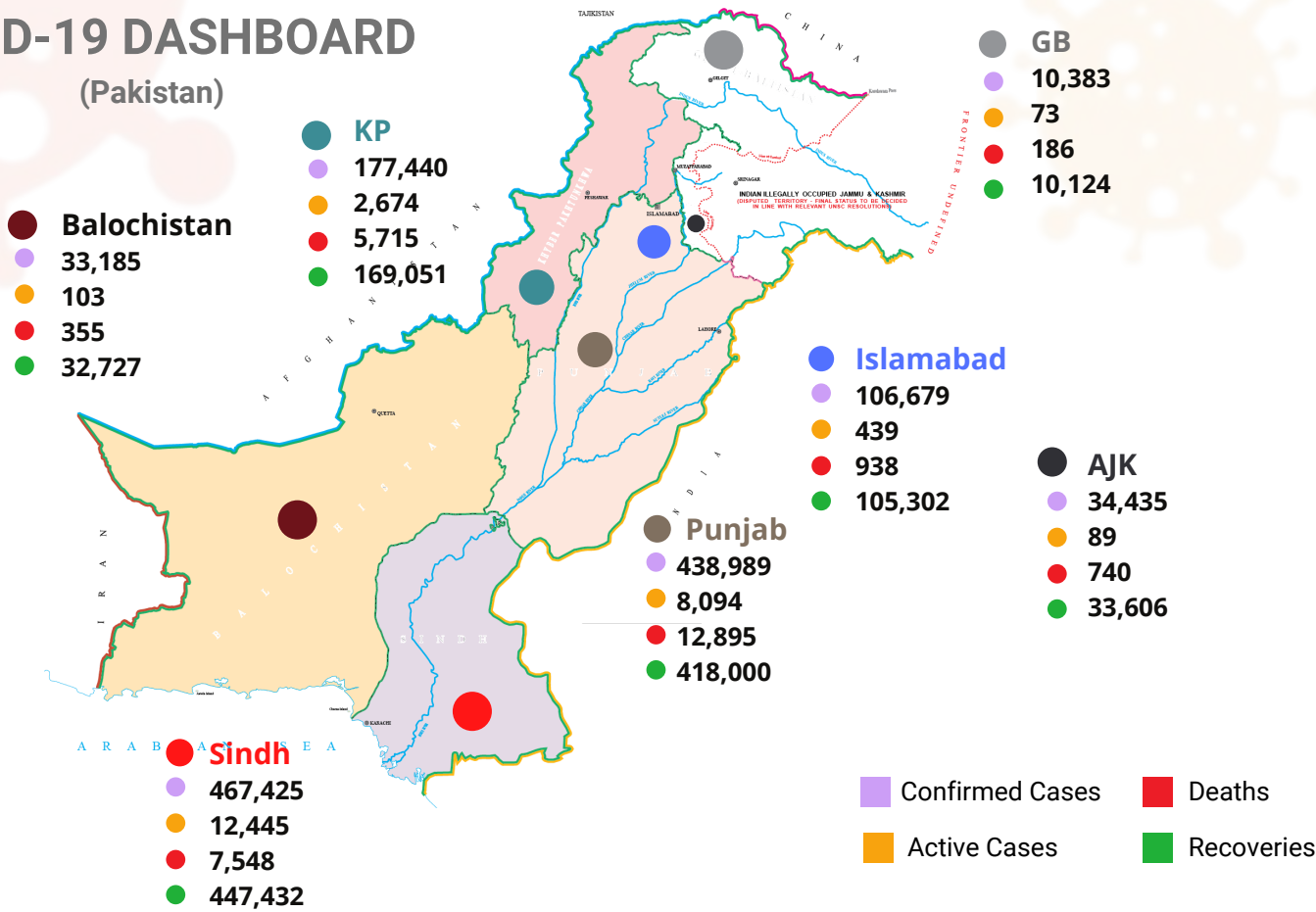CIVIC ACTION TEAMS

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)

**GB**
- 10,383
- 73
- 186
- 10,124

**KP**
- 177,440
- 2,674
- 5,715
- 169,051

**Balochistan**
- 33,185
- 103
- 355
- 32,727

**Islamabad**
- 106,679
- 439
- 938
- 105,302

**AJK**
- 34,435
- 89
- 740
- 33,606

**Punjab**
- 438,989
- 8,094
- 12,895
- 418,000

**Sindh**
- 467,425
- 12,445
- 7,548
- 447,432

Legend:
- Confirmed Cases
- Active Cases
- Deaths
- Recoveries

| Confirmed Cases | Active Cases | Deaths | Recoveries |
|---|---|---|---|
| 1,268,536 | 23,917 | 28,377 | 1,216,242 |

*Source : covid.gov.pk*

# Vaccination Statistics

| Partially Vaccinated | Fully Vaccinated | Total Doses Administered |
|---|---|---|
| **68,666,464** | **38,596,890** | **100,741,762** |
| LAST 24 HOURS: 361,718 | LAST 24 HOURS: 383,426 | LAST 24 HOURS: 725,175 |

*Source :ncoc*

# Myths vs Facts

**MYTH**
**COVID-19 vaccines can alter our DNA**

**FACT**
**Drugs used in antiretroviral treatment for HIV are not effective against COVID-19**
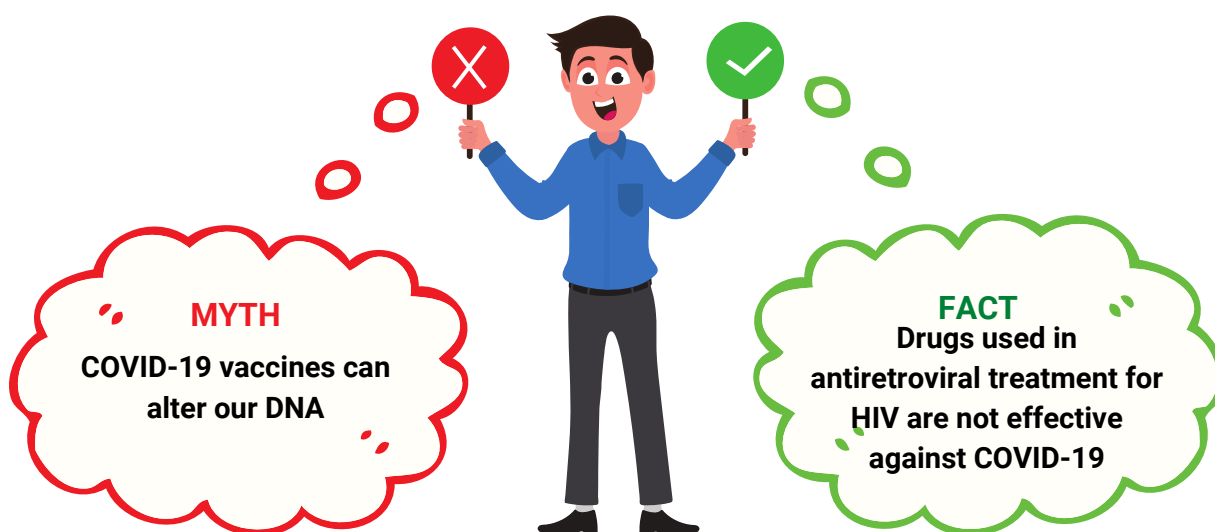
In Pakistan, there is a widely held myth that getting a COVID-19 vaccine would alter the DNA of the recipient, which is causing vaccine hesitancy among the public. People refuse to get the Messenger RNA (mRNA) vaccines like Pfizer (the only vaccine available for children aged 12-17) and Moderna for this reason. There is no scientific basis for this belief because the vaccine only instructs our body to create antibodies against coronavirus, and the messenger RNA leaves the body as soon as the job is done. The mRNA never comes into contact with our DNA, thus it is incapable of altering the DNA.

*Source: MUHealth*

There has been a lot of false information circulating regarding potential treatments for COVID-19, including different kinds of remedies which have not been endorsed by the medical community. One such theory making the rounds is that drugs used in antiretroviral treatment for HIV can also be used to to treat patients diagnosed with COVID-19. Relying on heresy when it comes to seeking medical treatment can pose serious health risks. As is the case for any disease, it is important to consult a physician regarding the management of COVID-19.

*Source: Avert*

## 84% eligible population has been partially vaccinated in Islamabad

Islamabad is the first city of Pakistan where 84% of residents who are eligible for receiving the COVID-19 vaccination, have been vaccinated. This is a big step towards creating herd immunity in the Capital and reducing the transmission of the virus. The number of daily infections being reported in Islamabad have significantly reduced over the past few months which is being hailed as a major success of the vaccination drive. On the other hand, in nearby cities where the percentage of vaccinated population is low, there are a number of cases being reported of daily infections and hospitalizations.

Even though the restrictions imposed by the government to control the spread of disease have been eased, authorities are emphasizing on the importance of wearing recommended masks, observing social distancing, washing or sanitizing hands and getting vaccinated if eligible

*Source: Dawn*

## COVID-19 vaccinations increase in KP after being linked to documentation

COVID-19 vaccinations increase in KP after being linked to documentation: The COVID-19 vaccination rate in Khyber Pakhtunkhwa has surged after the government made proof of vaccination a mandatory requirement for admission in educational institutes as well as land registration and transfer documents. The government will continue to take steps to reach its target percentage of vaccinations in Khyber Pakhtunkhwa.

*Source: Dawn*

## COMMON SIDE EFFECTS AFTER
# COVID-19
## VACCINATION

**Headache, body ache or Flu**

**Pain at site of injection**

**Diarrhea**

**Fever or Shivering**

## Why it is important to get your second dose of the Covid-19 vaccine

You are only considered "fully vaccinated" once you receive both doses of a vaccine, such as Sinopharm, Pfizer and Moderna which require two inoculations. One dose of such a vaccine only offers partial immunity. A second dose is required for a strong antibody response to ensure maximum protection against the virus. A person who has received only one dose of the vaccine is therefore not fully protected and has a higher chance of contracting the virus as opposed to someone who has received two doses of the same.

*Source: British Society for Immunology*

## Social distancing policy dropped by Saudi Arabia for worshippers

After almost a year, the Grand Mosque in Makkah, Saudi Arabia has lifted social distancing measures. Floor markings which were designed to maintain social distancing have been removed and worshippers are now able to pray shoulder to shoulder for the first time since the pandemic began. Although social distancing measures have been lifted, only vaccinated people are allowed to enter the mosque premises and face masks continue to be a mandatory requirement them.

*Source: Aljazeera*

## COVID-19 Vaccination

**12 to 18 year old citizens are now eligible to get vaccinated. These citizens will get the** *Pfizer* **vaccine**

**Process for registration:**

**Citizens ( All 12+ years)**

Citizens above the age of 12 can now register by sending their CNIC number through a text message to **1166**. Those registering to get vaccinated don't necessarily have to use their own personal mobile phones to complete the process. They can use any phone register with their CNIC number . Alternatively the process can be completed online through the website **nims.nadra.gov.pk**

After messaging your CNIC number to **1166**, you can immediately go to the nearest vaccination center along with your **original CNIC** (ID Card) and get yourself vaccinated.

# 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

# Where can I get tested?

| | |
|---|---|
| **Islamabad** | **National Institute of Health**<br>Park Road, Chak Shahzad, Islamabad |
| **Karachi** | **Agha Khan University Hospital,**<br>Stadium Road, Karachi, Sindh |
| **Hyderabad** | **Liaquat University of Medical and Health Sciences (LUMHS),**<br>Liberty Market Roundabout, Liaquat University Hospital, Hyderabad |
| **Khairpur** | **Gambat Institute of Medical Sciences,**<br>Gambat, Khairpur, Sindh |
| **Peshawar** | **Hayatabad Medical Complex**<br>Phase-4 Phase 4 Hayatabad, Peshawar, Khyber Pakhtunkhwa. |
| **Mardan** | **Chughtai Lab**<br>Mardan point, near Allied Bank, Shamsi Road, Mardan, KP |
| **Haripur** | **Excel Labs,**<br>TMA Plaza Shop No. 6, Near Girls Degree College Circular Road Haripur, KP |
| **Lahore** | **Shaukat Khanum Memorial Hospital,**<br>7A Block R-3 M.A. Johar Town, Lahore, Punjab |
| **Multan** | **Nishtar Hospital**<br>Nishtar Road, Justice Hamid Colony, Multan |
| **Rawalpindi** | **Armed Forces Institute of Pathology,**<br>Range Road, CMH Complex, Rawalpindi, Punjab |
| **Quetta** | **Fatima Jinnah Hospital**<br>Bahadurabad, Wahdat Colony, Quetta |
| **Muzaffarabad** | **Abbas Institute of Medical Sciences (AIMS),**<br>Ambore, Muzaffarabad, Azad Kashmir |
| **Gilgit** | **District Headquarters Hospital,**<br>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.**