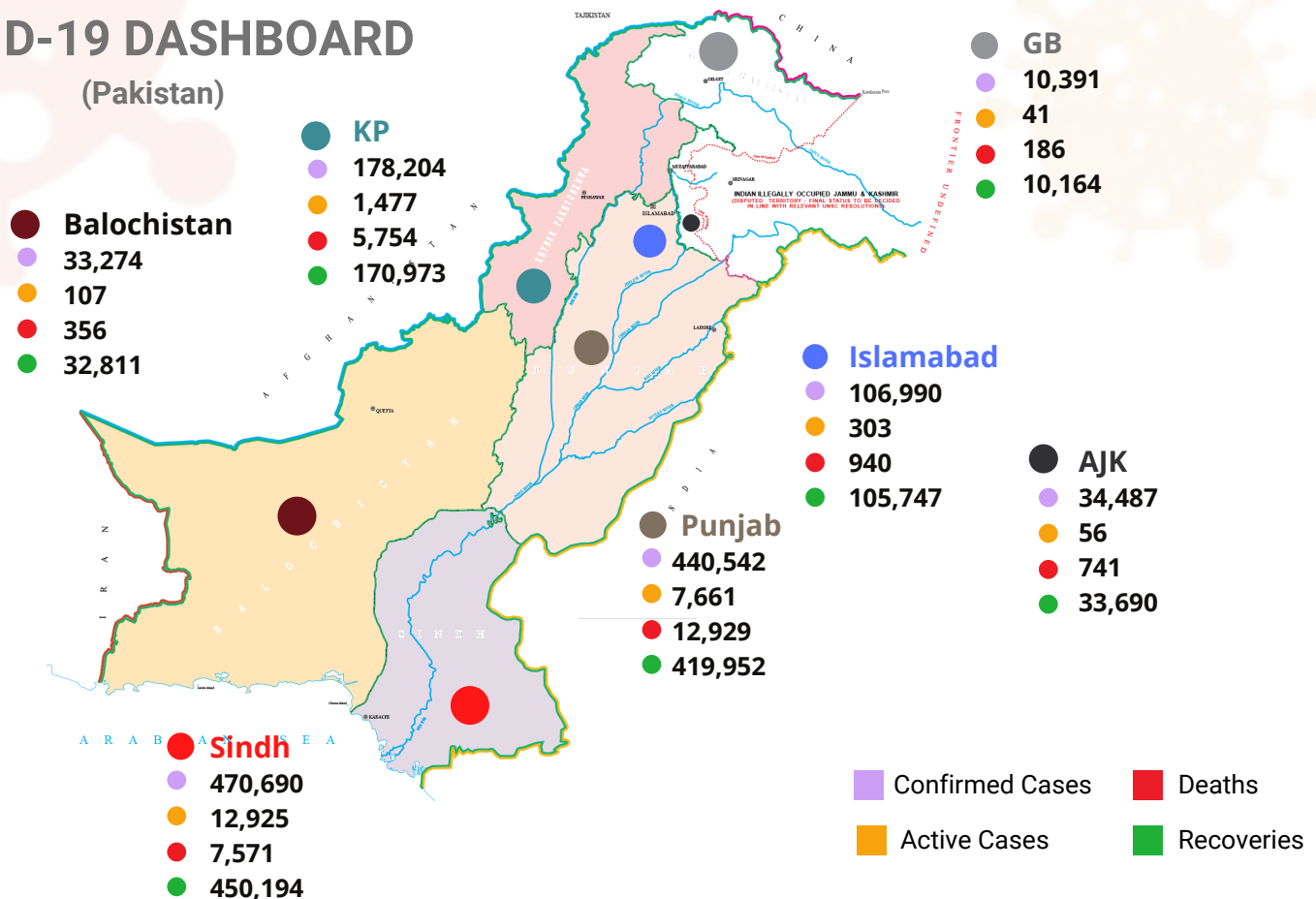


The Accountability Lab Pakistan (ALP), with the financial support of the European Union and technical support from The Asia Foundation (TAF) Pakistan and the Department of Health, Khyber Pakhtunkhwa, has officially launched the Coronavirus CivActs Campaign (CCC) under the project 'Strengthening Community 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
1,274,578



Active Cases
22,570



Deaths
28,477



Recoveries
1,223,531



Source : covid.gov.pk



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Vaccination Statistics

Partially Vaccinated

71,907,993

LAST 24 HOURS: 579,686



Fully Vaccinated

41,902,093

LAST 24 HOURS: 579,686



Total Doses Administered

106,984,156

LAST 24 HOURS: 1,102,224



Source :ncoc

Myths vs Facts

MYTH: The COVID-19 vaccine was developed too fast, and therefore, has long-term side effects

Since the outbreak of the pandemic, several pharmaceutical companies invested in large-scale scientific research in order to manufacture the COVID-19 vaccine as soon as possible and get the required approvals from relevant health authorities. It is important to note that vaccines go through a rigorous process of trials over different stages. They are not made available to the public without the Federal Drug Authority (FDA) reviewing the results of these trials and declaring them safe for human health. It must therefore be proven that the vaccines are safe and effective, before the FDA can authorize its emergency use.

Source: American Academy of Family Physicians (AAFP)

FACT: Improving the ventilation of indoor spaces reduces the risk of contracting COVID-19

According to the Centre for Disease Control, the national public health agency of the United States, viral particles of COVID-19 tend to spread more readily between people indoors than outdoors. Indoors, the concentration of viral particles is often higher than outdoors, where even a light wind can rapidly reduce concentrations. When indoors, ventilation can help reduce the viral load by increasing the delivery of clean air, which dilutes viral levels. The lower the concentration of the virus, the less likely viral particles can be inhaled into the lungs; contact eyes, nose, and mouth; or fall out of the air to accumulate on surfaces. Furthermore, a lower dose of the virus entering the body gives the body a better chance to fight the it. Protective ventilation practices which can be employed within indoor spaces to reduce the concentration of virus in the air include:

- Opening windows and doors, when weather conditions allow, to increase outdoor air flow.
- Along with opening windows, using a ceiling fan on slow speed allows airflow which helps in reducing the viral concentration within a given space.
- Installation of exhaust fans in room windows. Furthermore, ensuring they are constantly on at full capacity in washrooms during occupancy.
- Using portable high-efficiency particulate air (HEPA) fan/filtration systems to enhance air cleaning. These are readily available in markets selling electrical appliances.
- When sharing a car with those from outside your household, opt for the air conditioning setting that pulls outside air in to your car's cabin, instead of re-circulating the same air within the car.

Source: CDC



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Another variant of COVID-19 called 'Epsilon' has been detected in Pakistan

While the number of cases of COVID-19 in the country is dropping and lockdowns have been lifted, another highly infectious strain of the virus known as the 'Epsilon' has made its way into Pakistan. This variant originated in California, United States which is why it is also known as the California strain. So far five variants and seven mutations of Epsilon have been detected. One of the COVID-19 Task Force members appointed by the government of Pakistan said, "We need to understand that the virus has been controlled but not eradicated, therefore, there are chances of it bouncing back". The good news, however, is that all vaccines are effective against this strain of COVID-19, which is why it is essential to get the complete dosage of available vaccines, in addition to complying with recommended SOPs to ensure protection against the virus.

Source: (Dawn)

Children's education is badly affected due to the pandemic

A survey conducted across 16 rural districts covering around 9000 households and 25000 children aged 5-16 in Pakistan was designed to study the estimated impacts of the pandemic on education. School enrolment of children aged between 6-16 has decreased by 2% as compared to 2019. Economic policy adviser at the government's SDG support unit M Ali Kemal added that over 22 million children were not going to school in the country. Programs to support the learning of children, especially literacy programs for young children and girls must be devised.

Source: (Dawn)

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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FDA says the Pfizer COVID vaccine looks effective for young kids

US Health regulators suggested that small-sized doses of the Pfizer vaccine are highly effective in the prevention of symptomatic infections in young children. Complete doses of Pfizer are already recommended for children aged 12 and above, but health and policy experts are discussing the possibility of vaccinating younger children to prevent the spread of the virus and ensure a safer environment within educational institutions.

Source: (The Associated Press News)

Effects of coronavirus pandemic on mental health

The sudden outbreak of COVID-19 had a devastating impact on the lives of millions of people around the world. During the course of the pandemic, feelings of anxiety, depression, and stress escalated. Apart from the general stress emanating from the the prospect of getting sick, the pandemic resulted in the fear of unemployment as many companies laid off their employees, increased work burden, lack of recreational activities due to lockdowns, and economic distress, even within affluent regions. The situation in the less privileged countries has been even worse with growing poverty, unemployment, and a lack of basic human resources. Bringing to light this important issue, a research published in The Lancet (a medical journal) attempted to quantify the impact of covid-19 on mental health and wellbeing around the world. Researcher have estimated that cases of depression rose by 53 million globally as a consequence of the pandemic which was 28% above pre-pandemic levels, while cases of anxiety increased by 76 million which is equivalent to a 26% rise from the baseline established prior to the pandemic. This research was focused mainly on developed countries and other countries may even paint a more bleak picture. It is therefore important for us all to fight this pandemic and control its disastrous effects. We can all play our part by getting vaccinated and following recommended safety protocols such as maintaining hand hygiene, wearing a medical mask (either a surgical or a KN95) and observing social distancing.

Source: (The Economist)

COVID-19 Vaccination

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



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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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