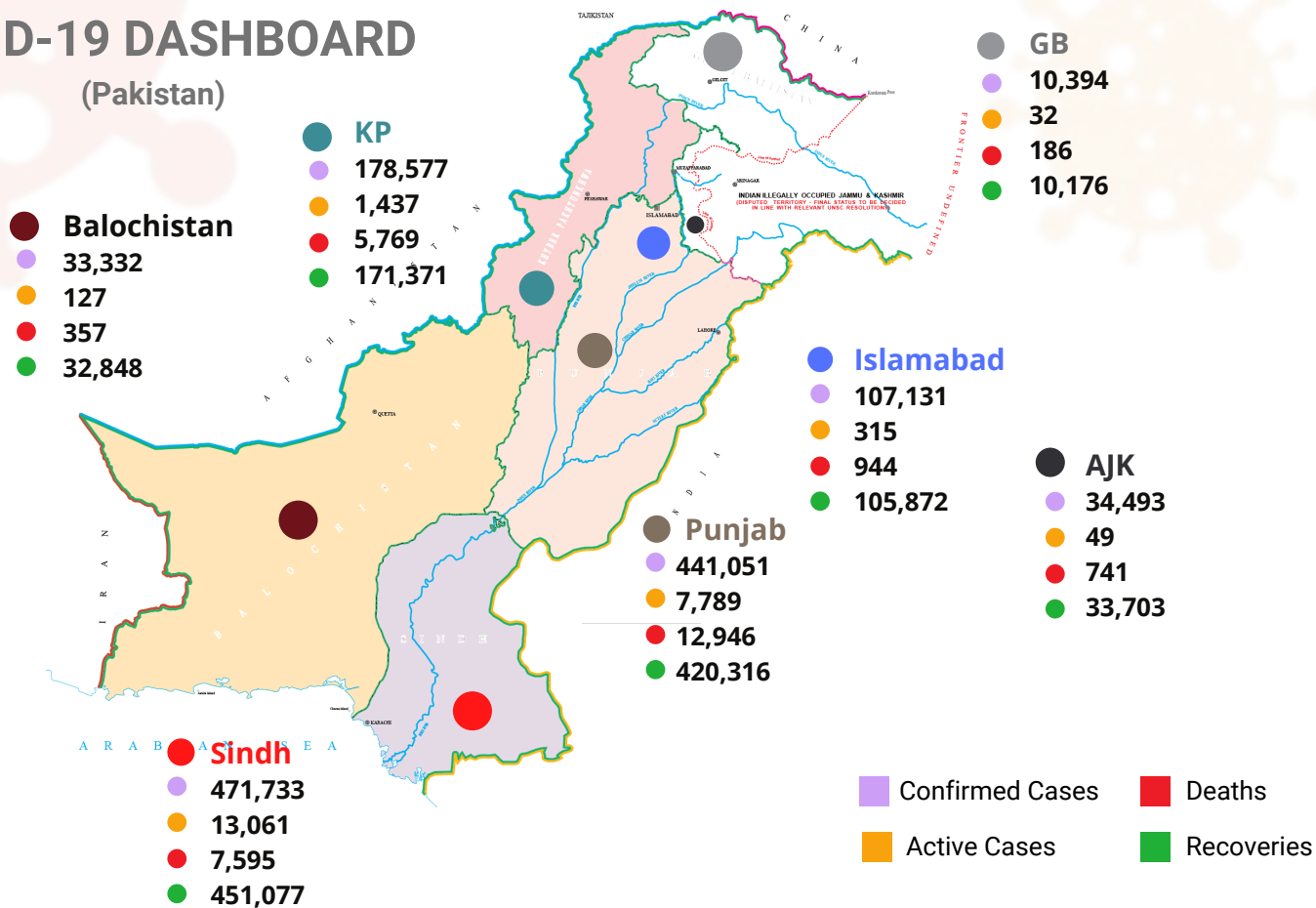


The Accountability Lab Pakistan (ALP), with the financial support of the European Union and technical support from The Asia Foundation (TAF) Pakistan and the Department of Health, Khyber Pakhtunkhwa, has officially launched the Coronavirus CivActs Campaign (CCC) under the project 'Strengthening Community 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
1,276,711



Active Cases
22,810



Deaths
28,538



Recoveries
1,225,363



Source : covid.gov.pk



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Vaccination Statistics

Partially Vaccinated

73,979,036

LAST 24 HOURS: 663,285



Fully Vaccinated

43,849,554

LAST 24 HOURS: 617,684



Total Doses Administered

110,800,576

LAST 24 HOURS: 1,213,592



Source :ncoc

Myths vs Facts



While it is true that people of old age who contract the COVID-19 virus are at a greater risk than the younger population of getting severe symptoms from COVID-19, deaths and cases of serious illness have been reported among young people across the world as well. Furthermore, age is just one risk factor for contracting severe disease. Underlying medical conditions such as cancer, heart disease and diabetes increase the likelihood of a person falling seriously ill if infected with Covid-19, regardless of age. Moreover, given the contagious nature of the virus, a young person can easily transmit COVID-19 to an older person they come into contact with. Therefore, it is important for everyone to undertake safety measures to prevent the spread of the virus.

Source: [UCHealth](#)

The most common symptoms of the coronavirus infection are cough, fever and shortness of breath but many carriers also experience digestive symptoms. This can include lack of appetite, diarrhea, vomiting and abdominal pain, as reported by The American Journal of Gastroenterology.



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Evidence shows face masks can reduce the spread of Covid-19

A large-scale study led by researchers at Stanford Medicine and Yale University has concluded that wearing a surgical mask to cover the nose and mouth significantly reduces the community spread of COVID-19. A surgical mask has the ability to block large amounts of viral particles which are generally emitted by those infected with the virus. The study which examined people from across 600 villages revealed that those who wore masks were less likely to contract the virus. Findings also showed that people who wore surgical masks were better protected than those using cloth masks.

Source: [The Economist](#)

An Oximeter Could Be a Life-Saving Device for a COVID Patient

A pulse oximeter is a device which has been widely used during the COVID-19 pandemic to monitor the oxygen levels of those infected with the virus. The compact device can be clipped on the index finger and records the oxygen saturation of the blood. This can provide critical information to patients, allowing them to take timely action in case hospitalization or specialized medical care at home is required.

Some patients with COVID-19 may develop a condition called "silent hyoxia" which is marked by oxygen deprivation. What is alarming is that there are no noticeable symptoms associated with this condition since blood oxygen levels drop very slow. Often these patients end up become so ill that by the time they reach a hospital, they need to be put on a ventilator.

Research shows that using a pulse oximeter to check oxygen levels following a COVID diagnosis, can help save lives. Most healthy people would get an oxygen reading around 95 to 99 percent. Those with underlying health conditions could possibly have a lower reading. Generally speaking, doctors suggest that medical advice should be sought if the number falls rapidly or drops below 94.

Source: [nytimes](#)

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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Use of Hand Sanitizers for protection against COVID-19

The importance of maintaining hand hygiene has been emphasized by medical experts as one of the recommended safety protocols to prevent the transmission of COVID-19. While the virus is primarily transmitted by breathing in viral droplets, the virus can be contracted if hands carrying the virus touch the nose, eyes or mouth, thereby providing a passage to the virus to enter the body.

The use of hand sanitizers with the adequate concentration of alcohol offers a convenient way of keeping hands clean on the go, if soap and water are not available. The Center for Disease Control, USA recommends hand sanitizers with at least 60 percent concentration of alcohol.

Source: [FDA](#)

Has Covid-19 exacerbated gender inequalities in Pakistan?

Gender disparities have drastically worsened during the global Covid-19 pandemic. Women in the developing world face a variety of vulnerabilities and a notable disadvantage when compared to their male counterparts. In Pakistan, women are less likely to receive health related information which makes them very vulnerable to COVID-19. This is owing to the fact that fewer women are educated and often lack access to the internet or mobile phones. With men spending more time at home and many having to deal with the stress of losing their jobs, incidents of domestic violence also rose during the pandemic. When schools re-opened after the lockdown that was imposed at the start of the pandemic, many girls never returned to school. Therefore, policymakers should implement strategies that are focussed on building the resilience of women through targeted information campaigns. These efforts can also promote awareness among people to encourage them to send their daughters to school.

Source: [IGC International Growth Centre](#)

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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