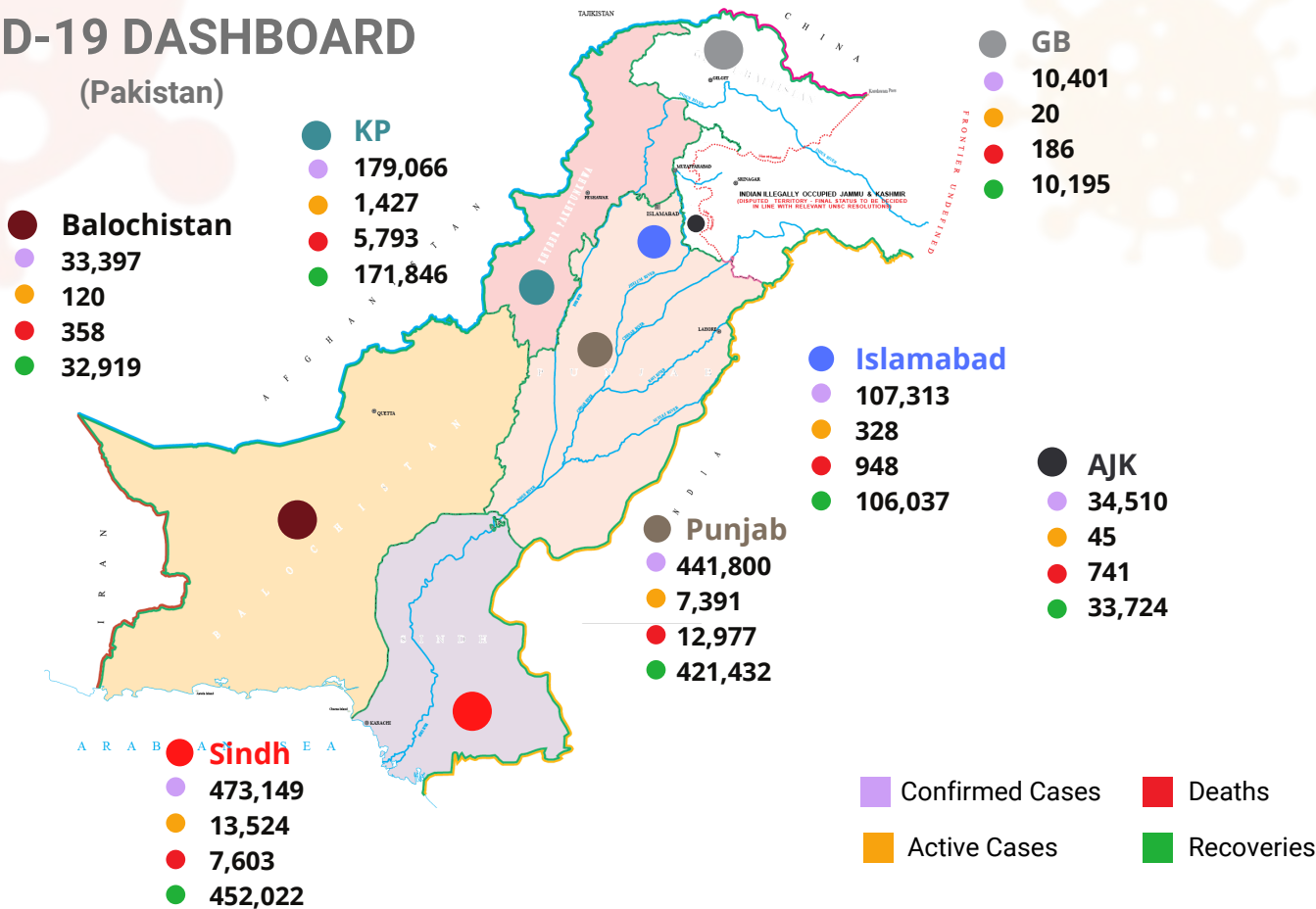


The Accountability Lab Pakistan (ALP), with the financial support of the European Union and technical support from The Asia Foundation (TAF) Pakistan and the Department of Health, Khyber Pakhtunkhwa, has officially launched the Coronavirus CivActs Campaign (CCC) under the project 'Strengthening Community 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  
**1,279,636**



Active Cases  
**22,855**



Deaths  
**28,606**



Recoveries  
**1,228,175**



Source : covid.gov.pk



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## Vaccination Statistics

Partially Vaccinated

**77,877,215**

LAST 24 HOURS: 533,646



Fully Vaccinated

**47,804,912**

LAST 24 HOURS: 572,374



Total Doses Administered

**118,333,360**

LAST 24 HOURS: 1,089,429



Source :ncoc

## Myths vs Facts



It has been observed by researchers that many people don't get tested for Covid-19 after being exposed to the virus because they don't experience any symptoms. Experiencing severe illness may not be the only marker of the disease though. A lot of people who test positive for Covid-19 end up developing very mild symptoms and in some cases none at all. This phenomenon is known as 'Asymptomatic carriage'. Estimates indicate that 40% of people who are infected, do not show any symptoms. Therefore, because it is possible to have the virus without feeling ill, it is important for everyone to exercise precaution by wearing masks, using sanitizers, maintaining social distance, ensuring proper ventilation and isolating and getting tested in case of exposure to an infected person.

Source: UCHealth

Although COVID-19 affects everyone, children are much more resilient against it as compared to adults. However, the very young (that is, children of less than 1-year old) are more likely to fall seriously ill than older children.

Furthermore, infants, or younger children, are twice as likely to contract multisystem inflammatory syndrome (MIS) as compared to adults. MIS, which is a rare but serious disease, that can lead to gastrointestinal symptoms and cardiac (or other systems) inflammation.

Therefore, care must be taken to prevent children from getting exposed to the virus.

Source: Healthgrades



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## Pakistan Covid-19 positivity rate drops to 1%

According to National Command and Operation Centre, Pakistan's Covid-19 rate dropped to as low as 1.08 per cent on Sunday, November 7, 2021. The official portal of the Ministry of National Health Services (MNHS), further reported that the country has experienced less than 1000 infections in the last three weeks. This trend can be linked to measures such as smart lockdowns, making mask wearing compulsory in public places, restrictions placed on large gatherings and conducting mass vaccinations across the country. Since places such as Singapore and Australia have experienced a sudden spike in the daily cases of infection after a prolonged period of reporting a positivity rate of the disease, it is important to continue exercising vigilance when it comes to following recommended SOPs.

Source: [Gulf News](#)

## Health department of KP struggling to achieve Covid-19 vaccine target

The government's health department has been unable to achieve the vaccination targets set for Khyber Pakhtunkhwa as a large proportion of province's residents do not have national identity cards which are required to complete the vaccine registration process. Many people have visited vaccination centers without a CNIC or Form-B and therefore not been vaccinated. An official reported, "More than 80 per cent women in Mohmand district don't have identity cards and Form-B, required by 12 to 18-year-old people to get immunised as per policy of National Command and Operation Centre (NCOC)."

Members of the public who do not have a National Identity Card are advised to apply for one at the earliest through the nearest NADRA office. Those who already have an ID card should have it in their possession at the vaccination center, as per the required protocol.

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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## How has the Covid-19 pandemic affected children's mental health

The Covid-19 pandemic did not spare the young or the old. While conversations around the impact of the pandemic on mental health have often focused on adults, it is pertinent to note that children have been equally affected. The pandemic ended up disrupting their education and day to day living.

According to research, there has been a significantly large increase in the proportion of children reported to have experienced emotional difficulties since Covid began. This is attributed to children not being able to see their friends or family, and witnessing their family members falling sick. It was also observed that children from low-income families were twice as likely to undergo emotional and behavioral difficulties than children from affluent backgrounds. Professor Graham Moore who is a health expert affiliated with Cardiff University states: "While people often say children are resilient, our data demonstrates the significant impact the pandemic has had on children's mental health. Many children will recover once the current circumstances improve. However, for many without appropriate support for their emotional recovery, experiences of the pandemic will have a lasting effect on their mental health."

Source: *The Tribune*

## Covid-19: Pakistan makes it to the top of The Economist's world normalcy index

As Pakistan lifted most of its Covid-19 restrictions imposed to curb the spread of the COVID-19 virus, leading international publication The Economist, placed the country at number 1 on its "world normalcy index", this year. The index offers evidence on how citizens of different countries are responding to restrictions in real-time. Pakistan has made it to the top of the list because restrictions in the country related to the pandemic have been eased due to a significant reduction in the prevalence of the disease. Taking credit for this development, Minister for Information and Broadcasting Chaudhry Fawad Hussain said that Pakistan ranked higher than other countries due to its effective handling of the pandemic, which has also been keenly appreciated by the world community. The Economist's world normalcy index tracks eight different metrics of human behavior; from travel to sporting attendance, across a total of 50 countries that together account for 90% of the world's GDP and 75% of its population

Source: *The News*

### COVID-19 Vaccination

**12 to 18-year-old citizens are now eligible to get vaccinated. These citizens can get Pfizer, SinoVac, Sinopharm 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?

<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**.



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