

PAKISTAN CORONAVIRUS CIVICACTS CAMPAIGN

Bulletin no. 1



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With the continuous spread of COVID-19 in Pakistan; Accountability Lab is continuously building on its work with district governments and Community Front Liners (network of volunteers) through Coronavirus CivActs Campaign (CCC) to debunk rumours, fake news & misinformation related to COVID-19. The Coronavirus CivActs Campaign supported by the Open Society Foundation also conducts fact-checking, synthesizes data, pushes out the verified information through weekly bulletins and social media campaign for mass awareness, and gathers feedback on the COVID19 response in Pakistan. The bulletins are disseminated in five languages including English, Urdu, Pashto, Punjabi & Sindhi to reach far and wide to help citizens build resilience and fight against the pandemic. These bulletins are also shared with a range of stakeholders from the general public, to government departments, development agencies, CSOs and humanitarian networks via online and offline means.

The campaign also highlights important government decisions, information about vaccination drives, community feedback and concerns related to COVID-19. The objective of the campaign is to enhance awareness among the most vulnerable segments of the society including women, youth, ethnic and religious minorities, transgenders and persons with disabilities. In the current phase of the campaign, Accountability Lab has also engaged the local female community leaders and building their capacity through training and active civic engagement to counter-myths and disseminate facts around COVID-19 and gender issues.

Omicron variant is more transmissible (contagious) than other variants



FACT ✓

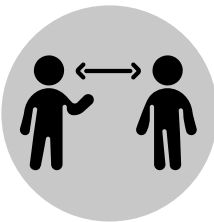
OR

MYTH ✗

The Omicron variant of the coronavirus is considered to be more contagious or transmissible than other coronavirus variants. Studies have revealed that Omicron's incubation period, that is, the time between contracting the infection and developing symptoms is smaller than other variants. This means that you develop the infection more rapidly and there is less time to get vaccinated. The generation time, or the amount of time that it takes for a person to get infected and infect someone else, is also shorter for the Omicron variant (three days, as compared to five). Scientists believe that Omicron's increased contagiousness results from two primary factors, the first being that it multiplies 70 times faster in the cell, and the second being that it is more prevalent among people. Omicron also appears to evade immunity more strongly than other variants. As a precaution against this variant's high transmissibility, scientists are advising that individuals should take increased preventive measures to protect themselves from getting infected by this variant.

Source: [Wall Street Journal](#); [npr](#)

PREVENTIVE MEASURES THAT CAN BE TAKEN AGAINST CORONAVIRUS (COVID-19)



Wear a mask that has two or more layers of washable, breathable fabric and covers your mouth, nose and chin. It should not be loose on the sides.

Practice physical distancing outside your home by keeping a distance of 3 feet between you and others.

Get registered for vaccination as soon as possible and follow all pre and post-vaccination guidelines.

Avoid unnecessary contact with eyes, nose and mouth as that increases chances of virus transfer.



Keep yourself and your environment clean.

If you fall sick, stay at home and contact a healthcare provider.

Avoid unnecessary outdoor socialising and spending time in crowded spaces



PAKISTAN TO ROLL OUT COVID-19 BOOSTER SHOTS FOR PEOPLE AGED 30 AND ABOVE

Pakistan has finalized plans to provide booster shots for fully vaccinated individuals of age 30 or above, following the high threat received from the newly emerging Omicron variant. This plan was finalized after Pakistan detected its first case of the Omicron virus, and a total of 708 COVID-19 cases in a single day, the country's highest tally in two months since October 2021.

Following the finalization of this plan, individuals of age 30 and above are now eligible to get a booster dose by their own choice from January 01, 2022. The booster shots will be administered free of charge and will be administered six months after the second vaccine dose. For now, only Sinopharm, Sinovac and Pfizer are being given as booster vaccines to eligible citizens. In order to administer the booster shots, the government of Pakistan has established a total of 21 dedicated vaccination centres in 18 major cities across Pakistan, including Lahore, Rawalpindi, Sialkot, Peshawar and Karachi.

A list of the locations of the booster shot centres established in Pakistan can be found here: <https://blog.wego.com/pakistan-booster-shot/>

Source: [Gulf News](#); [Gandhara](#); [wego](#)

ASAD UMAR RULES OUT THE OPTION OF **LOCKDOWN** AGAINST COVID-19 UPSURGE

Following the emergence of new variants of the coronavirus, such as the Delta variant, and the Omicron variant, scientists are now referring to a fifth wave of COVID-19 in a large number of countries across the world, which includes Pakistan. In this fifth wave, cities like Karachi have been impacted the most, with a vaccination ratio standing as low as 40%. Furthermore, Pakistan has recently crossed the 1000 cases mark for COVID-19 infection cases recorded in a single day since October 14, 2021.

Amidst this rising crisis, the public is anticipating action against the pandemic from the government. However, Asad Umar, National Command and Operations Centre's (NCOC) chief, has stated that the government is not opting for an immediate lock-down as yet. He stated that the government is closely monitoring the figures of reported cases across Pakistan and the globe but is focusing on ramping up vaccinations as a preventive measure against this fifth wave of the pandemic.

Source: [The News](#); [Pakistan Observer](#)

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](#)