PAKISTAN CORONAVIRUS CIVICACTS CAMPAIGN

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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.

CORONAVIRUS

MYTHBUSTERS

About 1 in 3 Covid-19 patients developed a new symptom months later
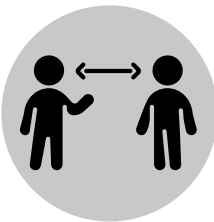
FACT ✓ **OR** **MYTH** ✗

One new sign of the damaging effects of Covid-19 long infection is the emergence of a new symptom months after infection. About one-third of Covid-19 patients suffered a new symptom months after, indicating the strength and stubbornness of the disease. According to a press release on the study, this discovery matters because "studies examining the frequency and severity of new conditions (sequelae) after COVID-19 infection have started to emerge, but few have described the excess risk of new conditions triggered by COVID-19 infection in older adults". Some of the new developing symptoms include changes to the organs and systems, including kidneys, lung, liver, and heart, as well as mental health issues. Furthermore, the patients usually sought medical attention for the new condition about 21 days after infection.

Source: Deseret, 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

Source: WHO; Harvard Health Publishing; CDC

HOW MUCH MORE PROTECTION IS GAINED FROM HAVING A THIRD COVID VACCINATION DOSE?

Protection against COVID-19 severity; second vs the third dose of Pfizer, Moderna, or AZ vaccines against COVID-10.

Note: Insuffecient data currently available for 6+ month interval of 3 doses.

■ 0-3 months ■ 6+ months

2 doses

Hospitalisation

Up to 85%

Up to 35%

Symptomatic infection

Up to 70%
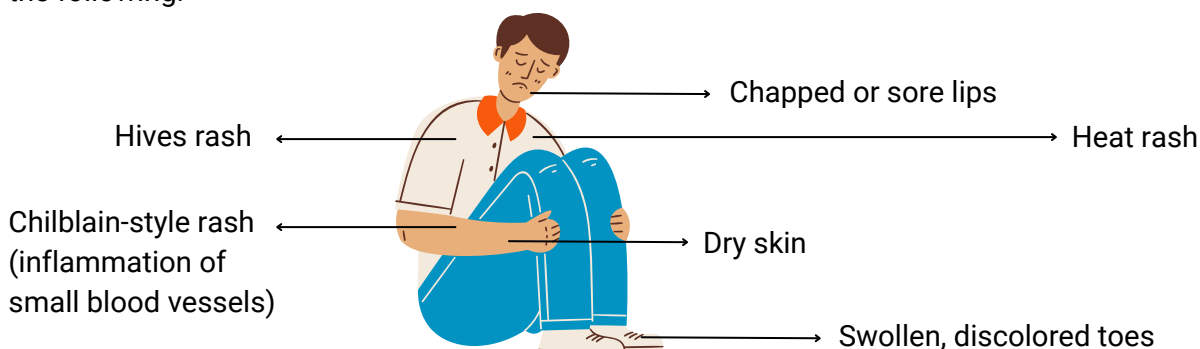
Up to 10%

3 doses*

Hospitalisation

Up to 85%

Symptomatic infection

Up to 75%

Source: UK Health Security Agency

Here are six signs on your skin that show you had Covid-19

As the omicron variant continues to spread across the population, omicron variant symptoms continue to show up across the country. What the population needs to look out for, however, is that these symptoms are not always what you would expect to see. To emphasize this, the Jerusalem Post recently reported that there are numerous Covid-19 symptoms that one might not even typically notice, which means that you could have Covid-19 without knowing. This is possible because the omicron variant symptoms don't always align with the classic three Covid-19 symptoms i.e. fever, cough, or a sore throat. Keeping this in mind, the Express recently collected six symptoms to identify that you had Covid-19 on your skin. These signs include the following:

Hives rash

Chilblain-style rash (inflammation of small blood vessels)

Chapped or sore lips

Heat rash

Dry skin

Swollen, discolored toes

Source:Deseret, timesofindia
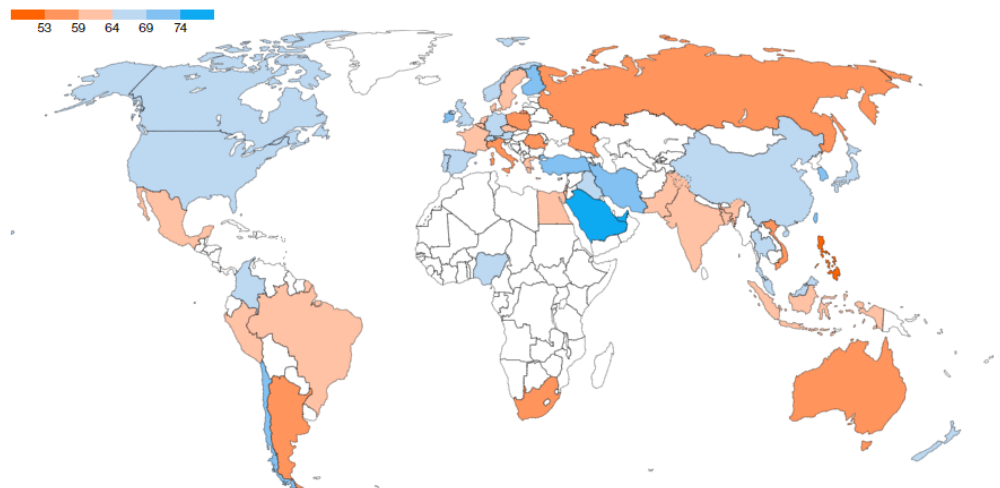
CIVIC ACTION TEAMS

Heart-disease risk soars after COVID - even with a mild case

New studies have revealed that even a mild case of Covid-19 infection can greatly affect the risk of heart disease or stroke after recovery. For example, a study by Nature Med shows that even a mild case of COVID-19 can increase a patient's risk of cardiovascular problems for at least a year after diagnosis. Other researchers have found that the rates of heart conditions were substantially higher in people who had recovered from Covid-19 than those who had not been infected by the disease. What is alarming is that the risk was there even for people aged under 65 and not have other risk factors such as obesity or diabetes. Study co-author Ziyad Al-Aly at Washington University in St. Louis, Missouri, says that "It doesn't matter if you are young or old, it doesn't matter if you smoked, or you didn't, the risk was there."

Source: nature

Global responses to the COVID-19 Pandemic:

Note: the map shows the Covid Resilience Score for distinct economies. A higher score indicates a better outcome.

Since the outbreak of the coronavirus in 2019, global efforts have been focused on trying to stop the spread of the virus whilst the ongoing chase of the COVID-19 vaccine. As cases begin to increase, both governments and the public have become more concerned regarding the efforts to curb the spread this virus. It has been a a struggle for the governments to come up with effective measures to control the spread keeping in mind the respective socio-economic situation of the country.. Consequently while some of the developed countries were able to devise efficient quarantine measures, others struggled to do so despite the abundance of economic resources due to poor management and lack of public awareness and sensitization towards the pandemic.

This article compares the pandemic relief responses of different countries around the world and what has worked best in terms of:
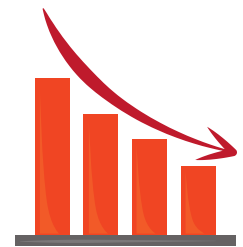
CIVIC
ACTION
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Learning from recent epidemics: Liberia
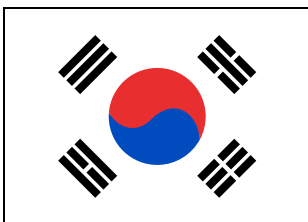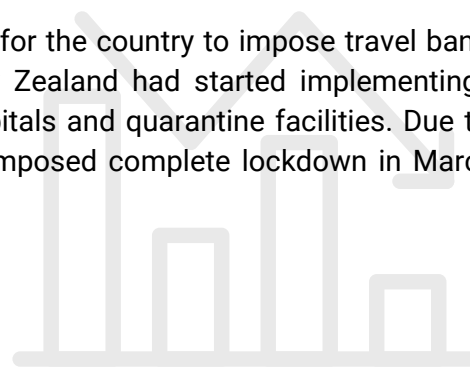*(1 reported Covid-19 death per 55,040 people)*

In 2014, Liberia had been strongly affected by the Ebola Pandemic. Therefore, learning from the response efforts to the previous epidemic, Liberia along with other African countries such as Senegal and Uganda was one of the first countries to initiate rapid testing, complete tracing of outbreak and quarantine which helped them in the swift and comprehensive COVID-19 response contributing to fewer cases and consequently fewer deaths from COVID-19.

Crushing the curve: New Zealand
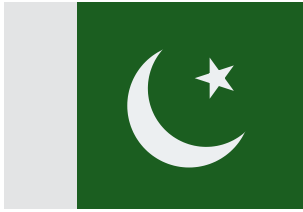(1 reported Covid-19 death per 204,360 people)

Since New Zealand is an island, it was relatively easier for the country to impose travel bans and stop the spread of the disease through foreign travellers, New Zealand had started implementing its pandemic influenza plan as early as February and preparing hospitals and quarantine facilities. Due to a scarcity of testing and contact tracing capacity the country had imposed complete lockdown in March and thus by June, the pandemic was declared over in New Zealand.

Testing: South Korea
(1 reported Covid-19 death per 63,290 people)

South Korea efficiently carried out twice as many COVID-19 tests per capita as other countries in the pandemics' initial weeks when it was evident that the virus could spread through people who may not show symptoms of the virus. This in combination with extensive and highly effective contact tracing and quarantining resulted in preventing cases from rising rapidly.

Economic Normalcy post-COVID
Egypt and Pakistan

Pakistan and Egypt are two countries that have had the quickest response as far as recovery and return to normalcy post-Covid is concerned, according to The Economist's global normalcy index, Pakistan was ranked 2nd, Egypt leads the chart at number 1. In an indicator that tracks activity since March 2020, surprisingly, none of the developed economies makes it to the top 10 list as of 18 January 2022.
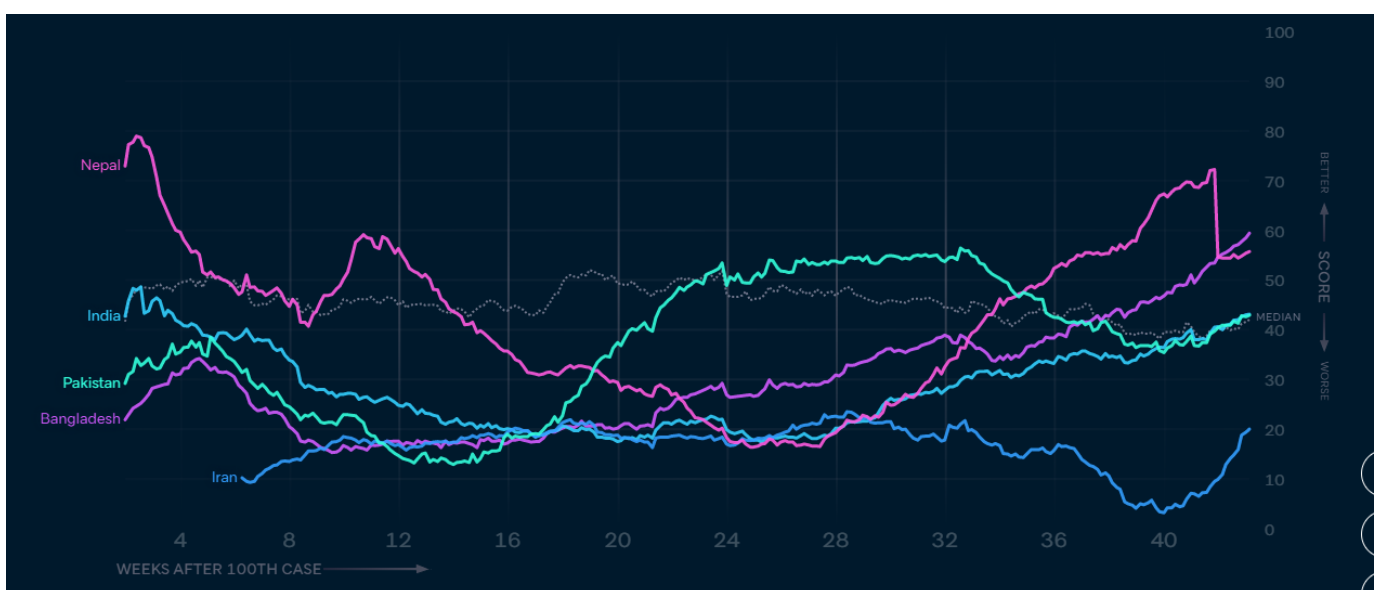
Fighting misinformation: Finland
(1 reported Covid-19 death per 10,510 people)

The high media literacy in Finland due to a 2014 initiative that educated people on how to fight false information greatly helped Finland in its COVID-19 response. Social media influencers were engaged to help spread accurate information on digital platforms. In this regard, South Africa has also been a good example in empowering the public to be able to dodge misinformation and disinformation.

(Source: WSJ)

Comparison of South Asian region:

(Source: https://interactives.lowyinstitute.org/features/covid-performance/)

Where can I get tested?

City	Testing Location
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**

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