

PAKISTAN CORONAVIRUS CIVICACTS CAMPAIGN

April, 2022 - Bulletin no. 10



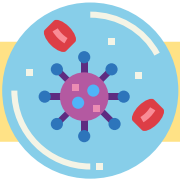
WHAT'S INSIDE

- 01** CORONAVIRUS
MYTHBUSTERS
- 02** CORONAVIRUS
UPDATES
- 03** CORONAVIRUS
INSIGHTS
- 04** HOW TO GET AN
IMMUNIZATION
CERTIFICATE AFTER
RECEIVING THE
COVID-19 VACCINE
ONLINE METHOD

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.

MYTHBUSTERS



Drugs used in antiretroviral treatment for HIV are not effective against COVID-19



FACT ✓

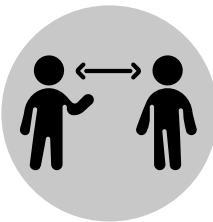
OR

MYTH ✗

There has been a lot of false information circulating regarding potential treatments for COVID-19, including different kinds of remedies which have not been endorsed by the medical community. One such theory making the rounds is that drugs used in antiretroviral treatment for HIV can also be used to treat patients diagnosed with COVID-19 because most of the patients have mild symptoms and good clinical outcomes therefore not requiring hospitalization. However, relying on heresy when it comes to seeking medical treatment can pose serious health risks. As is the case for any disease, it is important to consult a licensed physician regarding the medical management of COVID-19.

Source: [Avert](#)

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

EFFECTS OF CORONAVIRUS PANDEMIC ON MENTAL HEALTH

The sudden outbreak of the coronavirus caused devastating changes in the lives of millions of people. In the situation of a pandemic, feelings of anxiety, depression, and stress in the world are sure to escalate. The pandemic brought with it fear of unemployment, increased work burden, lack of recreational activities due to lockdowns, and economic distress in rich countries even. The situation in the less privileged countries is worse with growing poverty, unemployment, and lack of basic human resources. Bringing light to this important issue, research published in The Lancet (a medical journal) attempted to quantify the impact of covid-19 on mental health and wellbeing around the world. The authors estimated that cases of depression rose by 53 million globally as a consequence of the pandemic, 28% above the pre-pandemic levels; cases of anxiety increased by 76 million, a 26% rise. This research was focused mainly on richer parts of the planet therefore, the percentages might be more alarming in the rest of the world. In such countries, girls that dropped out of school may never get to go back and there is an increased risk of child abuse and labor. These figures paint an alarming picture therefore, it is important to get vaccinated to control the spread of the disease and its effects on people both physically and mentally.

Source: [The Economist](#)

US FEDERAL AGENCY, FOOD AND DRUG ADMINISTRATION (FDA) SAYS THE PFIZER COVID VACCINE LOOKS EFFECTIVE FOR YOUNG KIDS

US Health regulators suggested that small-sized Pfizer vaccine doses are highly effective in the prevention of symptomatic infections in young children without unsolicited safety risks. The Food and Drug Administration (FDA) agency used the data analysis to argue whether doses are ready for the 28 million US children aged 5-11, which will be through voting by external vaccine experts. Pfizer's doses are not authorized yet even though the FDA concluded every possibility that the vaccine's benefit for preventing death and hospitalization outweighs any potential side effects.



Complete Pfizer doses are already recommended for ages 12 and above, but doctors and parents are awaiting protection for young children to prevent infections from delta variants and keep them in school. FDA affirmed that Pfizer's two-dose vaccination proved 91% effective, calculated by research on 16 Covid cases of youngsters getting dummy shots versus 3 cases of vaccinated children. No severity was reported among the youngsters, but the vaccinated ones had fewer symptoms than the unvaccinated ones, and most of this data was collected last year when the delta variant had just become the dominant strain. The side effects that did occur mostly consisted of arm soreness, fever, or body aches. However, scientists said the study was not big enough to pick up rare side effects, like myocarditis, a heart inflammation that occasionally occurs after the second dose.

Source: [The Associated Press News](#)

CORONAVIRUS INSIGHTS

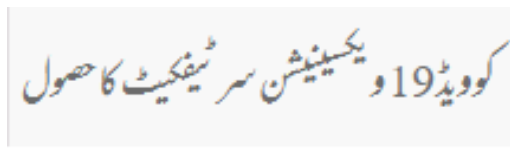
How to get an immunization certificate after receiving the COVID-19 vaccine Online Method:

STEP-1 Access National Immunization Management System (NIMS) website through URL:

“ <https://nims.nadra.gov.pk> ”



STEP-2 Select Corona Vaccine Certificate button on Homepage



STEP-3 Provide CNIC/Afghan POR number and issuance date

STEP-4 Provide additional information: Passport/CNIC/Afghan POR verified name, Passport number and Nationality.

STEP-5 Accept online Payment method and Terms and Conditions.



STEP-6 Provide Debit/Credit card information on payment tab.

STEP-7 Print payment receipt and continue.

STEP-8 Review information on Certificate and select Download.

OR

Walk In to NADRA Office

You can visit NADRA office for your Covid-19 vaccination certificate.

Note: You can even get the certificate for your first dose as well, if you have been inoculated with double dose vaccines.



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](#)