

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.

MYTHBUSTERS



If I'm young and I get Covid-19, I will be fine



FACT ✓

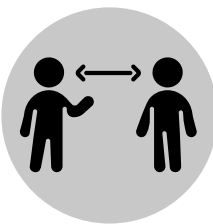
OR

MYTH ✗

While it is true that people of old age are at a greater risk of contracting disease, younger people can also get severely ill and even die from Covid-19. Furthermore, it is important to point out that age is just one risk factor for contracting severe disease and death. Certain medical conditions can also pose risk, such as cancer, chronic kidney disease, Chronic Obstructive Pulmonary Disease (COPD), a weakened immune system, diabetes and obesity. In reality, the people who actually need extra precautions from the coronavirus are selected racial and ethnic minority groups, people who are undergoing pregnancy and/or breastfeeding and people who have disabilities. It can be deduced that the young people of these groups are more vulnerable to Covid-19. Furthermore, young people are unique because they can be asymptomatic carriers of coronavirus, which means that they can infect others. Therefore, it is important that everybody takes, especially the young, safe precautions against this virus.

Source: [UCHealth](#)

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

PUBLIC POLICY LESSONS FROM PAKISTAN'S EXPERIENCE WITH COVID-19

The Covid-19 pandemic arrived relatively late in Pakistan than other countries like China, Italy and the US, giving the leadership of Pakistan time to prepare and develop a plan to manage the public health crisis. The first case of coronavirus was discovered in Pakistan on 26 February, 2020 and an initial lockdown was imposed around a month later on 24 March, 2020. However, because Covid-19 is a new disease and much about it is yet unknown, most policy decisions associated with managing the pandemic are characterized by uncertainty. Furthermore, from the genetic and chemical make-up of the virus, to the treatment drugs and isolation requirements of the disease, a plethora of public policy challenges have emerged, through which many lessons can be learned. Many governments responded to the Covid-19 crisis by imposing strict economic lockdowns, forcing many sectors to work from home. Unfortunately, however, for developing countries like Pakistan, stopping the spread of the disease by locking down certain sectors, has come at the huge cost of people's welfare. Other such similar issues have led to experts deducing a set of useful public policy lessons from Pakistan's experience with Covid-19, which are mentioned below:

- **Lesson 1:** The learning curve for COVID-19 is steep; relying on data and evidence-based policymaking is paramount to saving lives.
- **Lesson 2:** Decisions must be based on an 'integrated framework' of top-down and bottom-up policymaking.
- **Lesson 3:** Invest in the neglected public health sector through sustainable programmes.
- **Lesson 4:** Public engagement through effective government messaging is instrumental.
- **Lesson 5:** Adopt disaster preparedness and build resilience across the entire governance structure.

Source: [Health Express](#)

HAS COVID-19 EXACERBATED GENDER INEQUALITIES IN PAKISTAN?

Multidimensional gender disparities have worsened dramatically during the global Covid-19 pandemic. Women in the developing world face a variety of vulnerabilities and are at an acknowledged disadvantage when compared to their male counterparts. Pakistan already ranks low on the global gender parity index, coming in at 151 out of 153 countries, and the Covid-19 pandemic has exacerbated these inequalities. In Pakistan, women are less likely to own a mobile phone, have internet access, and receive health information.



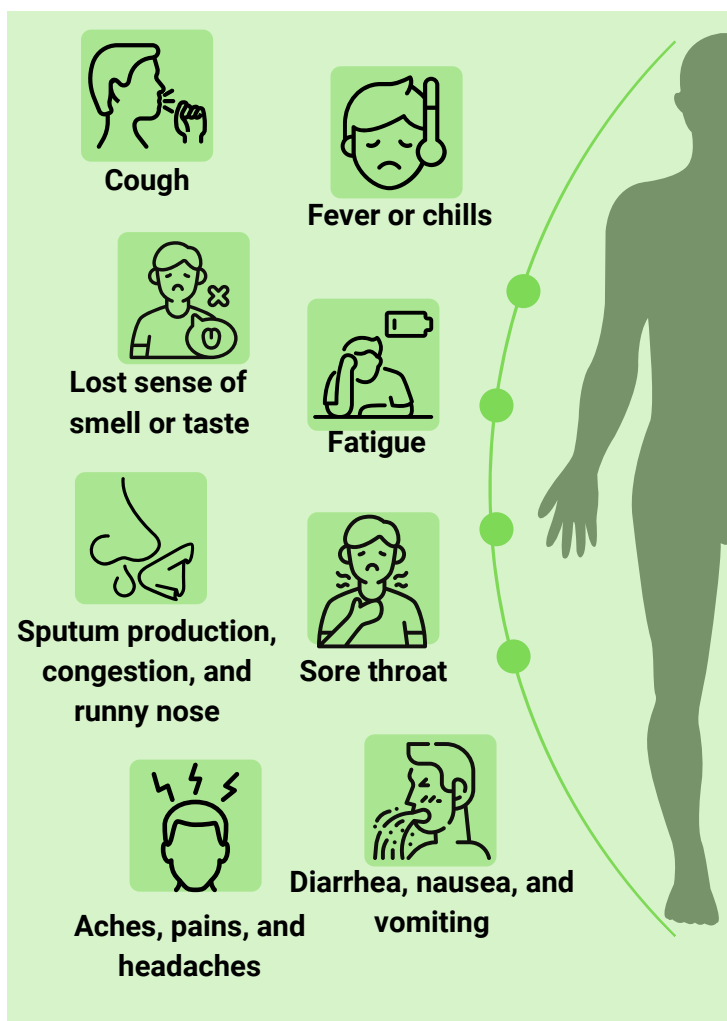
Under the Covid-19 pandemic, these disparities will only further push women into poverty. The primary reason for this is that there is a higher probability of women being employed in the informal sector and receiving lower wages, which obviously impacts them negatively during a high funding requiring health care emergency. Moreover, women often have a higher share of domestic responsibilities which leaves them more vulnerable to contracting disease and health care problems. Despite this, Pakistani women have remained at the forefront of all efforts to fight the pandemic. For example, more than three fourths of all employees in the country's health sector are female, and the role they perform as care-givers has proven to be of immense importance during the work-from-home arrangement set up for the Covid-19 pandemic. What policy makers need to realize however is that Covid-19 related public policy needs to address the deprivation of the female half of the country and should be formulated in a manner that addresses information asymmetries, and ensures the provision of essential services to women so that they are not suffering financially or otherwise.

Source: [IGC International Growth Centre](#)

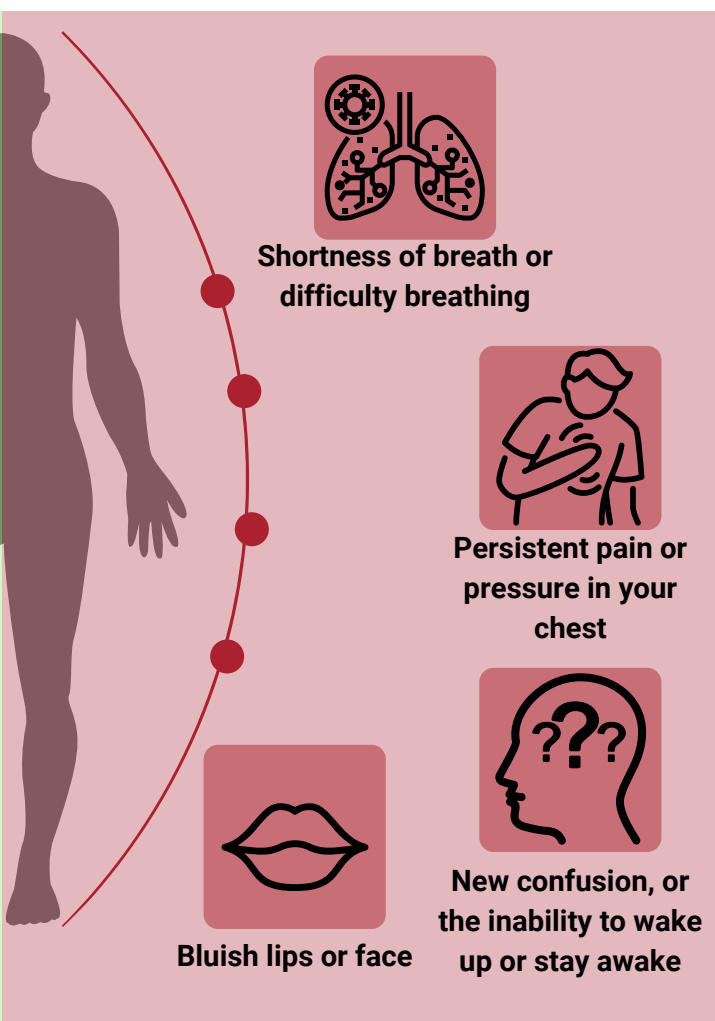
INSIGHTS

MILD VS. SEVERE COVID-19 SYMPTOMS:

Which COVID-19 symptoms are considered mild?



Which COVID-19 symptoms are considered severe?



WHAT SHOULD YOU DO IF YOU HAVE COVID-19 SYMPTOMS?

If you are experiencing the severe symptoms listed above or any symptom that feels severe or concerning to you, call 911 or head to your local ER. The CDC says to notify the operator that you are seeking care for someone who may have COVID-19.



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](#)