

Monthly Bulletin

Gov-HER-Nance

Ensuring Gender Equity and
Socio-Economic Resilience
During COVID-19



Women are generally the primary caregivers in Pakistani society. And with the outbreak of the COVID-19 pandemic, that burden of care has vastly increased. Data* shows that 83% of a woman's time is spent at home, providing care for household members, home maintenance and self-care. It is also reflected in the limited mobility of many Pakistani women. They are often four times less mobile than men leading to limited sources of information being available for them. Their need for updated information is critical to providing efficient care for their families. This bulletin aims to reach women and provide them with COVID-19 related news to help them navigate around issues of safety, community and local governance.

Accountability Lab Pakistan (ALP), with support from the Health Department Khyber Pakhtunkhwa (KP) and Ministry for Economic Cooperation and Development (BMZ), Germany is publishing bulletins under the "Governance Ensuring Gender Equity and Socioeconomic Impact during COVID-19" campaign. This campaign aims to build and strengthen the resilience of marginalized populations, especially women, in three districts of Khyber Pakhtunkhwa against the negative impacts of COVID-19 as well as other future pandemics and health emergencies.

These bulletins include important government decisions, community feedback, verified information, valid concerns, and other questions from the ground around health, safety and local governance. These bulletins are translated into Urdu and 600 copies will be disseminated in three districts of Khyber Pakhtunkhwa - Peshawar, Mardan and Nowshera.

*Source: UNWomen

FACT



Water or swimming in the pool or stream does not transmit the COVID-19 virus

According to research, the COVID-19 virus does not transmit through the water while swimming. But, the virus spreads between people when someone has close touch or contact with an infected person. People are advised to keep away from crowds and maintain at least a 1-meter distance from others, even while swimming or at swimming areas like streams etc. Further, it is recommended to put on a mask when one is not inside the water and one can't stay distant. Clean your hands frequently, cover a cough or sneeze with a tissue or bent elbow, and stay home in case you're unwell.

Source: [WHO](#)

MYTH



COVID-19 virus can be spread through mosquito bites?

As the hot weather of summer arrives, mosquito season reaches its peak and there's a myth spreading around that a mosquito bite can cause COVID-19. To date, there has been no evidence that indicates that the new coronavirus will be transmitted by mosquitoes. The new coronavirus is a respiratory virus that spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.



Source: [sgvmosquitoes.org](#)

Government to bring NCOC back to life amid COVID threat

Prime Minister Shehbaz Sharif ordered immediate restoration of the National Command and Operation Center (NCOC) after Pakistan reported the first case of Omicron sub-variant BA.2.12.1. According to a statement issued by the Prime Minister's House, PM Shehbaz took notice of the new variant of Omicron and its growing cases. "He has also sought a report from the National Institute of Health (NIH) over the current Covid-19 situation". The development was prompted by the country's first reported case of the latest sub-variant of Omicron, BA.2.12.2.1 in March. The new sub-variant is responsible for a new wave of Covid-19 infections across the globe. So now Pakistan has detected its first case of the Omicron sub-variant, the National Institute of Health (NIH) reported. The case was reported after the public returned to routine life after Eid ul Fitr celebrations without COVID-19 restrictions for the first time in two years.

It is worth mentioning that the previous government had disbanded National Command and Operation Center (NCOC) in March after the country had seen an improvement in the virus situation across the country. A statement issued by the NIH (National Institute of Health) on Twitter said it detected a case of Omicron sub-variant BA.2.12.1 through genome sequencing. It said that the new sub-variant is causing an increasing number of COVID-19 cases in different countries. On March 31, Pakistan announced the closure of National Command and Operation Center (NCOC), the body which was set up in March 2020 in the wake of the COVID-19 pandemic to collect, analyze and process information, transferring all its functions, roles, and responsibilities to the National Institute of Health (NIH).

If you have been vaccinated and remain up-to-date with the recommended vaccine doses or have been vaccinated and infected or vice versa, you should be fairly well protected and have significantly less risk of hospitalization, severe disease, and death than those who have not been vaccinated.

Source: [Tribune](#)

The latest Omicron sub-variant, BA.2.12.1: Everything you need to know about the new variant.

The BA.2.12.1 is spreading unexpectedly and overtaking the BA.2 Omicron sub-variant. The BA.2.12.1 is a new omicron sub-variant of the virus that causes COVID-19 and is quickly becoming the predominant source of infections. This Omicron sub-variant of the coronavirus was first identified six months back. While in the United States it was detected in April in New York and now it is rising around the world. In Pakistan, the BA.2.12.1 was first detected in May tweeted the National Institute of Health (NIH). Little is known about the new sub-variant; however, it seems to be quite transmissible, just like its previous variants. On Monday 9th May, Pakistan detected its first case of the Omicron sub-version BA.2.12.1, tweeted the National Institute of Health (NIH).

This Omicron sub-variant of the coronavirus was first identified six months back. While in the United States, it was detected in April in New York and now in Pakistan. This Omicron subtype is highly infectious, more so than its predecessor. As per a few reports, it's around 30% more transmissible than the prior Omicron iterations. The sub-lineage, BA.2.12.1, is already accounting for a growing percentage of coronavirus infections inside the United States. As per US Centers for Disease Control and Prevention, BA.2.12.1 was found in 36% of the samples sequenced in the ultimate week of April, up from zero to 2% in February. While it is recognized to unfold quicker, it is still uncertain if this version is more or less deadly than the original Omicron or Delta. Doctors are still studying the version to determine its specific signs, but a few instances of the sub-variation endorse that it additionally has flu-like signs and symptoms, similar to the Omicron version. Therefore, the ones infected may want to experience sneezing, coughing, sore throat, fatigue, and dizziness. Until now, the sub-variation has been detected in America, India, Pakistan, Australia, and New Zealand. In a press conference, the US CDC Director Dr. Rochelle Walensky said that those who are vaccinated and especially those who are boosted, continue to have strong protection in opposition to excessive sickness, even from BA.2.12.1.

Other mutations of the coronavirus, recognized by scientists in South Africa are BA.4 and BA.5. Besides South Africa, the sub-versions have additionally been detected in several different countries including Australia, Austria, Belgium, China, Israel, Denmark, France, Germany, the United Kingdom, US, and Switzerland. The minor-to-modest mutations in these sub variants could make them marginally greater transmissible from individual to individual. Generally, the higher the quantity following "BA " within the sub-variants name, the more transmissible that sub-variant is. For example, BA.2 is thought to be approximately 30% to 60% extra transmissible than previous sub-variants. These mutations have enabled sub-variants to unfold extensively, best to be overtaken by means of a barely extra transmissible sub-variant within some weeks. Then the process repeats.

Source: [Geo](#)

As BA.2.12.1 grows across the country, the symptoms we should not ignore.

According to the CDC, the following are symptoms of a COVID infection:

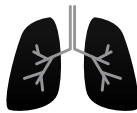
As sub-variant Spreads, Here Are the Symptoms to Watch For



Fever or Chills



Cough



Shortness of breath or difficulty breathing



Fatigue



Muscle or body aches



New loss of taste or smell



Sore throat



runny nose



Nausea or vomiting



Diarrhea

It remains unclear if certain symptoms are associated with BA.2.12.1 infections. However, when it comes to BA.2, some symptoms seem to largely mirror a small number of symptoms commonly reported in omicron infections, including cough, fatigue, congestion and runny nose. For some people, coronavirus causes mild or moderate symptoms that clear up in a couple weeks. The virus can lead to more severe illness, including pneumonia and death for some.

Source: [NBCChicago](#)

EXPERT INTERVIEW WITH.....



In this month's edition, we interviewed the Chairman Department of Islamic Studies at Abdul Wali Khan University; Hafiz Salih-ud-Din.

Dr. Hafiz Salih Uddin has a Phd in Islamic Studies in the field of Islamic Jurisprudence and is working as Associate Professor and Chairman, Department of Islamic Studies, at Abdul Wali Khan University, Mardan (AWKUM). He is among the pioneers of this esteemed Institution. He is also a graduate of Darsi Nizami from Jamia Haqqania Akora Khattak. With over 22 years of experience in teaching and research, he has authored a dozen books and monographs and organized several national and international research conferences and seminars.

1. What does Islam say about outbreaks of pandemics, such as COVID-19?

Islam is a universal religion, the scope of which is not limited to worship only. If I briefly summarize, Islam is not the name of a few rituals, rather it is a complete code of life. Since the whole world is facing the challenge of covid-19 and Pakistan is also one of them, Islamic teachings have played an important role by emphasizing on hygiene and safety measures (SOPs).

2. What guidance does Islam give in prevention and spread of COVID-19 pandemic?

Islam tells us about safety measures from such pandemic, If a virus spreads and people are infected because of your carelessness then you will be responsible for that. Islamic teachings in this regard are very clear in such circumstances and have played a key role during similar pandemics in the past to ensure human safety.





3. How can the religious leaders/institutions reduce the risks of COVID-19, build trust and change behavior to promote community's wellbeing?

According to Islamic teachings, if it's mandatory to go to mosques for prayers then ensure to make your prayers precise and with minimum interaction with the people to avoid the spread of the disease. By adopting precautionary measures we can play our role to reduce the spread of virus. In my opinion, during the COVID-19 outbreak people benefited a lot from the role of religious scholars to reduce the spread of the virus.

4. What contributions has Abdul Wali Khan University (AWKU) made to counter this pandemic?

Our students made a lot of contributions through research and publications. Our M.Phil scholars have produced research articles highlighting the similar response to health pandemics from the Islamic history to encourage students and faculty to adopt precautionary measures in this way, we overcame this pandemic. In my opinion, due to the active role of religious scholars, Pakistan suffered less in terms of infections and deaths as compared to the rest of the world. So, Islamic teachings in this regard are very rich, comprehensive and beneficial.

5. How can such pandemics be dealt with in future?

Our religion has guided us in a detailed and practical manner to cope with such pandemics. It is important that we study the literature properly and consult with the scholars for further clarity.

6. How do you view the importance of religious institutions/scholars in countering rumors, myths and misinformation that are spreading in society regarding the Covid-19?

As far as rumors and myths are concerned, Islam clearly mentions to investigate every matter before believing in it. I would strongly suggest not to believe in rumors and only practice and disseminate information received through varied sources like the department of health. As our Holy Prophet (PBUH) said that "it's enough for anybody to be a liar that he propagates everything he listens from others", especially at the time when the whole world, doctors and religious scholars are on the same page regarding coronavirus disease.





VACCINATION CENTRES

➤ MARDAN

➤ **DHQ Hospital Mardan**
03005921350

➤ **Mardan Medical Complex, Mardan**
03339298814

➤ NOWSHERA

➤ **Cat D Hospital, Manki Sharif**
03028318682

➤ **District Head Quarter Hospital Nowshera**
03005712208

➤ PESHAWAR

➤ **Hayat Abad Medical Complex Hayatabad**
03005669116

➤ **Khyber Teaching Hospital University Town**
03339677767