

# PAKISTAN CORONAVIRUS CIVICACTS CAMPAIGN

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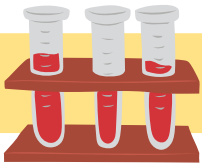
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With the continuous spread of COVID-19 in Pakistan; Accountability Lab is continuously building on its work with district governments and Community Front Liners (network of volunteers) through Coronavirus CivActs Campaign (CCC) to debunk rumours, fake 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



**There is a disputed relationship between blood group type and COVID-19 infection.**



**FACT** ✓

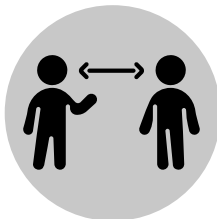
**OR**

**MYTH** ✗

Throughout the duration of Covid-19, there has been a lot of debate regarding the infection and its relation to different risk factors. One such debate has been the relationship between coronavirus infection and blood group type. Many studies, such as one published by National Library of Medicine, report that Blood type A might be more predisposed towards increasing the susceptibility of infection with SARS-CoV-2, whereas type O and Rh-negative blood groups are more prone to be protective. However, although studies do report such general trends, the relationship between blood group type and clinical outcomes is unclear, and current literature does not support linkages between blood group type and predictability of viral illness.

Source: [NCBI](#)

## 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

### HOW EFFECTIVE WERE VACCINES DURING THE OMICRON SURGE?

Studies published by the Centers for Disease Control and Prevention (CDC) have investigated the effectiveness of vaccines during the surge of the Omicron variant. They report that the Covid-19 mRNA vaccines proved to be highly effective in preventing disease and death from infection. CDC further reported that as Omicron became the dominant variant, mRNA vaccines proved to be 79% effective for people who had received the first two doses of the vaccine whereas they proved to be 94% effective for people who had received a booster shot. According to Tony Moody, MD and Associate Professor in the department of immunology at Duke University, vaccines are, in general, designed to prevent severe disease as opposed to infection. They accomplish this by training the body's immune system to recognize and respond to disease-causing organisms. Another colleague at Duke University, James Hay, explained this in the following words: "Our immune system is really good at adapting to the tools that it already has—this is why getting vaccinated is useful even if we get new variants."

Source: [verywellhealth](https://www.verywellhealth.com/covid-19-vaccine-effectiveness-omicron-variant-8238282)

### CHILDREN GET LONG COVID TOO, AND IT CAN SHOW UP IN UNEXPECTED WAYS.

Although it is now known that children get long Covid too, it is 'an undiagnosed issue' (CNN health), because it is unclear how many children go on to develop long Covid. According to the American Academy of Pediatrics, almost 13 million children have tested positive for Covid-19 since the pandemic started, and it is estimated that between 2% - 10% of these children will develop long Covid.

The biggest challenge in conducting research on this issue is that there are no specific tests for long Covid, which means that parents often don't know if or when their child will develop it. At the same time, another interesting point to note is that children with long Covid often present unexpected symptoms. For example, some children got cardiac disease whereas others reported fatigue and dizziness. In order to address these problems effectively, it is important that children with long Covid get access to proper health services and facilities.



Source: [Cnn](https://www.cnn.com/2022/05/11/health/long-covid-children/index.html)



### Global Comparison:

#### **NORTH KOREA JUST CONFIRMED ITS FIRST COVID-19 OUTBREAK: A LOOK INTO ITS DETAILS.**

Prior to admitting its first domestic outbreak of Covid-19, North Korea spent two and a half years insisting that its socialist governance system was enough to protect its citizens from the 'malicious' (Global News) coronavirus. Logically, when it announced the Covid outbreak, the outside world became worried about a potential humanitarian crisis due to a number of factors.

These factors include the following:

'No reported vaccines, very limited testing capability, a terrible medical system, and widespread poverty' (Global News). The country's government itself has called the outbreak the state's 'most serious emergency'. Post outbreak, the country has imposed a nation wide lockdown, however, the study by Global News reports that there are signs of the country living with the virus to some extent. An example of this is the fact that Kim Jong Un, Supreme Leader of North Korea has ordered officials to move ahead with construction, agriculture and other state projects. Similarly, the country has only completed tests of a small percentage of its population so far.



## How to get an immunization certificate after receiving the COVID-19 vaccine

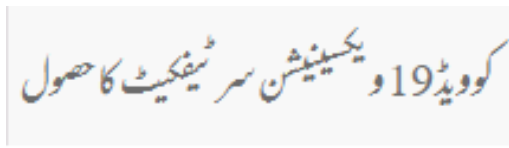
### Online Method:

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

“ <https://nims.nadra.gov.pk> ”



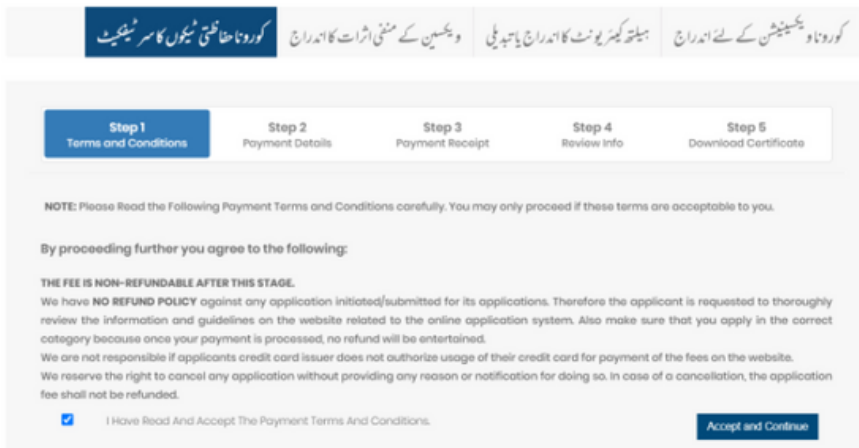
**STEP-2** Select Corona Vaccine Certificate button on Homepage

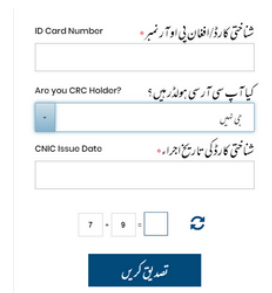


**STEP-3** Provide CNIC/Afghan POR number and issuance date

**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	<b>National Institute of Health</b> Park Road, Chak Shahzad, Islamabad
Karachi	<b>Agha Khan University Hospital,</b> Stadium Road, Karachi, Sindh
Hyderabad	<b>Liaquat University of Medical and Health Sciences (LUMHS),</b> Liberty Market Roundabout, Liaquat University Hospital, Hyderabad
Khairpur	<b>Gambat Institute of Medical Sciences,</b> Gambat, Khairpur, Sindh
Peshawar	<b>Hayatabad Medical Complex</b> Phase-4 Phase 4 Hayatabad, Peshawar, Khyber Pakhtunkhwa.
Mardan	<b>Chughtai Lab</b> Mardan point, near Allied Bank, Shamsi Road, Mardan, KP
Haripur	<b>Excel Labs,</b> TMA Plaza Shop No. 6, Near Girls Degree College Circular Road Haripur, KP
Lahore	<b>Shaukat Khanum Memorial Hospital,</b> 7A Block R-3 M.A. Johar Town, Lahore, Punjab
Multan	<b>Nishtar Hospital</b> Nishtar Road, Justice Hamid Colony, Multan
Rawalpindi	<b>Armed Forces Institute of Pathology,</b> Range Road, CMH Complex, Rawalpindi, Punjab
Quetta	<b>Fatima Jinnah Hospital</b> Bahadurabad, Wahdat Colony, Quetta
Muzaffarabad	<b>Abbas Institute of Medical Sciences (AIMS),</b> Ambore, Muzaffarabad, Azad Kashmir
Gilgit	<b>District Headquarters Hospital,</b> Hospital Road, Gilgit, GB

For more cities visit the [COVID-19 Health Advisory Platform](#)