

PAKISTAN CORONAVIRUS CIVACTS CAMPAIGN

July, 2022 - Bulletin no. 14

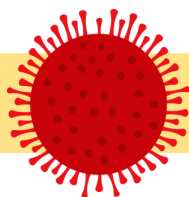


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With the continuous spread of COVID-19 in Pakistan; Accountability Lab is continuously building on its work with district governments and Community Front Liners (network of volunteers) through Coronavirus CivActs Campaign (CCC) to debunk rumours, fake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



Vaccines against pneumonia and flu protect against COVID-19



FACT ✓

OR

MYTH ✗

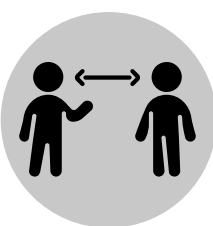
This is not true. Pneumonia is a serious lung infection and it causes symptoms such as pain in the chest and difficulty in breathing. Although this may seem similar to the symptoms of coronavirus, many people perceive that taking the vaccine of pneumonia can help in preventing COVID-19.

These vaccines do not protect you from the coronavirus, even though it is being said that they do help in keeping lungs healthy. As a new wave is spreading in the country, it is important to know that there is a separate vaccination for COVID-19, and anyone infected needs to take that particular vaccine instead of another one.

Flu and COVID-19 are caused by different viruses, so a specific vaccine is needed to stimulate your immune system to fight each of them. In more severe cases, both flu and COVID-19 can cause complications such as pneumonia or even death so make sure you're vaccinated against both. Everyone from six months of age should have a flu shot each year. It's even possible to have your flu and COVID-19 vaccine dose on the same day.

Source: [stanford.edu](https://www.stanford.edu)

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

SIDE EFFECTS OF THE PFIZER AND MODERNA VACCINES IN YOUNG CHILDREN

As per studies conducted by global health organizations, both vaccines produce mild side effects in young children. During a trial conducted in the US, many participants experienced irritability, sleepiness and pain at the injection site. In Moderna's trial, 21% to 26% of kids aged 6 months to 5 years developed a fever after each dose at a higher rate than reported among adolescents and adults. Fever was less common in the Pfizer trial: Around 7% of children 6 to 23 months reported fever after each dose. Nearly 45% of children age 2 to 4 years old in Pfizer's trial experienced fatigue, compared with 62% of kids age 3 to 5 years old in the Moderna trial. Neither trial reported any cases of myocarditis inflammation of the heart muscle. But the FDA said there's not enough data to determine the risk of myocarditis among young children who receive these vaccines. Myocarditis is a known risk for both the Pfizer and Moderna vaccines in adults and adolescents particularly for young men.

Dr.H. Cody Meissner (Chief, Division of Pediatric Infectious Disease; Professor of Pediatrics, Tufts University School of Medicine) said he voted to recommend both vaccines for children because some kids have pre-existing conditions, including obesity, sickle cell disease and heart disease, which can put them at risk for severe Covid. "The risk of harm from the vaccine is very, very low, but also it's important for mothers to understand that the risk of serious disease from the infection is very, very low," he said. Children of all ages make up 1% to 5% of total Covid hospitalizations in the U.S., according to a recent report from the American Academy of Pediatrics.



Source: [nbcnews.com](https://www.nbcnews.com)

GOVT RULES OUT IMPOSING SMART LOCKDOWN AS COVID POSITIVITY RATE INCREASES

In a press conference on Monday (4th July, 2022), Health Minister Abdul Qadir Patel said there has been an increase in hospitalization and Covid-19 positivity rate over the last few days. He said that most of the infections were of the new Omicron sub-variant BA.5. The minister added that instructions have been issued to provinces to make all necessary arrangements, including isolation centers, urging everyone to follow Standard Operating Procedures. Patel said that Eidul Azha and Muharram are around the corner, during which the chances of a spike in cases are expected. He has urged citizens to try and stay indoors as much as possible during Eid holidays.

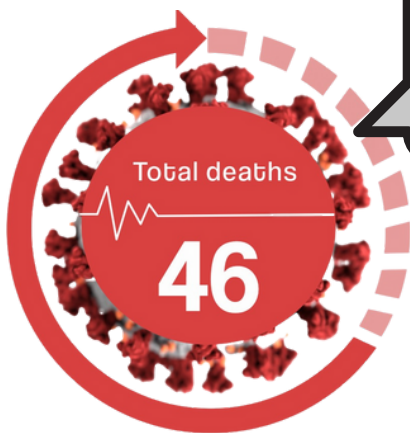
Justifying the decision, Patel added this was not the right time to impose lockdown, adding that the National Command and Operation Center is monitoring cases and the government is prepared for any scenario. Pakistan conducted 14,632 tests during 03 July 2022, out of which 675 came out positive, as per the National Institute of Health (NIH). The national positivity ratio was recorded at 4.61%. Moreover, two people succumbed to the virus on 03 July 2022, while the country has 153 critical cases.



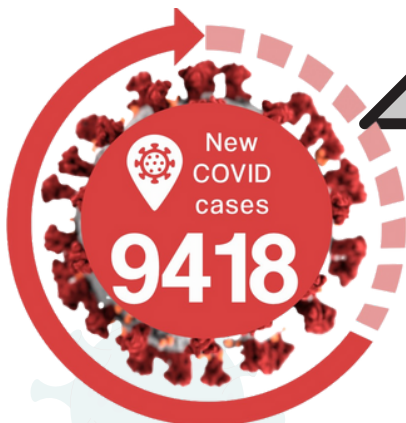
Source: [brecorder.com](https://www.brecorder.com)

COVID-19 SURGE DURING JULY, 2022 (STATISTICS)

Covid cases have surged significantly during the first half of July, 2022. During the first seventeen days of the month alone, over 9000 positive covid cases have been recorded along with 40+ deaths. On July 6th 2022, over 800 covid positive cases were recorded (the highest number of cases in a single day).



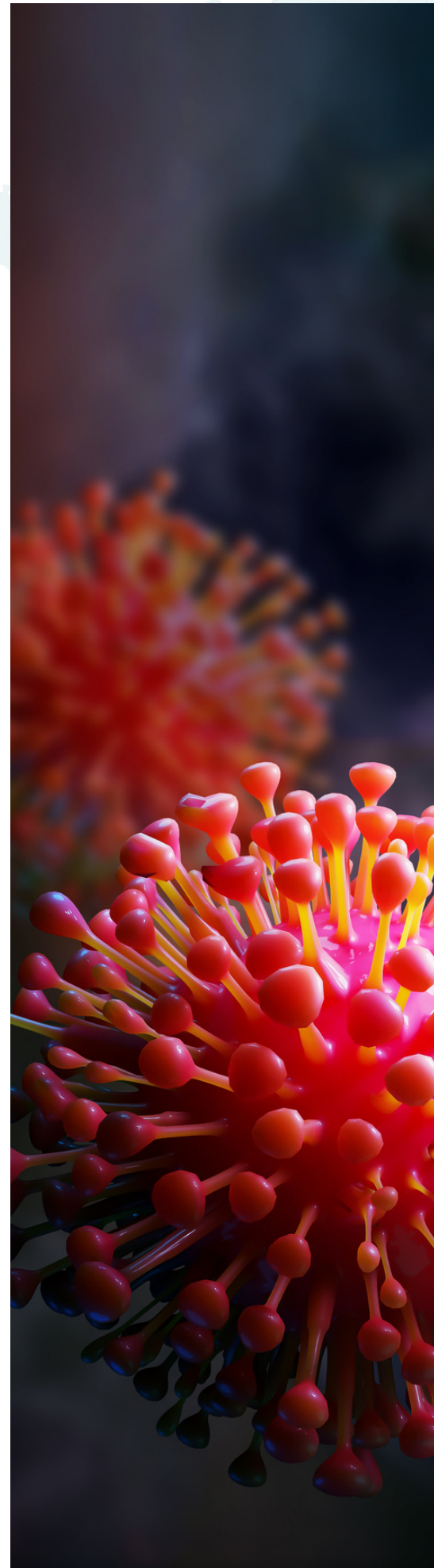
During **July 1st to July 17th**, a total of **46** deaths from COVID-19 were recorded



During **July 1st to July 17th**, a total of **9418** new COVID cases were identified



On **July 6th**, **872** was the highest number recorded of cases in a single day



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](#)