

PAKISTAN CORONAVIRUS CIVACTS CAMPAIGN

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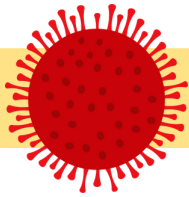


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With the continuous spread of COVID-19 in Pakistan; Accountability Lab is continuously building on its work with district governments and Community Front Liners (network of volunteers) through Coronavirus CivActs Campaign (CCC) to debunk rumours, fake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



Hand dryers are not effective in killing or stopping the spread of covid-19



FACT ✓

OR

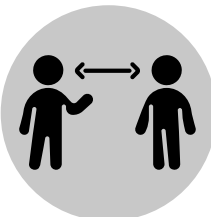
MYTH ✗

Hand dryers are useless in killing COVID-19. There may be no evidence to signify it's going to assist prevent catching coronavirus. The heat does not reduce the virus, and immoderate use of hand dryers can affect the pores and skin. Leading independent [microbiologist Dr. David L Webber](#) has confirmed that using hand dryers in the washroom does not contribute to the spread of coronavirus.

To protect yourself, regularly clean your hands with an alcohol-based hand gel or wash them with soap and water. As soon as your palms are cleaned, dry them thoroughly using paper towels or a warm air dryer.

Source: [W.H.O](#)

PREVENTIVE MEASURES THAT CAN BE TAKEN AGAINST CORONAVIRUS (COVID-19)

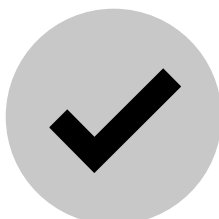


Wear a mask that has two or more layers of washable, breathable fabric and covers your mouth, nose and chin. It should not be loose on the sides.

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

WITH A SNIFF OR A SWALLOW, NEW VACCINES AIM TO PUT BRAKES ON THE COVID-19 SPREAD

Ensuring vaccination against the coronavirus have been hugely a hit, saving nearly 20 million lives globally in their first year of use and slashing the pandemic's demise toll with the aid of an envisioned 63%, according to [a recent observation](#). Yet good as these shots are, they have no longer stopped the virus from spreading from individual to character.

As the SARS-CoV-2 virus spreads, it changes. That has helped it get beyond our firewalls; the immunity created by using vaccines is left in the back once we recover from an infection.

Which is why, well into the third year of the pandemic, we are inside the midst of another wave of Covid-19 resulting from the maximum immune-evasive variation yet, BA.5. And extra variants are coming.

At the same time as vaccine producers race to update the primary-technology shots inside the hopes of patching up our protection for the fall, different scientists are taking an exclusive approach, making vaccines added via nasal sprays or capsules that would act as more powerful immune defenders to the body's front lines: the lining of the mouth, nose and throat.



Source :[CNN](#)

WHY YOU'LL NEED TO GET COVID-19 BOOSTERS AGAIN AND AGAIN

Numerous highly powerful vaccines were evolved at an unheard of pace to fight the COVID-19 pandemic. Throughout the phase 3 medical trials, mRNA vaccines had vaccine efficacy of 94–95% in preventing symptomatic infections. After the rollout, actual-world evidence confirmed that the mRNA vaccines supplied [90%](#) effectiveness against infection. Then came the variants. The wave after wave of latest variants, with ever-growing transmissibility and capacity to get away present immunity, challenged the ability of vaccines to prevent infection and transmission.

The effectiveness of a primary series of mRNA vaccines (two doses) to save you hospitalization and loss of life is likewise being chipped away by these fantastically immune-evasive versions. Vaccine-mediated safety has emerged as shorter-lived, especially with the emergence of Omicron variations. People examine these statistics and wonder, what's the point of having the vaccines if they will no longer save you symptomatic infections, and the safety is no longer ultimate. It should be understood that looking ahead to robust safety from just the number one collection of any vaccines is unreasonable and becomes continually likely to be;

however somehow society has positioned too excessive a bar on what's taken into consideration a suitable variety of doses for COVID-19 vaccines. As a substitute, we need to understand that we're going to be getting boosters within the foreseeable destiny, and to realize their benefits.



Source: [Times](#)

* The percentage is reflective of the total population

COVID-19 VACCINATION STATUS IN PAKISTAN



AT LEAST ONE
DOSE

64%

FULLY VACCINATED

59%

BOOSTER
DOSE

16%



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](#)