

PAKISTAN CORONAVIRUS CIVACTS CAMPAIGN

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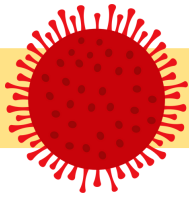
WHAT'S INSIDE

- 01 CORONAVIRUS MYTHBUSTERS**
- 02 CORONAVIRUS UPDATES**
- 03 CORONAVIRUS INSIGHTS**
- 04 EXPERT INTERVIEW**

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



Rapid COVID-19 tests work well, and you do not have to take a PCR test to know for sure that you have COVID-19

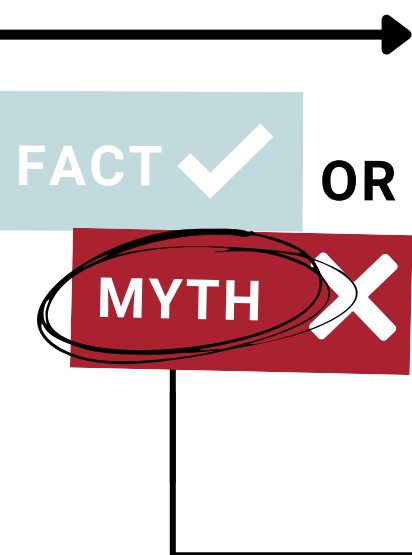


PCR is the standard test for detecting COVID-19. However, Rapid test kits are also effective to know if someone has contracted the virus or not and what are the chances that they might spread the virus to other people. Rapid tests are a fast and convenient way to get results.

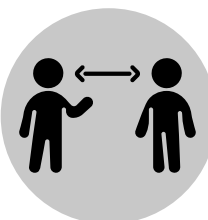
PCR tests can detect the virus at an early stage by detecting the genetic material inside the coronavirus while on the other hand, rapid tests look for antigens and indicate if one is infected with high enough levels of the virus that can infect others. PCR tests are recommended when someone has been in contact with a covid-19 person, in order to detect the virus at the early stage.

Whereas, a rapid test can be used as a quick strategy referred to as a "test to return" to end one's quarantine.

SOURCE: [DISPELLED-BY-EXPERTS](#)



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 CLIMATE DATA CAN HELP MODEL THE SPREAD OF COVID-19 AND TO WHAT EXTENT

According to a new study published in the *PLOS ONE* journal, COVID-19 spread has been impacted by climate change. The data on reported Covid-19 cases in 196 countries have been studied over a period of 14 months. The control variables studied in the research are socioeconomic, environmental, and global health factors. The three different analytical approaches used in the study are statistical, machine learning, and econometric which demonstrated the potential impact of climate on confirmed cases.

While there are other strategies that have worked effectively including lockdown and increasing the testing facility, according to the study, the correlation between the spread of COVID-19 and Ultraviolet radiation has a noticeable significance as the greater ultraviolet rays are associated with reduced emissions.

Scientists have concluded that UV radiations are the most powerful meteorological factor in COVID-19 transmission among the others discussed above. This can help in improving the transmission predictions based on seasons and help to mitigate and manage any future pandemic response measures helping to minimize the economic impact caused by complete lockdowns. Scientists have also argued that UV light can effectively eradicate viruses in the coronavirus family including SARS-CoV-2.

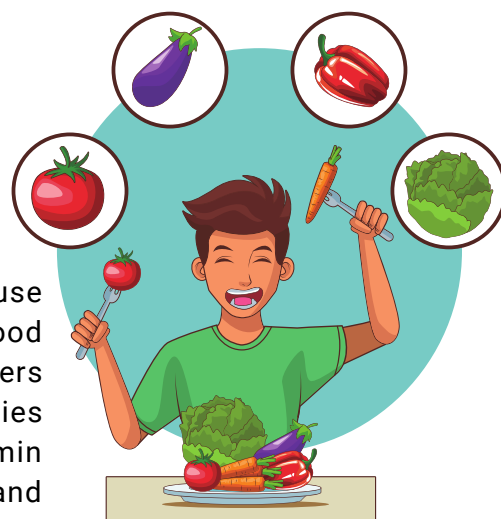
SOURCE: [.SCIENCEDAILY.COM](https://www.sciencedaily.com)



HOW LONG COVID CAN BE TREATED WITH DIET AND NUTRITION

According to the Center for Disease Control (CDC), the few common symptoms of the “long Covid” or “chronic Covid”, that can affect one in the long run, include brain fog, lethargy and breathing difficulties. Experts believe that while the right nutrition is not the ultimate remedy for the long Covid, diet can play a vital role in cure.

According to experts, one must be aware that triggers like Covid cause extreme inflammation and it is important to stay away from any food that causes it. Processed foods and red meat are the common triggers that worsen inflammation. One must be aware of vitamin deficiencies as they can aggravate the symptoms of Covid. A deficiency of vitamin B12 can lead to symptoms such as “fatigue, shortness of breath, and difficulty thinking”.



Health experts believe that the Mediterranean diet is beneficial for general health since it is rich in vegetables, nuts, whole grains, and protein. A well-rounded and balanced diet not only helps one with the long Covid but also helps battle other chronic diseases. Most importantly, sufficient water intake is imperative for the body to function. Patients often forget to keep themselves hydrated in Covid; it is important to keep reminding them to stay hydrated.

SOURCE: [CNBC](#)

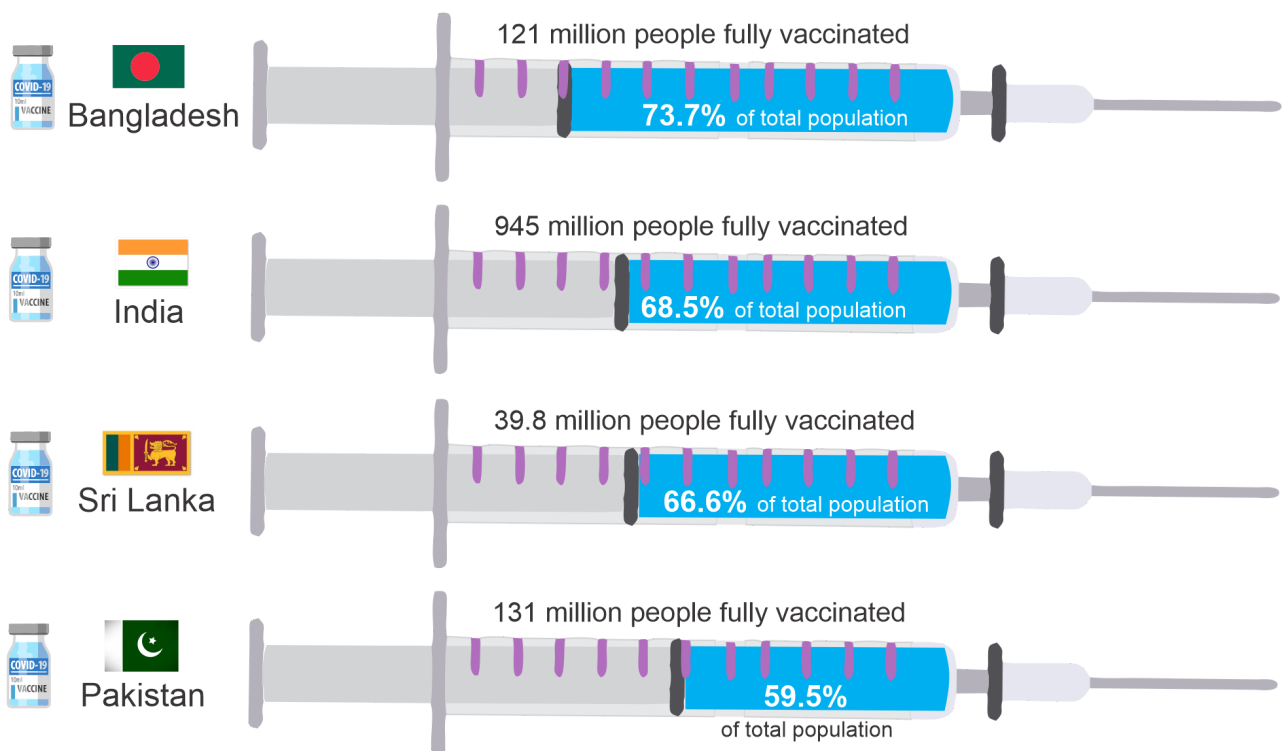


COMPARATIVE ANALYSIS OF IMMUNIZATION IN THE SUB CONTINENT

The COVID-19 immunization process across the globe started in December 2020 and more than 5 billion people have been administered Covid-19 vaccination, which makes up around 70% of the global population.

The neighboring countries in South Asia: Pakistan, Sri Lanka, Bangladesh, and India have administered the COVID-19 vaccine to more than half of their respective populations.

Pakistan has comparatively vaccinated the least, with 131 million fully vaccinated which is 59.5% population, Sri Lanka in second has fully vaccinated 39.8 million of its population and 66.6% of its whole population, India in third has fully vaccinated 945 million people which makes up to her 68.5% population while Bangladesh has vaccinated most of its population in the sub-continent with its 73.7% population fully vaccinated.



SOURCE: [OWID_WRL](#)

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](#)