

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 Department of Health 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 are disseminated on a monthly basis in three districts of Khyber Pakhtunkhwa - Peshawar, Mardan and Nowshera.

*Source: [UNWomen](#)

FACT



THE LIKELIHOOD OF SHOES SPREADING COVID-19 IS VERY LOW

The likelihood of COVID-19 being spread through shoes is very low. It has been observed that shoes cannot or carry Covid virus.

However, as a precautionary measure, particularly in homes where infants and small children crawl or play on floors, consider leaving your shoes at the entrance of your home.

This will help prevent contact with dirt or any waste that could be carried on the soles of shoes.



Source: [myth-busters](https://www.myth-busters.com/)

MYTH



VITAMIN D PREVENTS INFECTION

Some recent studies claim that if someone takes vitamin D supplements regularly, they are less likely to contract COVID-19. To some extent, people have based their judgements from this controversial paper that appears in the journal, [Aging Clinical and Experimental Research](https://doi.org/10.1093/ajph/2019.09.1582). The paper's authors claim to have found a correlation between low mean levels of vitamin D in the populations of certain countries and higher rates of COVID-19 cases and related deaths in the same countries. Based on this correlation, the authors hypothesize that supplementing the diet with vitamin D may additionally protect against COVID-19. However, there may be no evidence that this will truly be the case.

In addition, they notice that although adequate vitamin D can contribute to everyday standard accurate health on a daily basis, taking supplements without first looking for clinical advice can be dangerous.

As an example, taking everyday Vitamin D in the form of a dietary supplement could actually threaten fitness, especially amongst humans with certain underlying chronic conditions (Ashtama, cancer, Alzheimer).

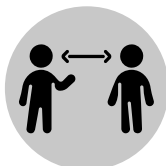


Source: [\(medicalnewstoday.com\)](https://www.medicalnewstoday.com/)

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

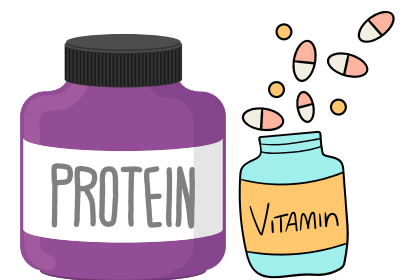
Source: [NCBI](https://www.ncbi.nlm.nih.gov/)

COVID-19 RECOVERY DIET: WHAT TO EAT WHEN RECOVERING FROM CORONAVIRUS

Along with all the medicines and multivitamins that you might be taking, including a healthy meal in your diet while recovering from COVID-19 is equally crucial.

A well-balanced and nutritious diet, particularly at the time when you are down with COVID-19 and your immune system has taken a setback due to the deadly virus can help in building internal strength and aid in speedy recovery. To fight the infection and prevent them from spreading to your lungs, your body naturally needs more energy and fluids, hence it is pivotal to fuel yourself with nutrient-rich foods.

According to the National Health Service (NHS), In the UK, those recovering from the coronavirus need more proteins, vitamins and minerals to speed up the recovery process and rebuild their immunity. Keeping this in mind, several renowned nutritionists of the country took to their social handles and shared a diet plan for people recovering from COVID-19. Here is what they recommend you eat in a day.



Increase calories intake

While fighting the virus present inside the body, a lot of energy is used, which makes us feel drained and tired. Adding calorie-dense foods to your diet is necessary at this time to get back in form. Including whole-grain cereals like millets, oats, rice and starchy vegetables like potato, sweet potato can help to increase calorie intake and energize you.

Proteins

Protein is an important nutrient for cell growth and regeneration. It is the building block of life and is required by our body for faster recovery. When suffering from COVID-19, it is recommended to eat a high protein diet.

Taking 75-100 grams of protein is essential every day. So, add more foods like lentils, legumes, milk and milk products, soy, nuts, seeds, meat, chicken, fish and eggs to your diet.



Vitamins and Mineral

Fresh fruits and vegetables are loaded with immune-boosting, antioxidants, vitamins and minerals. These can be an excellent addition to your diet for faster recovery and strengthening your immune system. Aim for 5 portions of fruits and vegetables in a day. Citrus fruits are packed with vitamin C, which helps in the formation of antibodies and fights infection, while green and root vegetables help to strengthen the immune system. Also, spend some time outdoors to get a sufficient amount of vitamin D.

Fluids

Water is an essential element for life as it carries nutrients in the blood, regulates body temperature, and flush out toxins from the body. Besides, an infection can dehydrate the body. Try to drink at least 2-3 liters of water every day. You can also consume herbs, coconut water, milk and fresh juice. Avoid packed juice, caffeine and fizzy drinks.

Source: [Nutrition site](#):



ACCORDING TO A NEW STUDY, COVID CAN LEAD TO MORE SEVERE AND LONG-TERM CARDIOVASCULAR DISEASES

Doctors and health experts have seen a rise in heart diseases post COVID. In the ongoing debates and discussions around the effect of COVID on cardiovascular disease, another research study has come up with stronger revelations. "University of Queensland researchers have discovered how COVID-19 damages the heart, opening the door to future treatments," an official statement from the University said.

Meanwhile, doctors and health experts have seen a rise in heart diseases post-COVID. Many health experts have also estimated a link between COVID vaccine and the rising incidences of heart related complications.

In comparison to the 2009 flu pandemic, COVID has led to more severe and long-term cardiovascular diseases but what was causing that at a molecular level wasn't known," Dr. Arutha Kulasinghe, a member of the research team said.

"During our study, we couldn't detect viral particles in the cardiac tissues of COVID-19 patients, but what we found was tissue changes associated with DNA damage and repair. DNA damage and repair mechanisms foster genomic instability and are related to chronic diseases such as diabetes, cancer, atherosclerosis and neurodegenerative disorders, so understanding why this is happening in COVID-19 patients is important," he explains.

Source: [indiatimes.com](#)



CURRENT STATS AND FIGURES: 94% OF PAKISTAN'S POPULATION FULLY VACCINATED AGAINST COVID

According to Express Tribune, Pakistan's 94% population has been vaccinated against Covid-19.

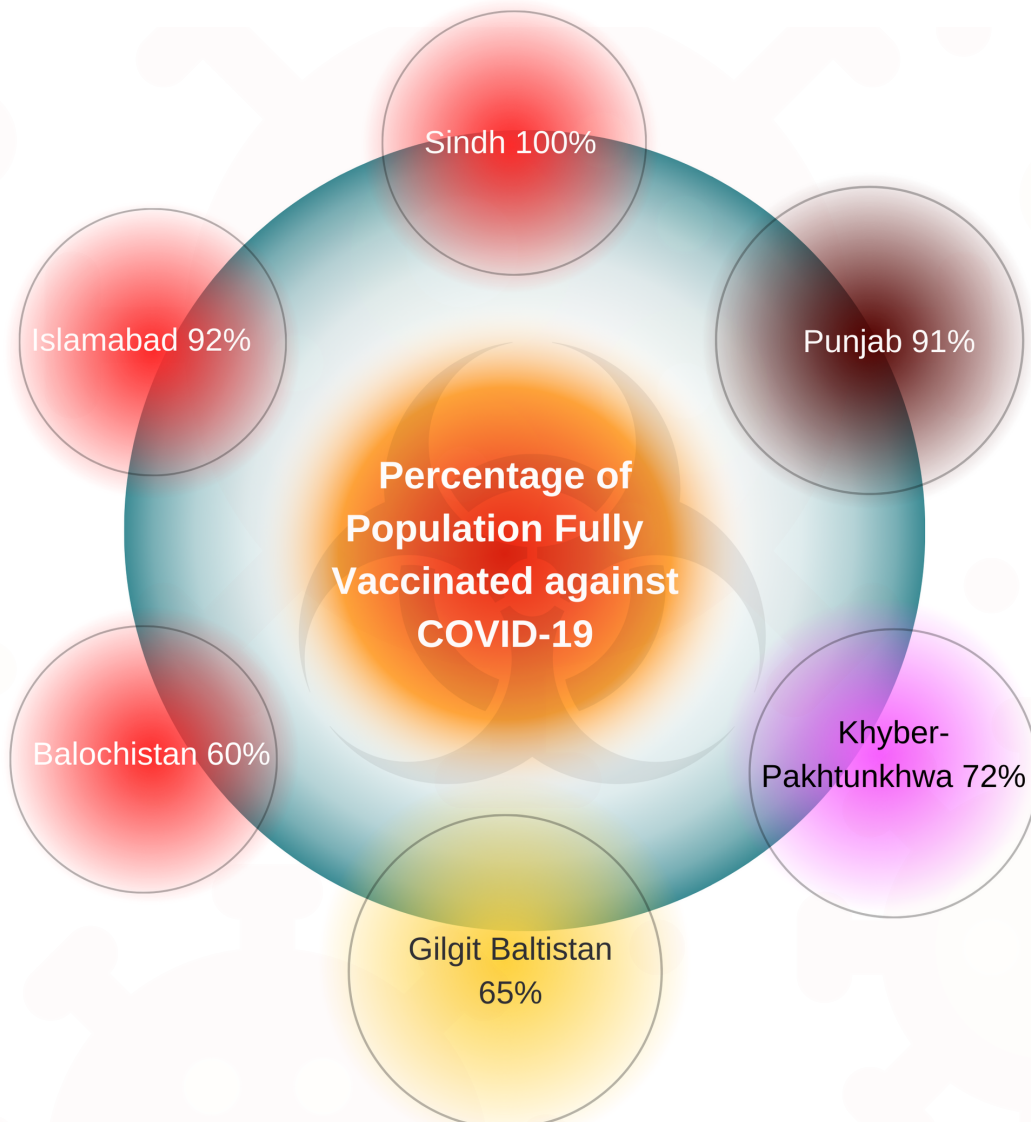
Sources privy to the matter said Sindh remains on top of the list with almost **100%** of its eligible population vaccinated against the pandemic, while Islamabad and Punjab remain 2nd and 3rd with **92%** and **91%** vaccination ratios.

Khyber-Pakhtunkhwa has vaccinated **72%** and Baluchistan has vaccinated **60%** of their population. Gilgit-Baltistan has inoculated **65%** of its eligible population against Covid-19.

Sources further said 143,190,050 people are eligible for the vaccination against Covid out of which 127,681,157 people have been vaccinated against the deadly virus.

Meanwhile, the country reported 39 new cases of Covid, taking the total number of cases to 1,572,112. According to the latest figures by the National Institute of Health (NIH), one death was registered.

The nationwide tally of fatalities has jumped to 30,619. Pakistan has conducted 10,371 tests in the last few days and the Covid positivity ratio was recorded at **0.38%**.





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