

PAKISTAN CORONAVIRUS CIVACTS CAMPAIGN

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WHAT'S INSIDE

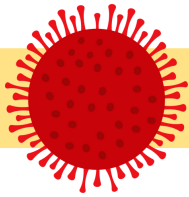
01 CORONAVIRUS MYTHBUSTERS

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03 CORONAVIRUS UPDATES

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.



The keto diet can cure COVID-19

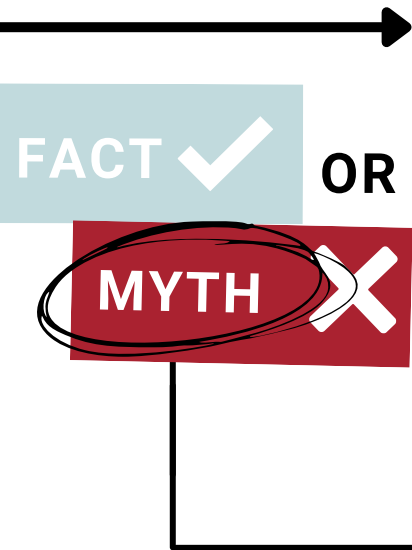


Keto diets, that are high in fat and low in carbohydrates, have also got some attention in the context of treating or preventing COVID-19. This may be because there is little evidence to indicate that keto diets could [assist in increasing the immune system](#). But, a whole lot of that proof is based totally on animal research instead of human trials.

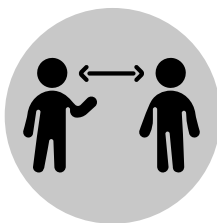
There is currently no proof to signify that following a keto food plan may assist a healthy person to prevent contamination with SARS-CoV-2. However, there is some proof to indicate that keto diets can expose people to certain fitness risks such as [elevating levels of cholesterol](#).

Keto diets may have side effects, such as flu-like symptoms, headaches, nausea, and changes in blood pressure.

SOURCE: [MEDICAL NEWS TODAY](#)



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

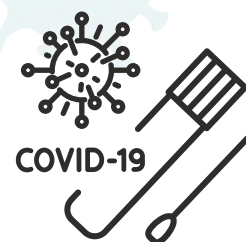
FEMALES ARE MORE PRONE TO LONG COVID THAN MEN

A recent study at Harvard has associated levels of tension, depression, and fatigue with the danger of suffering from long Covid. The study has found out that someone going through levels of tension, depression, and fatigue earlier than being infected by coronavirus has a far stronger threat of growing long Covid.

Long Covid refers to the long-time period outcomes of SARS-CoV-2, which causes coronavirus infection within the body. In keeping with the USA based Center for Disease Control and Prevention (CDC), it includes a huge range of ongoing health problems that can last for days, weeks, and even months after one is diagnosed Covid negative.

Based on a recent report, WHO stated that women are the worst sufferers of long Covid than men. WHO (World Health Organization) report said, "The modeling additionally suggests that females are twice as likely as males to experience long Covid."

Furthermore, the chance increases dramatically among severe Covid-19 cases needing hospitalization, with one in three females and one in five males likely to increase long Covid."



SOURCE: [LIVEMINT](#)

REGULAR PHYSICAL EXERCISE MAY LESSEN COVID RISKS

A worldwide evaluation of records shows that regular exercise of approximately 20 mins in the afternoon lowers your risk of growing Covid-19 or falling seriously sick with the disease.

Everyday physical activity is connected to a lower threat of Covid-19 infection, severity, hospitalization and death, in keeping with the new pooled information evaluation of the available evidence posted in the British Journal of Sports Medicine.

Regular physical activity in weekly routines allows safeguarding people against Covid-19, in line with the peer-reviewed evaluation of sixteen global researchers that covered greater than 1.8 million adults.

Racking up 150 minutes of slight-intensity bodily activity each week, or 75 minutes of vigorous-intensity activity, presented exceptional safety towards Covid infection and intense disease, the researchers observed.

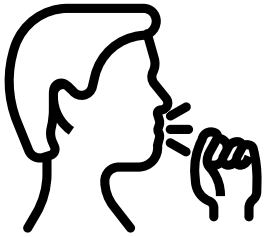
Daily exercisers had an 11% lower threat of Covid infection and a 44% lower danger of great disorder compared to their physically inactive friends, the researchers said. Those incorporating exercise into their weekly routine additionally had a 36% lower risk of hospital admission with Covid and 43% decreased risk of dying from Covid than individuals who did not know, the researchers discovered.



SOURCE: [ROBERT HART FORBES STAFF](#)

What are the symptoms of COVID-19?

The most common symptom, experienced by 88% of confirmed patients, is a fever. The other most common signs and symptoms in keeping with that observation are, in descending order:



- Dry cough (68%)



- Joint or muscle ache (15%)



- Nausea or vomiting (5%)



- Nasal congestion (5%)



- Fatigue (38%)



- Sore throat (14%)



- Headache (14%)



- Diarrhea (three%)



- Coughing up sputum/mucus manufacturing (33%)



- Shortness of breath (19%)



- Chills (eleven%)



- Coughing up blood (1%)



- Eye discharge (1%)

One thing missing from this list is anosmia, or loss of sense of smell. Anecdotal reports suggest that people with milder cases of the disease should have telltale signs and symptoms just like the loss of their smell and or taste

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](#)