



WHO has recently predicted that the Covid19 pandemic is about to be over. US President, Joe Biden said that the world was already out of the pandemic. The local evidence from Pakistan supports these claims.

While we cherish and celebrate the good news, we would also like to share with our partners that it has brought in a shift of

approach to our Open Society Foundation (OSF) supported Coronavirus CivActs Campaign (CCC). For over two years, CCC debunked fake news, misinformation, and myths around covid19. Going forward, the campaign will focus on building healthy information ecosystems where we will lead and support efforts to stop the spread of fake news and misinformation in Pakistan in a broader manner. The focus of our work might not necessarily be around Covid 19, unless, of course, we face a new wave. We plan to tackle fake news around health emergencies (remember, polio is still a challenge in Pakistan and fake news is responsible for creating perennial vaccine hesitation), politics, sociocultural taboos, and other similar phenomena.

WHAT'S INSIDE

COVID-19 &
Vaccination Statistics
in Pakistan

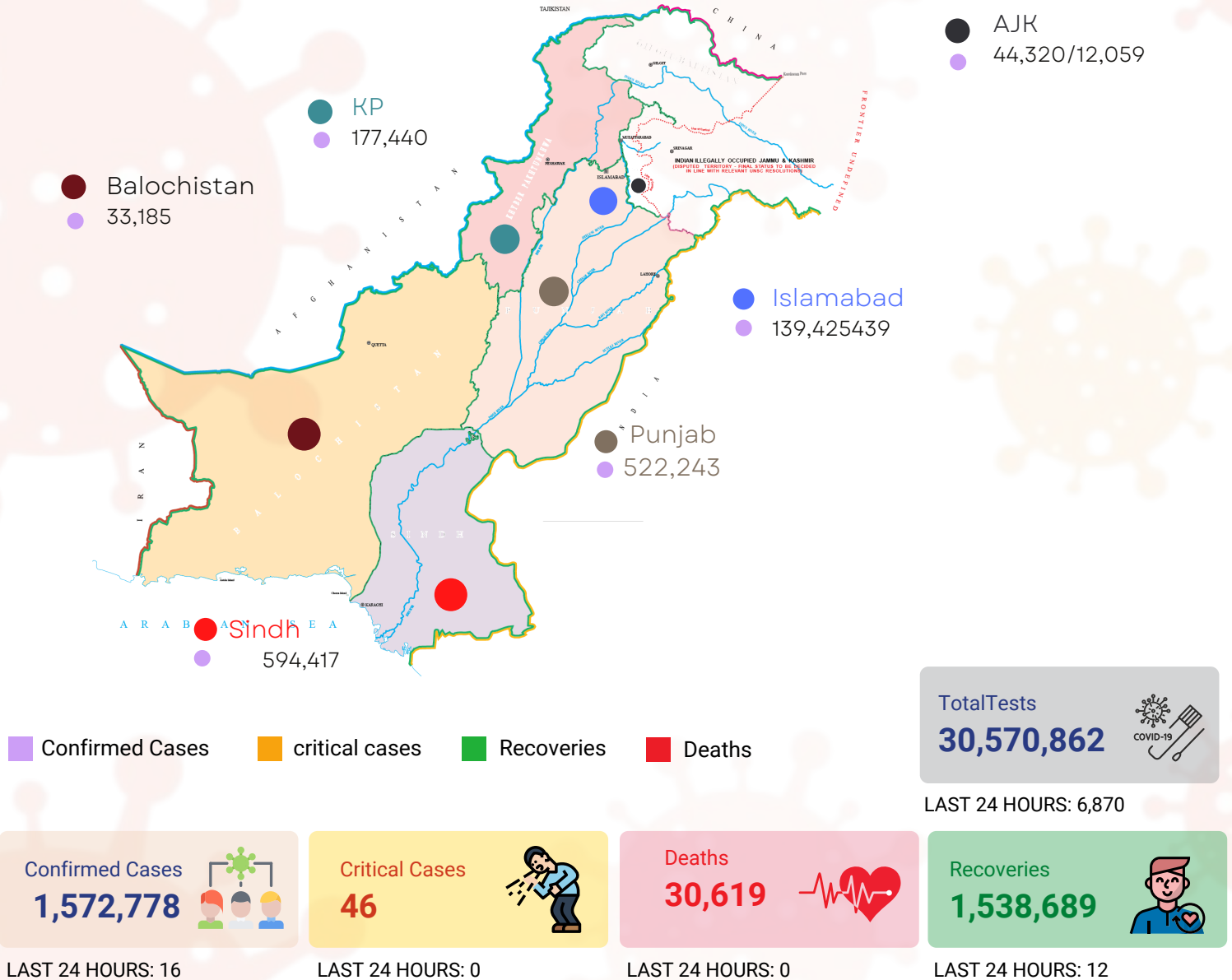
COVID-19 Insights

Misinformation,
Disinformation &
Fake News

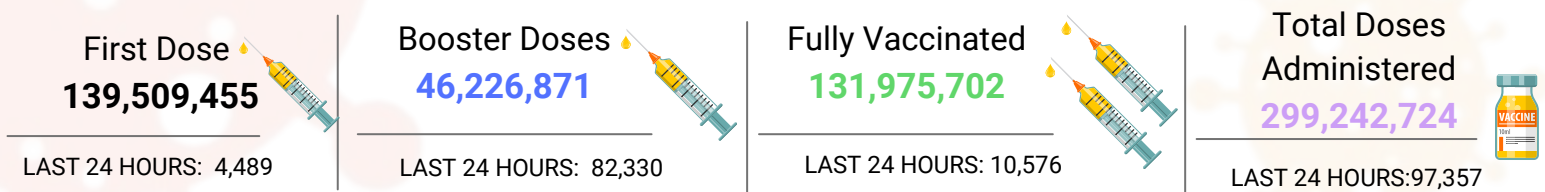
Steps involved to
verify
Misinformation

COVID-19 DASHBOARD

(PAKISTAN)



Vaccination Statistics



SOURCE : [Government of Pakistan](https://www.governmentofpakistan.gov.pk/)

DO YOU HAVE COVID COUGH? HOW TO FIND OUT?

Coughing, sore throats, and runny nose are all common symptoms of COVID-19, as well as a common cold. Red eyes, lack of taste and scent, and other COVID-19 symptoms were clear indicators of the illness early at some point in the pandemic, however, maximum sufferers now do not have those recognizable symptoms. But, COVID cough nonetheless remains the main symptom even though it could be hard to distinguish it from an ordinary one.

A boom in a current cough's strength or the start of a new one is the hallmark of COVID cough. Most COVID coughs are chronic. Its dry texture is a telltale symptom of COVID. Many people who have gotten COVID report having a dry cough that is usually phlegm-free, no matter the fact that many health agencies simply list cough as a COVID symptom.

A dry cough turns painful when it lasts for an extended duration inside the body. The man or woman's throat, voice, and the ability for deep breathing are all affected. For many people, having an extended, dry cough is a common issue. Frequent coughing or intense cough loops may make you worn out/tired.



WHAT TO DO WHEN YOU HAVE COVID COUGH?

If you have a COVID cough, it is best to stay indoors. Humans cough and bring air droplets that could contain infections that might be already inside the body. When different people inhale these air droplets, it could cause them to contract the disease.

With winter around the nook, it would be sensible to presume you have COVID-19 in case you begin to feel ill, and to take appropriate precautions such as testing and social isolation. Proper medicines and treatments ought to be used to treat COVID cough.

Eating Ayurvedic herbs that are regarded to heal respiratory conditions is another natural remedy alternative. Anyhow, consulting a medical doctor is a need before using any natural /herbal medicines.



SOURCE: [LIVEMINT](#)

MISINFORMATION, DISINFORMATION, AND FAKE NEWS

Misinformation is fake information. Importantly, it's miles of fake data that become not created with the aim of wounding/hurting others. Misinformation is frequently commenced by someone who honestly desires to apprehend a topic and cares about maintaining different humans safe and well. It is then shared through others who sense the same. All of us believe they are sharing correct records/information but unfortunately, they're not. And depending on what is being shared, misinformation can come to be pretty dangerous.

At the other end of the spectrum is disinformation. Unlike misinformation, this is false information created with the goal of making the most of it or inflicting damage. That harm will be to a person, a collection of people, a company, or maybe a country. Disinformation generally serves some agenda and may be risky. Throughout this pandemic, we're seeing it used to try to erode our trust in each other and in our government and public institutions.

Fake news is fake or misleading information presented as news or information. Fake news regularly has the goal of damaging the reputation of a person or making advertising sales. Fake news is an inaccurate, sometimes sensationalistic report that is created to gain interest, mislead, misinform or damage recognition.

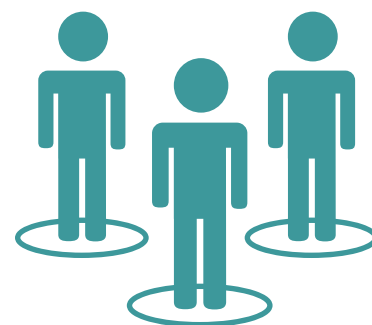


SOURCE: [WORLD HEALTH ORGANIZATION](#)

HOW TO NAVIGATE MISINFORMATION AND DISINFORMATION

It enables us to consider misinformation and disinformation spreading in an identical manner as viruses. One person might share fake news with their friends and family, and then a handful of them share it with more of their friends and family, and before you know it, probably dangerous or harmful information is taking over everyone's newsfeed.

But just as we can protect against COVID-19 with hand washing, physical distancing, and masks, we can slow down the spread of misinformation and disinformation by practicing a little information hygiene. Before sharing something, ask yourself these questions:



1. How does this make me feel?
2. Why am I sharing this?
3. How do I know if it's actually true?
4. Where did it come from?
5. Whose agenda would possibly be supported by way of sharing it?

If you know something is false, or if it makes you angry, don't share it to debunk it or make fun of it. That just spreads the misinformation or disinformation further. Learn more about [how you can report misinformation online](#).

Good places to go for reliable information are the websites of your national Ministry of Health or the [World Health Organization](#). Remember, though: information will change as we learn more about the virus.

SOURCE: [WORLD HEALTH ORGANIZATION](#)

TIPS FOR NAVIGATING THE INFODEMIC



ASSESS THE SOURCE

Who share the information with you and where did they get it from? Even if it is friends or family, you still need to vet their source.



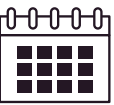
GO BEYOND HEADLINES

Headlines may be intentionally sensational and provocative.



IDENTIFY THE AUTHOR

Search the author's name online to see if they are real or credible.



CHECK THE DATES

Is it up to date and relevant to current events? Has a headline, image or statistics been used out of context?



EXAMINING THE SUPPORTING EVIDENCE

Credible stories backup their claims with facts.



CHECK YOUR BIASES

Think about whether your own biases could affect your judgment on what is or is not trustworthy.



TURN TO FACT-CHECKERS

Consult trusted fact-checking organizations, such as the international Fact-Checking Network and global news outlets focused on debunking misinformation.