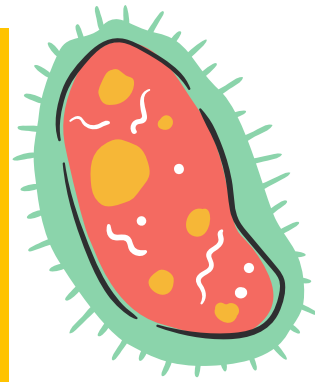
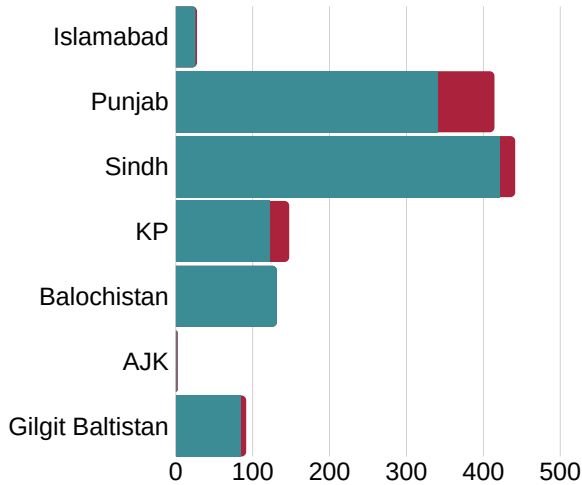


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can answer their questions.



Confirmed Cases



The **Pakistan Coronavirus CivicActs Campaign (CCC)** captures rumors and perceptions among communities to eliminate information gaps between the government, media, humanitarian agencies and citizens. By providing the public with facts, these coronavirus bulletins aim to create a better understanding of needs regarding coronavirus and to debunk rumors before they can do more harm.



DON'T PANIC!

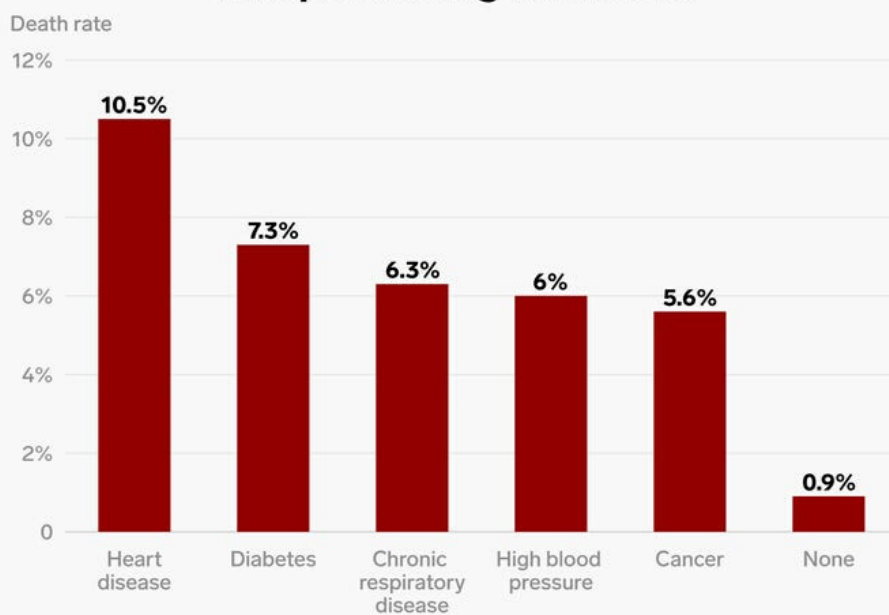
Follow these steps to help prevent the spread of coronavirus.

- Wash your hands frequently with soap and water for at least 20 seconds. Use hand sanitizer (with at least 60% alcohol) if soap and water aren't available.
- Cover your nose and mouth (with your elbow or a tissue) when sneezing.
- Avoid crowded places and practice social distancing. If you think you have been exposed to someone with coronavirus, quarantine yourself for a minimum of 14 days and monitor any symptoms.
- Do not stockpile supplies.

WHO'S AT RISK?

Data from China and Italy shows a higher risk of coronavirus complications in people with pre-existing medical conditions. Of those in hospital with coronavirus, 25% - 50% had a pre-existing medical condition such as high blood pressure, cancer, diabetes, or lung disease. People with pre-existing medical conditions are more at-risk because they typically have weaker immune systems. Long-term medical conditions and age can weaken the immune system so that it is less able to fight off infections like coronavirus.

Death rate of COVID-19 patients with preexisting conditions



Source: Chinese Center for Disease Control and Prevention

BUSINESS INSIDER

The chart on the left shows the percentage of patients with pre-existing medical conditions who died based on a study conducted by the Chinese CDC.

Patients with heart disease had the highest death rate, at 10%.

Credit - [Business Insider](#)

Who is considered at risk?

People with pre-existing medical conditions such as:

- Cancer
- High blood pressure
- Heart conditions
- Diabetes

****Please note - these are not the only pre-existing conditions that are considered at risk for more severe cases of coronavirus.****

WHO'S AT RISK?

Cancer

Cancer treatments can weaken the immune system, which typically protects the body against illness and infection caused by viruses such as coronavirus. When a person's immune system is weakened, it reduces the body's ability to fight off infections. Chemotherapy, for example, can stop the bone marrow from producing white blood cells. When a person's body is under attack by an infection, bacteria, or other foreign invader, white blood cells rush in to help destroy the harmful substance. Other types of cancer, like leukemia or lymphoma, target the immune system which can also lower one's ability to fight infection.

Heart Conditions

When one has a heart condition, it may mean they could get sicker than someone without a heart condition if they catch coronavirus. Those who have had heart transplants are considered especially high risk and should take extra precautions, such as staying at home and limiting contact with other household members for 12 weeks. While there is currently no vaccine against coronavirus, it is recommended that at risk individuals stay up to date on their pneumonia and flu vaccinations. For more information on heart health and coronavirus, click [here](#).

Diabetes

According to Diabetes.org, coronavirus can cause more severe symptoms and complications in people with diabetes. When an individual has diabetes, being ill can cause their blood sugar to go all over the place. The body attempts to fight the illness by releasing stored glucose (sugar) into the bloodstream to give energy, however, the body can't produce enough insulin to cope, so the blood sugar levels rise. It's important to check blood sugar levels more frequently if one suspects they may have symptoms of coronavirus. When the body works overtime to fight an illness such as coronavirus, it can make it harder to manage one's diabetes, leaving one at risk of long-term problems with the eyes, feet, and other body parts.

High Blood Pressure

The most common complication of the virus is pneumonia, however, it can also damage the cardiovascular system (which transports nutrients, oxygen, and hormones throughout the body). This is why people with high blood pressure are at risk. High blood pressure (the force of your blood as it flows through the body) damages arteries and reduces the flow of blood to one's heart, meaning the heart has to work harder to pump enough blood. Coronavirus can cause direct damage to the heart, which can be risky if one's heart is already weakened by the effects of high blood pressure. Additionally, the virus may cause an inflammation of the heart called myocarditis, which makes it harder for the heart to pump. For individuals with plaque buildup in the arteries, the virus may make that plaque more likely to break apart and cause a heart attack.

Sources: [University of Rochester](#) [Cancer Research UK](#) [British Heart Foundation](#)
[WebMD](#) [Diabetes.org](#) [Business Insider](#) [CDC](#)

What do I do if I think I have coronavirus?

Do you have any symptoms?

- **Fever**
- **Shortness of breath**
- **Dry cough**
- **Tiredness**



If so, contact your doctor or the coronavirus helpline at 1166.

Where can I get tested?

Karachi

Aga Khan University Hospital

Stadium Road, Karachi

Civil Hospital

DOW University Campus
Mission Road, Karachi

Dow Medical Hospital

Ojha Campus
Suparco Road, Karachi

Indus Hospital

Opposite Darussalam Society, Korangi
Crossing, Karachi

Lahore

Punjab AIDS Lab

PACP Complex
6 - Birdwood Road, Lahore

Shaukat Khanum Memorial Hospital

7A Block R-3 M.A. Johar Town, Lahore

Islamabad

National Institute of Health

Park Road
Chak Shahzad, Islamabad

Rawalpindi

Armed Forces Institute of Pathology

Range Road
CMH Complex, Rawalpindi

Multan

Nishtar Hospital

Nishtar Road,
Justice Hamid Colony, Multan

For more cities visit the
[COVID-19 Health Advisory Platform](#)



Coronavirus CivActs Campaign is brought to you by
Accountability Lab Pakistan.

