

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.

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.

## Current Situation of COVID-19 in Pakistan

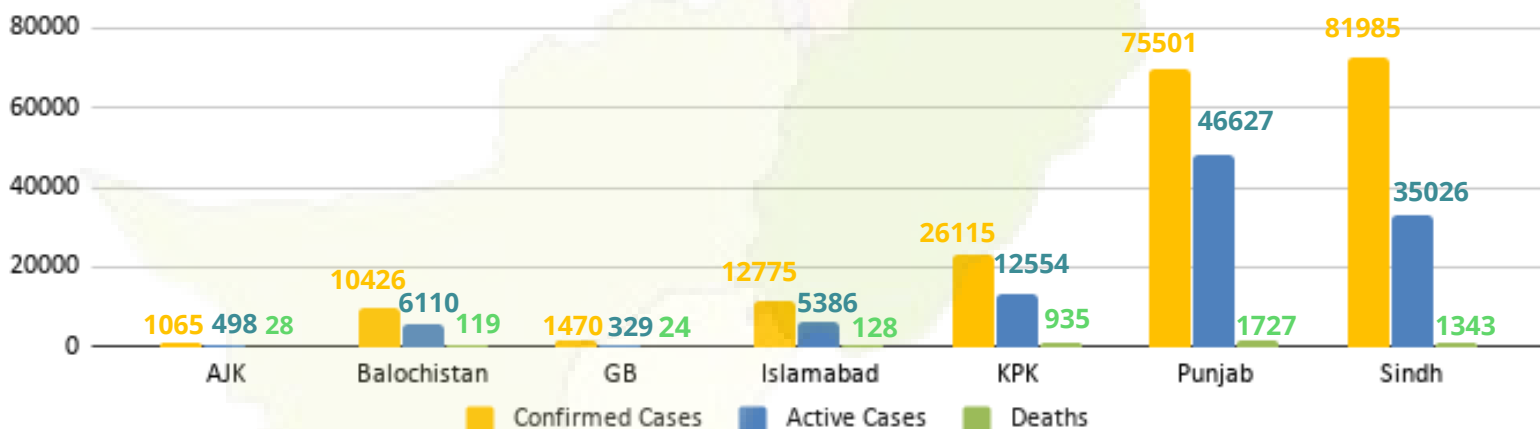
**Total Confirmed Cases**  
209,337

**Total Active Cases**  
106,530

**Total Deaths**  
4,304

**Total Recoveries**  
98,503

### COVID-19 Cases status in provinces of Pakistan



To receive our regular updates through WhatsApp

1. Add our number +27 60 080 6146 as a contact.
2. Send the word "Pakistan" as a message on WhatsApp.



# Caring for COVID-19 Patients at Home!

## Limit Contact

- The caregiver should not be someone who is at higher risk for severe illness from COVID-19.
- The person who is sick should use a separate bedroom and bathroom.
- If a caregiver and patient share the same space, ensure that the room has good airflow to improve ventilation.
- Avoid having any unnecessary visitors, especially visits by those at higher risk.



## Eating Plan



- The person who is sick should eat or be fed in their room. Handle any dishes, cups/glasses, or silverware used by the person who is sick with gloves.
- Wash them with soap and hot water or in a dishwasher.

## Clean your hands often

- Caregivers should Wash their hands often with soap and water for at least 20 seconds. Tell everyone in the home to do the same, especially after being near the person who is sick.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



## Avoid sharing personal items



- Do not share dishes, cups/glasses, silverware, towels, bedding, or electronics (like a cell phone) with the person who is sick.

## Clean and then disinfect

- Clean and disinfect “high-touch” surfaces and items such as tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and electronics every day around the house.



# Caring for COVID-19 Patients at Home!

## When to wear a cloth face cover or gloves

- The person who is sick should wear a cloth face covering when they are around other people at home and outside.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is not able to remove the covering without help.
- Throw out gloves into a lined trash can and wash hands right away.



## Wash and dry laundry



- Wear disposable gloves while handling dirty laundry.
- Dirty laundry from a person who is sick can be washed with other people's items. Use the warmest water setting you can.
- Clean and disinfect clothes hampers. Wash hands afterwards.

## Use lined trash can

- Place all used disposable gloves, facemasks, and other contaminated items in a lined trash can.
- Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.



## Track your own health



- Caregivers should stay home and monitor their health for COVID-19 symptoms while caring for the person who is sick. They should also continue to stay home for 14 days after care is complete.

## Ending Isolation

- Even after the 14 days quarantine duration has ended it is to be consulted with the healthcare provider and local state authorities for discontinuing it. As some people with conditions that weaken their immune system, might continue to shed virus even after they recover.



## Coronavirus symptoms Include:

- Fever
- Dry Cough
- Shortness of Breath
- Tiredness

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  
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