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.

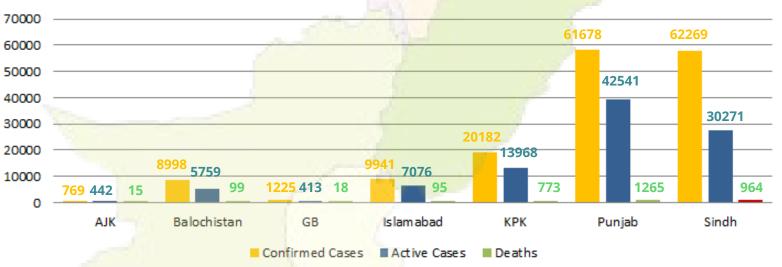## Current Situation of COVID-19 in Pakistan

| Total Confirmed Cases | Total Active Cases | Total Deaths | Total Recoveries |
|---|---|---|---|
| 165,062 | 100,450 | 3,229 | 61,383 |

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

| Province | Confirmed Cases | Active Cases | Deaths |
|---|---|---|---|
| AJK | 769 | 442 | 15 |
| Balochistan | 8998 | 5759 | 99 |
| GB | 1225 | 413 | 18 |
| Islamabad | 9941 | 7076 | 95 |
| KPK | 20182 | 13968 | 773 |
| Punjab | 61678 | 42541 | 1265 |
| Sindh | 62269 | 30271 | 964 |

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# Conversation with an Expert

**Dr. Ahmad Tanveer**
**MBBS**
**Nishtar Hospital, Multan**

To learn more about coronavirus as it continues to spread rapidly, we chatted with Dr. Ahmad Tanveer, MBBS at Nishtar Hospital, Multan.

He first and foremost shared how one can detect if he/she has corona or not. Symptomatic COVID-19 infection comes with sore throat, body aches and fever. If one experiences any of these symptoms they should use a thermometer to note the temperature. If the thermometer shows a reaching of 100F or above, this shows that the person is highly suspected of corona. There are two types of tests that can confirm the detection of coronavirus, Polymerase Chain Reaction (PCR) test amplifies the viral genetic material earlier in infection by investigating a sample of a person's saliva. This test costs between Rs. 8,000 to Rs.10,000 and its results can be received after 72 hours. And Antibody testing which looks for antibodies to the coronavirus through a person's blood test. This is normally conducted after the 14 days isolation process and results can be obtained within 1-2 days.

When asked what immediate steps a person should take when they are tested positive, Dr. Ahmad emphasized that a person must use any mask available at the moment, inform the people they have been in contact with around a period of 2 weeks, and immediately seek medical advice through the governments COVID-19 helpline.

Although symptomatic corona mostly affects people of old age, especially those having comorbidities like Diabetes, Respiratory Disorders, he exclaimed that the cases being admitted at the hospital include people of all age groups. Hence young people should not be under the impression that it does not affect them.

He added that many people are not practicing safety precautions as they think this virus is like a common flu which will go away eventually. Although, a flu is one of the symptoms of coronavirus, but the most common symptoms we have seen in the patients admitted to the hospital include a sore throat and shortness of breath.

Dr. Ahmad also pointed out the fact that the effect of corona may vary from one person to another leading to some patients being isolated for 8 days while others for 14 days. Although the maximum quarantine period is 14 days, it can go beyond that at times or average being 5-6 days. But the quarantine duration should be followed as per recommendations of the doctor only.

Lastly,he advised that: The COVID-19 infection is real and is affecting and killing people at an alarming rate. Citizens should start using preventive measures like social distancing, frequent hand washing and use of masks, and stop causing or attending social gatherings. If someone does suspect a COVID-19 infection, they must seek medical advice. Trust and support medical and health care authorities, and fight this pandemic as one nation".

# Rumors ➡ Facts

### Can people wear masks while exercising?

People should NOT wear masks when exercising as masks may reduce the ability to breathe comfortably. Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms. The important preventive measure during exercise is to maintain physical distance of at least one meter from others.

### Is the coronavirus disease (COVID-19) caused by a bacteria?

No. The virus that causes COVID-19 is in a family of viruses called Coronaviridae. Antibiotics do not work against viruses. Some people who become ill with COVID-19 can also develop a bacterial infection as a complication. In this case, antibiotics may be recommended by a healthcare provider. There is currently no licensed medication to cure COVID-19.

### Can I get infected from someone who has completed quarantine?

No. Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

### Has dexamethasone been declared as a cure for COVID-19?

According to a UK research, the drug reduces risk of dying from COVID-19 by third for patients on ventilators, and by a fifth for those receiving oxygen. It is by no means a cure, but could save lives of critically severe patients. Dexamethasone should only be taken if prescribed by a doctor.

Source:   WHO   CDC   UK research

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# Smart Lockdown Details

In line with the Prime Minister's smart lockdown strategy, the National Command and Operation Center (NCOC) has recently decided to impose a smart lockdown for 2 weeks in 20 major cities of the country after a rise in the number of coronavirus infections and deaths. The NCOC shared that the Test, Trace and Quarantine (TTQ) strategy is aimed at identifying disease spread, focused clusters/hotspots to enable targeted lockdowns and need driven resource optimisation at all levels.

The smart lockdown details for some of the major countries are as follows:

## Islamabad Capital Territory

**Heavy contingent forces of law enforcement agencies – police and rangers have sealed all the entry and exit points of sectors G-6, I-10/1, I-10/4, G-9/3 and G-9/4 and G-9 commercial market (Karachi Company) earlier. Subsectors of I-8 and I-10 along with their commercial markets have also been locked down yesterday. Next in line are Ghouri Town, Loi Bhir and G-10. For more details click here.**

## Punjab

**The Punjab government decided to partially impose 'smart lockdown' on seven of its major cities – Lahore, Rawalpindi, Faisalabad, Multan, Gujranwala, Sialkot, and Gujrat. 61 localities in Lahore have been placed under restrictions and will remain sealed until June 30. For other cities, click here.**

## Sindh

**Of the 20 cities, six are in Sindh (Karachi, Hyderabad, Sukkur, Ghotki, Larkana and Khairpur). According to the DC's order, no person can exit these localities, except for supplying essential commodities. However, the lockdown duration varies throughout the province with 14 days restrictions in one area whereas, an 8 days restriction in another. Find more details here.**

## KPK

**In Peshawar, the four areas imposed for lockdown include Ashrafia colony, Channa Road, Danishabad and Hayatabad in Phase 1/sector E-1. Other tehsils identified by the Khyber Pakhtunkhwa health department include UC Qambar, Saeedoshareef, Breekot Gharbi, Quetta Sharki, Kozabandi and Madin.**

## 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

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