

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

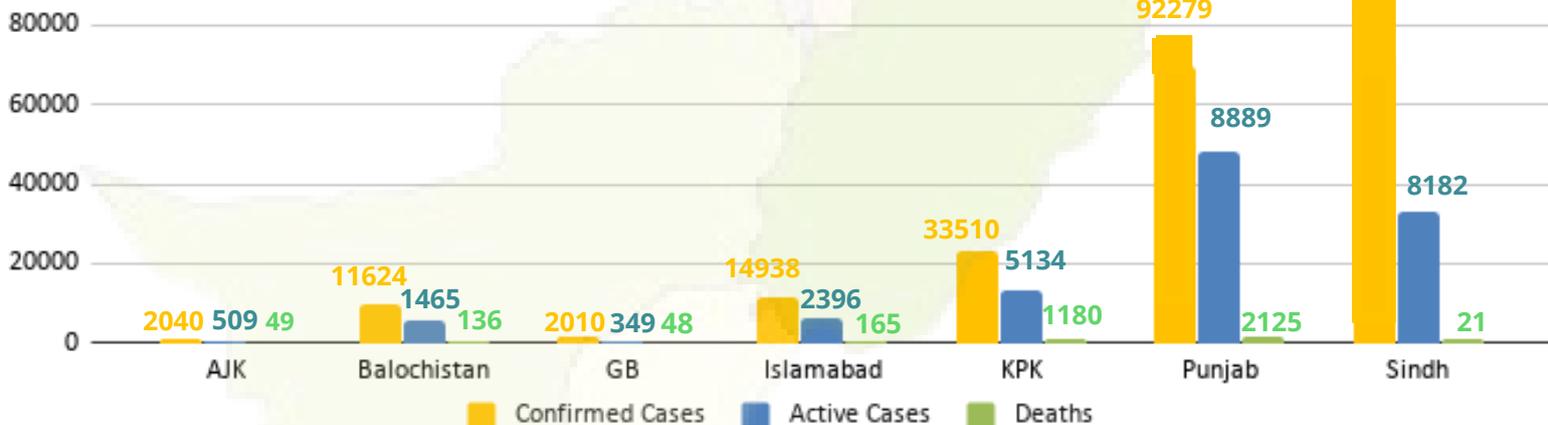
Total Confirmed Cases
275,225

Total Active Cases
26,924

Total Deaths
5,865

Total Recoveries
242,436

COVID-19 Cases status in provinces of Pakistan



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2. Send the word "Pakistan" as a message on WhatsApp.



Voices of People with Disabilities

Unable To Access Personal Assistance

Fahad is a man with a physical disability in his early 30s. He is a wheelchair user living in an urban area. He works at a hospital in the rehabilitation unit of youngsters with disabilities. However, all rehabilitation units have been closed down, forcing him to stop working. "I am the eldest of my siblings. In our social



system, the elder of the house has the responsibility to support everyone. I spent all my savings to meet the needs of myself and my family during COVID-19," he says. As many people lose their jobs, securing an income has become extremely difficult, as well as securing basic products. "People with disabilities who used to earn some money by working for themselves and can't continue doing so are seen as a burden on the national economy during these difficult times," he says.

Employment opportunities for people with disabilities are currently extremely limited and in many cases, non-existent. "People with disabilities who were working somewhere or running their own small business lost everything because of COVID-19," he says. Personal assistance services are currently unavailable and extremely scarce due to COVID-19 and social distancing. "People with high complex needs in Pakistan who carry out their daily activities with the help of personal assistants are more affected. I also often have this problem especially when I have to shift from my car to a wheelchair," says Fahad.

According to Fahad, people with disabilities living in Pakistan mostly come from poor families which makes them more isolated. Parents of children with disabilities have no guidance on how to provide assistance to their children during COVID-19 to avoid contagion.



Struggling For Finance

Fatima, a widow in her early 40s and mother of 4, has a physical disability and faces restrictions in using her hands. She lives with her in-laws but has to manage her finances on her own. Fatima manages a grocery store in her home. She is used to handling it but due to COVID-19, she is only allowed to have it open from 8am to 2pm, meaning income has fallen.

"Customers are being very rude as the prices of things have increased and they accuse me of taking advantage of the situation," she says. Another main issue which she is facing is procuring items for the grocery shop she owns. The police patrolling in her area are not cooperative resulting in struggles for Fatima to go to the market to buy things for her shop.

Voices of People with Disabilities

Difficult To Maintain Daily Routines



Waqar Puri suffers from a psychosocial disability. “It has been difficult to stay in isolation because I am unable to do my regular exercise and have a social life. There are many distractions and noises at home. It is very distressing,” he says. Waqar explains that in Pakistan, persons with psychosocial disabilities are perceived as individuals unable to make decisions, who must live in isolation and be highly medicated. “Our issues are not seen as important or perceived as an exaggeration, meaning our health is not treated as a priority,” he says.

Waqar also mentions the worrying situation of persons with disabilities who are institutionalized: “They are at a greater risk to get infected as there are no safety measures and lack of awareness and information,” he says. Many are locked indoors with no access to information, meaning they can easily get infected if they do not have information on how to prevent contagion, which can lead to death.

In the case of people with disabilities, many are experiencing increased levels of depression and anxiety because of isolation. Also, many live in very small homes, with many family members and no personal space. “We are unable to access personal support and reasonable accommodation in our homes because of social distancing,” he says. In Addition, other services which were available before the lockdown (such as support services, personal assistants, etc) are unavailable, meaning that maintaining daily routines (hygiene, work, purchasing grocery items) is almost impossible.

What Steps Can the Government Take:

To ensure that people with disabilities are not deprived of lifesaving information, communication strategies should include qualified sign language interpretation for televised announcements, websites that are accessible to people with different disabilities and telephone-based services that have text capabilities for people who are deaf or hard of hearing. Communications should use plain language to maximize understanding.

Governments should also consider the specific needs of people with disabilities when developing prevention strategies and provide adults with disabilities with social support and services to live in the community. Furthermore, Government policies should ensure community-based services continue and crisis counseling programs are accessible to all.

Coronavirus symptoms Include:

- Fever
- Dry Cough
- Shortness of Breath
- Tiredness

Contact your doctor or the coronavirus helpline at



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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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