

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

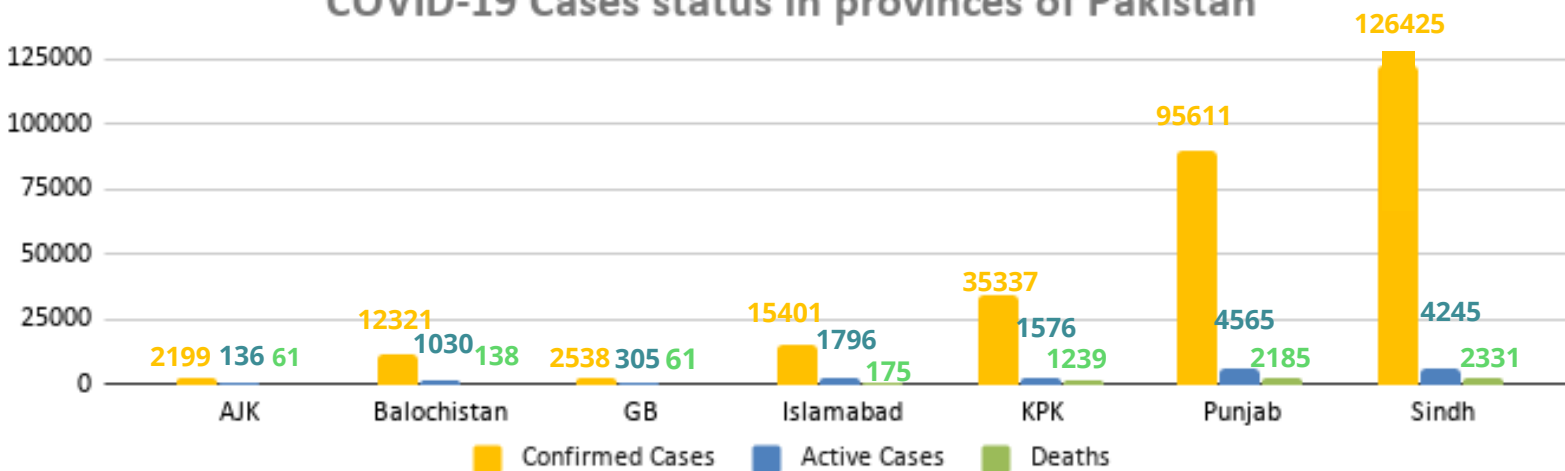
Total Confirmed Cases
289,832

Total Active Cases
13,633

Total Deaths
6,190

Total Recoveries
270,009

COVID-19 Cases status in provinces of Pakistan



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



'After-effects' of COVID-19 Post Recovery.

“Almost five million people around the world are known to have recovered from coronavirus but the road to full health is not the same for everyone.

It has been assumed that once a coronavirus infected person has completed his/her quarantine period and acted upon advised precautionary measures, they are on the road to recovery. However, infectious diseases specialist Gail Matthews said the medical profession was still learning about COVID-19 and its effects. Many people around the world have been experiencing different side effects during their COVID-19 post recovery period.

For some, the effects of the virus last for months after catching it while doctors are also concerned about the long-term impact on the mind and body.

A new study done in the UK has found more evidence pertaining to the same. 1 in 10 people may be bound to suffer from symptoms of the viral infection or damage, even after successfully recovering from it, which is being termed as “Long COVID”.

What are some of the symptoms of long covid?

There are an array of symptoms recorded, ranging from moderate to severe, which include:

Fatigue

With COVID-19, long-lasting fatigue, weakness (which could persist for weeks and months) has been a much-feared consequence. Not only has COVID-fatigue been much widely discussed by experts, but nearly 60% of the patients involved in the study also admitted to suffering from fatigue, lethargy and tiredness in the weeks following recovery. Of these, one-third, who suffered from a critical form of COVID termed their fatigue to be moderate or severe.

Breathlessness

Feeling out of breath, suffering from palpitations were termed to be the second most common after-effects of COVID-19, with patients admitting to have never suffered from the symptom before the illness.

Memory and cognitive decline

As per the study's findings, one-quarter of the patients who had either moderate or severe form of COVID-19 admitted to suffering from neuropsychological deficits and related symptoms. From the fear of dying, pain, sleep deprivation, lack of mobility or proper communication, social isolation or delirium, all of these factors could make a person's fight with COVID-19 much harder than we could possibly think.

Stress and anxiety

For those battling the disease, or who have made a recovery, stress and anxiety could be much harder to combat, making them more likely to suffer from psychological ailments in the long run.

'After-effects' of COVID-19 Post Recovery

Hair Loss

Hair loss is something that many people have been facing from time to time pre-pandemic, however the number has increased as a result of surveys on post COVID-19 recovery. Individuals with thick hair or those not having much hair loss have been facing this side-effect to an extent.

COVID-19 Post Recovery Stories

“ I remember, it was my brother’s engagement and despite the lockdown imposed by the government our family planned a small gathering with the bride’s family. A few days after the event, I was in doubt that I was showing some of the symptoms of COVID. When my husband took our test, we found out that we both were corona positive. Being an asthma patient, my health got affected badly and I was admitted to the hospital. Heavy dosage and treatment was given to me.

After the isolation period ended, I performed the test again, and this time it came negative. I was relieved that I was safe and would be moving towards the way life was.

But several weeks into the recovery, I suffered from excessive hair loss. When I consulted the dermatologist, she said it was the result of the virus trauma I had been through”.

(Mrs. Abbas - Rawalpindi)

“Being 42-years-old I am still experiencing difficulty in breathing. It's been three months now since I completed my quarantine at home. Before being attacked by this virus, I didn't face any breathing difficulties, but now it's like if I take a small walk it feels like a climb on a mountain. Even when I talk too much with someone, I run out of breath. I am very worried”.

(Bashir - Sahiwal)

“Dealing with customers is a basic task at the bank. Even though the nationwide lockdown was imposed, banks around Pakistan were still operational. And that is how I tested positive for coronavirus. After my two weeks of self isolation ended, I was called back to work again. But, I have started to notice that as a Personal Banking Officer (PBO) who is always alert and at the service for his clients, I started to dull out.

It goes from one day to another that at this stage of life I am experiencing heart palpitations, dizziness and extreme fatigue. It has gotten difficult to get up in the morning and get ready. Let alone walk from one desk to another at the office. After receiving complaints, I discussed with my supervisor my situation and have been given a few weeks off.

(Anonymous - Sialkot)

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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