

Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumours, and fake news, as observed in Pakistan during recent national catastrophes caused by dengue fever, floods, and earthquakes. The situation is no different with COVID-19 as stories emerge on how fake news is being used to manipulate response efforts, spread rumours and misinformation leading to behaviours that are undermining community cohesion, and causing citizens to be unaware of the role they can play in the pandemic response.

With that in mind, Accountability Lab Pakistan (ALP) with financial support from the European Union and technical support from The Asia Foundation (TAF) Pakistan, has officially launched the Coronavirus CivActs Campaign (CCC). This campaign aims to debunk rumours, conduct regular fact-checking, synthesize data, and convene virtual forums to produce informative bulletins each week. These bulletins will include important government decisions, visual materials, community feedback, debunked rumours with verified information, valid concerns, and other questions from the ground around health and other issues. The goal is to support enhanced awareness among the most vulnerable groups in Pakistan with a focus particularly on Khyber Pakhtunkhwa and Sindh. These bulletins will be translated into Urdu and Sindhi and published on a weekly basis, with audio transcriptions in Pashto. They will be shared with stakeholders, local government leaders, media, CSOs, humanitarian organizations and others. They will also have a dedicated web-page, be shared widely on social media, and be aired on local community radio stations.

Current Situation of COVID-19 in Pakistan

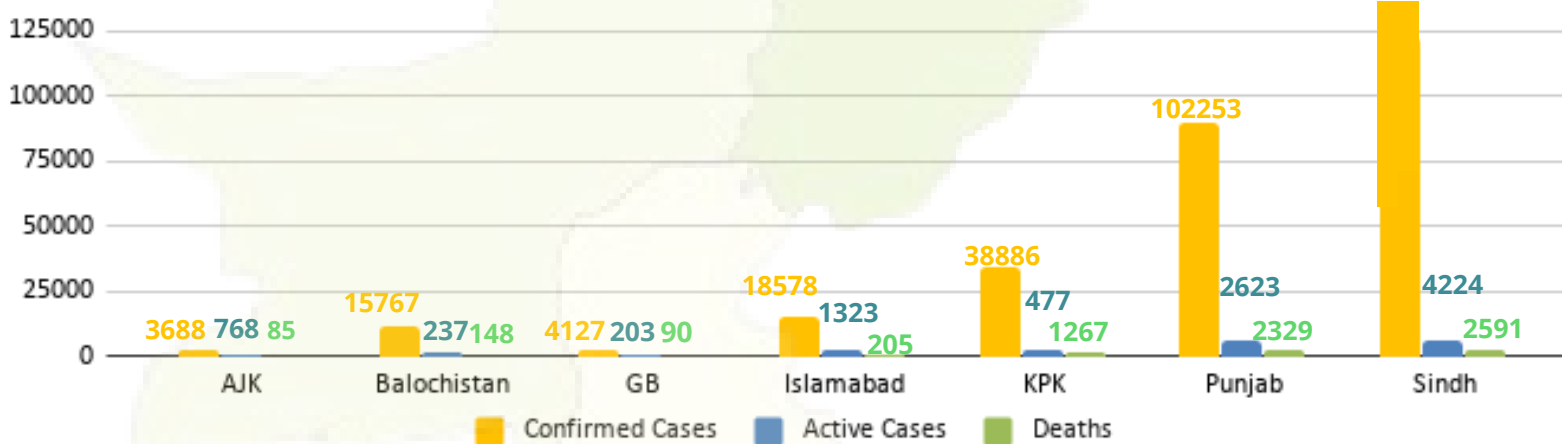
Total Confirmed Cases
326,216

Total Active Cases
9,855

Total Deaths
6,715

Total Recoveries
305,835

COVID-19 Cases status in provinces of Pakistan



Source: <http://covid.gov.pk/stats/pakistan>



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FACT OR MYTH?

Common myths around Covid-19 that have been circulating at both the national and international level have come into focus in the past few months of the pandemic.

COVID-19 be transmitted through goods produced in countries where there is ongoing transmission: Myth.

Although it can last on surfaces for many hours, the environment, transportation and varying temperatures during shipment make it difficult for the virus to remain active. To prevent from contacting the virus regularly disinfect the surface and wash your hands.

Wearing masks on plane flights can cut the risk of getting COVID-19: Fact.

Do masks really reduce the risk of contracting the coronavirus during a flight? In short, the answer is yes. According to the latest testing and tracking of passengers arriving in Hong Kong, flights that had all passengers wearing masks were able to curb transmission of the virus. As the air in the planes is constantly undergoing filtration, the only possibility of virus transmission comes from the air directly breathed in from the passenger sitting next to you. If the passengers are masked, both the carrier will release fewer virus particles into the air and the non-infected will breathe in fewer particles. So wearing a mask on a flight can greatly reduce your risk of getting infected.

COVID-19 can be transmitted through mosquitoes: Myth.

To date there has been no evidence to suggest that the new coronavirus could be transmitted by mosquitoes. The coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose. To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

Wearing a mask is one of the most effective ways to stop the spread of COVID-19: Fact.

Masks have long been known to be an effective means of what epidemiologists call source control (preventing a sick patient from spreading a disease to others). A recent analysis published in the Lancet found that face masks can prevent COVID-19 infection. It has also been established that people can be infected with and spread COVID-19 without developing symptoms, which is why everyone should wear a mask to prevent asymptomatic people from spreading the virus.

Source: WHO, Scientific American, NPR.



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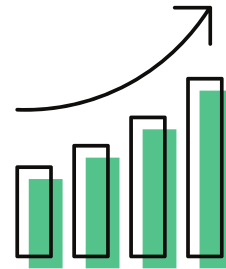
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Pakistan records highest mortality rate due to COVID-19 in over 2 months

Asad Umar, the head of Pakistan's COVID-19 response shared that the COVID-19 mortality rate in Pakistan has increased by 140% in the previous week. He warned the public of the dangers of violating safety protocols, and stated that "We are collectively committing a blunder by recklessly ignoring all SOPs and the results have started to show". Earlier this week Prime Minister Imran Khan was also reported saying that he feared the arrival of a second wave of COVID-19 in Pakistan, as the winter season approaches.

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Asad Umar has hinted that the government may have to move towards reinforcing lockdown, to curb the surge of coronavirus cases in the country. He said it was high time that we started following the COVID-19 SOPs seriously, otherwise, the government would be forced to take restrictive actions which would negatively impact people's livelihoods.

President Alvi also recently recorded a video message to urge the public to follow safety protocols for the next few months, and continue to wear masks, maintain social distancing and wash hands frequently.

Body formed to ensure implementation of SOPs at Pakistan's airports

The Aviation Division has constituted a seven-member committee to ensure implementation of standard operating procedures (SOPs) to prevent the spread of COVID-19 at airports. Members of the committee include officials from the Civil Aviation Society (CAA), airlines and the Airport Security Force (ASF). All representatives have been directed to ensure compliance of SOPs at the Islamabad, Lahore, Karachi, Peshawar, Quetta, Multan and Faisalabad airports.

CAA took notice of SOP violations by a foreign airliner that onboarded a passenger who had tested positive for COVID-19, by imposing a fine of Rs 100,000 on the airline and holding them responsible for all expenses that are incurred as a result of testing and quarantine facilities.



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Pakistan's first death due to 'COVID-19 re-infection' in Karachi

The first death due to COVID-19 re-infection was reported in Pakistan, when a senior leader of Pakistan People's Party (PPP) Rashid Rabbani died due to coronavirus complications at the Ziauddin Hospital Karachi, last Thursday. Rashid Rabbani, 68, was said to have been brought to the Ziauddin hospital with a very serious case of COVID-19 re-infection last week. He passed away after remaining on the ventilator for six days.

Major health facilities of Karachi have received cases of COVID-19 re-infections but this has been the first death that has occurred among patients of re-infection. A close friend of Rashid Rabbani reported that Rabbani had first contracted the virus in May, with very mild symptoms of the infection, and was possibly asymptomatic. Rabbani had himself tested for COVID-19 antibodies after contracting the virus the first time, and found that the antibodies had not been detected in his blood. Doctors had advised him to continue to follow SOPs and other health protocols.

In October, he contracted the virus again but this time, his lungs were damaged heavily and after remaining on the ventilator for a week, he passed away on Thursday, October 15th .

Coronavirus symptoms

Mild Symptoms include:

1. Fever or chills
2. Cough
3. Lost sense of smell or taste
4. Fatigue
5. Sputum production, congestion, and runny nose
6. Sore throat
7. Aches, pains, and headaches
8. Diarrhea, nausea, and vomiting

Source: Center for Disease Control

Severe Symptoms include:

1. Shortness of breath or difficulty breathing
2. Persistent pain or pressure in your chest
3. New confusion, or the inability to wake up or stay awake
4. Bluish lips or face

Source: Center for Disease Control

What should I do if I have COVID-19 Symptoms?

**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

Dow Medical Hospital

Ojha Campus

Suparco Road, Karachi

Indus Hospital

Opposite Darussalam Society, Korangi Crossing, Karachi

Multan

Nishtar Hospital

Nishtar Road,

Justice Hamid Colony, Multan

Rawalpindi

Armed Forces Institute of Pathology

Range Road

CMH Complex, Rawalpindi

Hyderabad

Liaquat University of Medical and Health Sciences (LUMHS)

Liberty Market Roundabout, Near

Liaquat University Hospital

Hyderabad, Sindh.

Islamabad

National Institute of Health

Park Road

Chak Shahzad, Islamabad

Khairpur

Gambat Institute of Medical Sciences

Gambat, Khairpur, Sindh

Abbottabad

Public Health Lab Ayub Teaching Hospital

Mansehra Road. Abbottabad, Khyber Pakhtunkhwa

Shaheena Jameel Hospital

Abbottabad . N-35

Quetta

Fatima Jinnah Hospital

Bahadurabad, Wahdat Colony, Quetta

Peshawar

Khyber Medical University

Phase 5, Hayatabad, Peshawar, KP

Hayatabad Medical Complex

Phase-4 Phase 4 Hayatabad,

Peshawar, Khyber Pakhtunkhwa

Lahore

Punjab AIDS Lab

PACP Complex 6 - Birdwood Road, Lahore

Shaukat Khanum Memorial Hospital

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

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

Coronavirus CivActs Campaign is brought to you by
Accountability Lab 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.



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