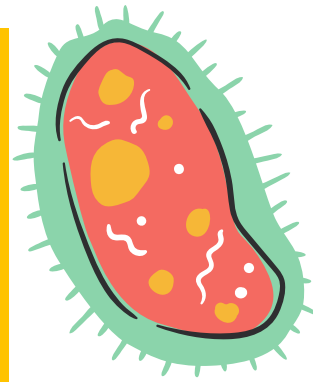
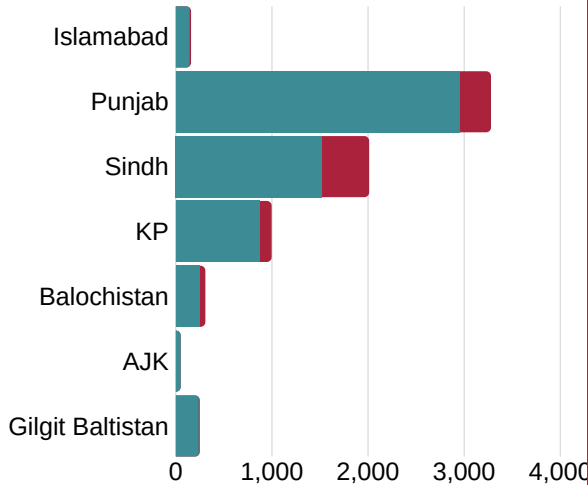


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can answer their questions.



Confirmed Cases



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.



DON'T PANIC!

Follow these steps to help prevent the spread of coronavirus.

- Wash your hands frequently with soap and water for at least 20 seconds. Use hand sanitizer (with at least 60% alcohol) if soap and water aren't available.
- Cover your nose and mouth (with your elbow or a tissue) when sneezing.
- Avoid crowded places and practice social distancing. If you think you have been exposed to someone with coronavirus, quarantine yourself for a minimum of 14 days and monitor any symptoms.
- Do not stockpile supplies.

IS IT TRUE?

Can coronavirus affect one's mental health?

Yes. It has been reported in the Lancet Psychiatry journal that mental health issues are increasing during the coronavirus pandemic. Experts say that newly conducted polls and emerging studies on COVID-19, along with lessons learned from past outbreaks suggest that the pandemic could have profound and potentially long-term impacts on one's mental health. Researchers are calling for more detailed studies on how isolation is increasing cases of depression, anxiety, and suicide rates in the general public, high risk groups, and front-line caregivers.

How is the international community supporting Pakistan during COVID-19?

The International community is helping at different avenues of economic sustainability and medical assistance. For example, the International Monetary Fund (IMF) has lent Pakistan \$1.386 bn under the Rapid Financing Instrument, G20 has announced a one-year debt breather for 67 countries, including Pakistan, the UAE has extended the visas of Pakistani nationals in the country. Pakistanis who were recently let go from their jobs in the UAE will receive their salary in full.

Last month, a special aircraft from China brought relief assistance to Pakistan including 12,000 test kits, 300,000 masks and 10,000 protective suits. In addition to this, a team of 8 medical experts arrived in Pakistan from China to support the efforts of Pakistani healthcare professionals. Moreover, the Chinese government has also provided support worth \$4 million for a separate hospital for Coronavirus patients.

Earlier this month, the World Bank's board of executive directors approved a \$200 million package to help Pakistan take effective and timely action against COVID-19 by strengthening national healthcare systems, and finally, the World Health Organization donated 15 testing machines and 1,500 testing kits to Pakistan.

IS IT TRUE?

How is Pakistan supporting other countries during COVID-19?

Earlier this week, the National Command and Operation Centre (NCOC) announced that the export of hand sanitisers and “textile masks”(not N95 or surgical masks) would be allowed. Earlier this year, a ban on exporting face masks and gloves was imposed to ensure availability of these materials for the local healthcare community.

How are Pakistani nationals returning from Afghanistan?

On Thursday, special assistant to the Prime Minister, Mr. Moeed Yusuf, informed the Chairman of the Senate's standing committee that a quarantine center is being set up at Torkham border with Afghanistan in Khyber Pakhtunkhwa. Pakistani nationals returning from Afghanistan will have to stay in the quarantine center for 7 days, and if they show no symptoms, they will then be allowed to return to their homes.

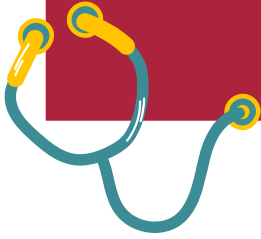
Is the rate at which coronavirus is spreading slowing down in Pakistan?

No. Yesterday, the country reported its second highest tally - 520 - of new cases to date since March 20. A record high of 23 deaths have also been reported in the last 24 hours. The head of the Prime Minister's Digital Pakistan Initiative, Tania Andrus, shared that the number of patients with coronavirus has been doubling every two weeks in Pakistan. As we increase our testing capacity to 5,000 per day, the number of reported cases is also increasing according to special assistant to the PM on health, Dr. Zafar Mirza. The number of patients exposed to coronavirus within Pakistan is increasing compared to those infected who had travelled from outside the country.

What do I do if I think I have coronavirus?

Do you have any symptoms?

- **Fever**
- **Shortness of breath**
- **Dry cough**
- **Tiredness**



If so, 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
Accountability Lab Pakistan.