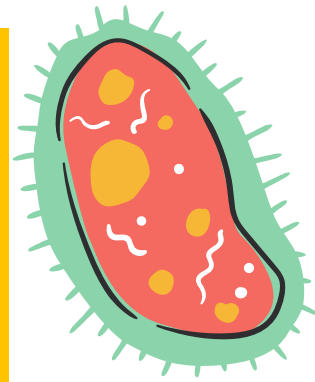
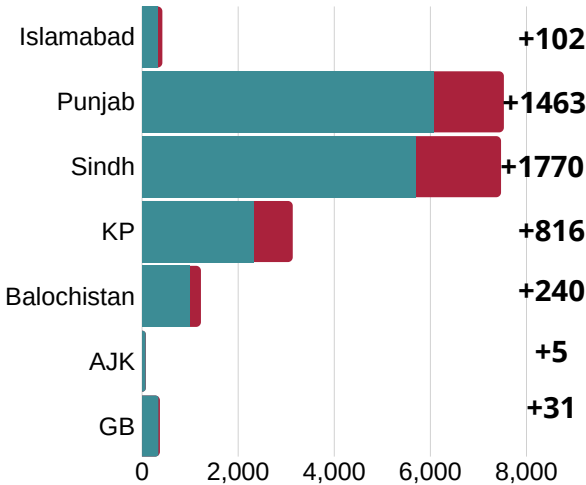


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can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

WHAT CAN YOU(TH) DO?

How is youth in Pakistan responding to the COVID-19 pandemic?

Along with healthcare workers, law enforcement, and other frontline forces who are providing essential services to the public amid the pandemic, the country's youth is also playing its part by coming up with quick and useful strategies which can be implemented at low costs.

One such platform is the [Student Taskforce Against COVID-19 \(STAC-19\)](#). The force was started by final year medical students at the Aga Khan University Hospital, Karachi. This group has turned into a community of over 500 members made up of young doctors and non-medical students. Students and employees are trained to respond to callers in a methodological manner, and are operating AKU's 24-hour COVID-19 hotline. The hotline can be reached at **021 111 911**. Others are assisting the government in "contact tracing", a method of tracking and determining the status of those in contact with an infected COVID-19 patient, and counseling them about the 14-day period of isolation that needs to be observed. Several students are raising awareness about preventive measures through videos and flyers. Students looking to join STAC-19 can contact the team via email at StudentTaskforceAgainstCOVID@gmail.com.

A similar program is the [Scientists Against COVID-19, Pakistan \(SACP-19\)](#), a group of over 3,000 young scientists, microbiologists, engineers, data scientists, and even videographers and vloggers, who have come together on a virtual network to mobilize their efforts. The group is working towards increasing the rate of COVID-19 testing across the country, and also bridging the gap to deprived sectors of Pakistan.

In the same way, the [First Response Initiative of Pakistan \(FRIP\)](#) by the name [Mass Disaster Task Force \(MDTF\)](#), is also playing a role in fighting coronavirus. The force is busy collecting Personal Protective Equipment (PPE) for healthcare workers from its #combatcorona campaign to meet the shortage in the country. The PPE is then distributed in the form of kits consisting of gloves, masks, eye/face shields, and sterile gowns and caps. For assistance they can be reached at **0335-7377663**.

How can youth best use this time to improve themselves?

With the closure of educational institutions across the country, the [National Vocational & Technical Training Commission \(NAVTTTC\)](#) is offering free courses offered by leading international institutes. NAVTTTC is striving to equip Pakistani youth with the latest technological skills and enable them to productively contribute to the socio-economic progress of the country. Executive Director Dr. Nasir Khan mentioned that with the availability of these diverse free online courses, the latest technological skills will become available to Pakistani youth from the comfort of their homes. He added that NAVTTTC is implementing the largest ever skills development program in Pakistan's history, including Hunarmand Pakistan under the Prime Minister's [Kamyab Jawan](#) initiative. All Pakistani youth is eligible for this opportunity. More details on the courses, training providers, and procedures for enrollment can be found [here](#). To register online click [here](#).

WHAT CAN YOU(TH) DO?

What are some ways that youth around the world are fighting the COVID-19 crisis?

Around the world, youth are contributing to the fight against COVID-19 in a variety of ways, from volunteering, to spreading facts, to donating resources. WomenDeliver.org spotlighted a handful of individuals from around the world for their efforts in the ongoing battle against coronavirus. Perhaps the easiest way for youth to involve themselves is through social media, due to the ongoing spread of false information.

Dr. Hashim Hounkpatin, a medical doctor in Benin is the founder of a mass literacy program called [Arayaa](#). Arayaa teamed up with a number of content producers creating content around health-related issues to organize a Tweetchat about how to keep safe against COVID-19. Their hashtag, #AgirContreCOVID19 has reached more than 90,000 individuals to date.

Meanwhile in Tbilisi, Georgia, Gvantsa Khizanishvili is focusing on improving access to quality care for cancer patients during the pandemic, and is urging oncologists around the world to share information on the impact of COVID-19 on cancer patients. In Poland, Anna Szczegielniak is bringing attention to how social isolation can put additional stress on individuals, especially the homeless, those lacking internet connectivity, and those lacking family support.

To read about what others are doing around the globe, visit this article by [WomenDeliver.org](#).

How can youth focused organizations engage youth in COVID 19 response?

In Pakistan, youth typically play an active part in relief activities, but how can they be mobilized to inform, co-design and support the COVID-19 response? The first step would be creating outreach programs to engage youth groups, leading to mobilization and providing them with formal tools. This can be done by using local digital channels and platforms that youth are already engaging on, such as social media. An important next step is involving youth in the decision making process and in campaign designing. Making sure that adolescents and youth can recognize and combat negative behaviors as well as xenophobia, stigma, and discrimination associated with COVID-19 work will allow them to create context relevant and context specific information. Taking an empathetic approach caters to diverse youth groups and provides spaces for open feedback. It is crucial to learn from youth volunteers and adapt programs based on their feedback.

Resources and Readings

[Accountability Lab / Ford Foundation Webinar](#)

[Engaging Illustrators Against Discrimination](#)

[UNICEF Youth Advocacy Toolkit](#)

[Joining the Global COVID-19 Response](#)

[Practical Tips on Engaging Adolescents and Youth](#)

[Countering Coronavirus in Pakistan: What can You\(th\) Do?](#)

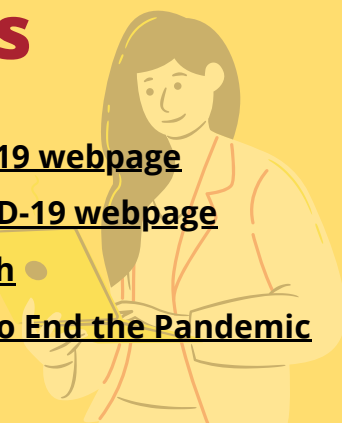
[U-Report](#)

[WHO's COVID-19 webpage](#)

[UNICEF's COVID-19 webpage](#)

[Voices of Youth](#)

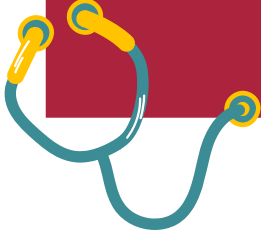
[Youth Power to End the Pandemic](#)



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
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